

AUGUST, 1991

Vol.10, No.8

The Creek

'Serving False Creek, Fairview Slopes and Granville Island'

FALSE CREEK FERRIES
THE LITTLE BLUE FERRIES
 RUN DAILY
 RAIN OR SHINE
 684-7781

GRANVILLE ISLAND TO AQUATIC CENTRE
 DAILY - 7:30 a.m. - 10 p.m.

MARITIME MUSEUM
 DAILY - 10 a.m. - 8 p.m.

A Fire Hydrant??



Honestly it is. What murals have done for Chemainus—"The Little Town That Did"—on Vancouver Island, their fire hydrants could do for the East Kootenay town of Kimberley.

Bravo that Kimberley's Fire Chief had enough imagination not to scotch the idea. Picture him conducting his men on a tour of Fire Hydrant Locations.

"Some towns have red hydrants; some have yellow. In Kimberley we have little people. They work just as well as plain ones, chaps, but do try not to chip the paint."

They are worth a detour to Kimberley for anyone driving through the Kootenays.

"Fringe" Playwright discovered in Community Centre

You may know her as the woman who signs up your kids for tennis, canoeing and art camps, but in her off-hours Gayl DeCoursey is a playwright.

This 'writer-in-residence' at the False Creek Community Centre is busily preparing for the debut of her play, *THE ROMANCES OF GLADYS MCGINNES*, in the Vancouver Fringe Festival, which runs September 5 - 15.

The play is about Gladys McGinnes, a fictitious Canadian romance writer of the 1940's, who finds her past more romantic than her present. She nurtures an 'old flame' in her heart, sings songs from The Great War and writes torrid romances with titles like *Passion Under the Muskeg*, *Ravaged Just North of Vanderhoof* and *Mounties in the Mist*. Filled with nostalgia for that period in the Canadian north when men slashed back the muskeg and women cut up the tea cakes, Gladys fails to see the romantic overtures made by her own husband.

Like Gladys, Gayl DeCoursey also sees Canada as an exotic country with a romantic past. "When I was growing up in Eugene, Oregon, my mother used to read to us from her Canadian Girls' Annuals—books she had read as a girl in Prince Rupert. These books contained pic-



Photo by Mike Shandrick

tures of ferries, Mounties, icefields and tundra—none of which were immediately visible in Eugene."

"At the movies we watched Nelson Eddy sing to Jeanette McDonald across canyons. We read *Blue Castle* by L.M. Montgomery. We looked at yellowed family photos, showing young people in starched collars, picnicing on rugged northern beaches. And when, at an impressionable age, I finally laid eyes on Chateau Lake Louise, all my previous impressions of Canada seemed to coalesce into a firm belief that the entire country was dangerously romantic. Hence the "Gladys" play, which is a sort of tribute to Canada in her earlier, rawer stages."

Gayl started writing *THE ROMANCES OF GLADYS MCGINNES* four years ago when she was living in the Sacramento Valley. "The first draft was a 30-minute, one woman stand-up routine, and it slowly matured, over dozens of drafts and discussions with Vancouver actress Jill Gamley, into a four-person full-length play with original music from a bygone era."

Not wanting to deal with the red tape involved in using real songs from World War I, Gayl sat down one morning last November and wrote several of her own. She immediately played them for her mother who complained of feeling very tired, "which was odd for her." That week Gayl took her mother to the hospital for tests. Four weeks later her mother was dead from massive bone cancer.

"She was in death as in life. She would dive, rather than ease, into a glacier-fed lake. And she worked until two weeks before her death."

The play took on sharper images after her mother's sudden death and Gayl felt the urgency to produce. "I could have continued to simply write play after play, but I interpreted Magdalene's death as a final and gentle kick in the slats to get going; get out there and produce. There are far worse things that can happen to you than being trashed by critics!"

Gayl was born into a musical family in southern California—"not too far from the corner of Hollywood and Vine." Her father, Ralph DeCoursey, composed music and played jazz piano with singers Peggy Lee and Rudy Vallee. Four years later the family moved to Eugene. "Our dining room held two grand pianos and the back bedroom boasted an upright. Both my parents taught piano lessons, so after school I would come home to the sound of dueling pianos, Brahms fighting for air-time with Clementi." Jazz trios in the living room were not an uncommon sight.

Cont'd. on p.3

A gracious garden birthday party

No-one protests being feted and showered with presents.

Alder Bay Coop's Karen Shuster certainly didn't last month when friends gathered around her in a lovely Kerrisdale garden on a sunny Sunday last month.

Karen said one of her definitions of happiness "is to have friends from the various parts of my life meet each other—and like each other."

Between them her friends assembled a scrumptious array of fattening foods, lots of wine (effectively

cooled in a large tin bathtub). Our former Rooftop Gardener columnist, Susan Baker (with help she acknowledged) did exquisite floral arrangements for six or seven tables—but we're not suggesting she's available for hire. (Call Karen and Susan's neighbour, Diane

Kennedy for that.)

Surprised at the number of children who clustered round Karen for present opening, the Creek Reporter was informed by knowing parents "the Rip and Shred" is the best part of the party—even for somebody else's presents.



Casual camera shots without interrupting conversations result in the guest of honour (pictured centre) almost incognito behind her sun glasses.



Editor



Beryl Wilson

OLD TELEPHONE BOOKS

Don't forget, you have until **September 6** to drop your old phone books into a container at: 8th & Arbutus Nelson Park (Comox/Thurlow) Kent Street Recycling Depot.

It only needs one person in each enclave/building to make a difference, by loading them into the back seat of the car.

Stick up a notice in your garbage (or laundry) room and offer to do it.



Language Lessons

The Creek Editor is so irritated by the pretentious manner in which the English language is savaged this may be the first of periodic lessons and reprimands.

A recently abomination was use of the phrase "spacious gourmet kitchen." According to our reading of the Concise Oxford Dictionary it is impossible for a **thing** (a kitchen) to be a *gourmet*.

Gourmet (noun)
Connoisseur of table delicacies, esp. of wine.
Gourmand (adj. & noun)
1. *Gluttonous, fond of eating.*
2. *Lover of delicate fare, judge of good eating; greedy feeder, glutton.*



HEADED WHISTLER WAY?

Catch Carousel Theatre's production of Robert Munsch's **MURMEL MURMEL MORTIMER MUNSCH**, in the theatre tent at the base of Blackcomb Mountain—daily through August (except Tues.) at 10 a.m. and 4 p.m.

An inspired collection of famed stories, **MURMEL** is perfect family entertainment for the whole family.

AN ART EDUCATION

A recent B & B guest has been, for many years, a Trustee of an arts complex in Boston. His interest in art was developed at an early age. He grew up in New York in a large family. There was no money for entertainment but his mother was very enterprising at finding free things to do with the kids. New York has a lot of galleries and they all have free days. Much of the art they couldn't fathom but Ted's mum would say "If somebody thinks it's good enough to hang it in this gallery there must be something to it, so we'll just sit here on the floor until we figure out what it is." And they did, for hours.

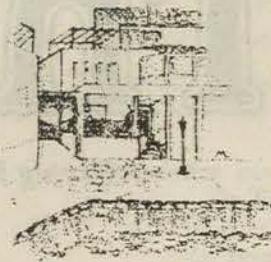
The Best of Bed & Breakfast

Is finally mastering the trick of going on holiday while B & B guests still earn my living.

My young friend Lesley McDonald jumps at the chance to live in False Creek and moves into my house, to tend the cats, the garden and the guests with no fuss.

She'll be back next week as I head to Seattle for a week of Wagner, to see the four operas of "The Ring."

After also housesitting for a neighbour Lesley says she's open for other False Creek invitations.



on the False Creek seaway.

Tel. Tel. 734-3369

NOW, if only there was someone mad enough to take on putting out an issue of The Creek I could really plan some travelling.

Whiling Away a Ferry Wait

by Ellen Poole

There isn't a lunchroom, so what shall we do
While awaiting the ferry boat soon to be due?
We don't have our Scrabble, or cards, or a book,
But here are some people who're worth a good look.

A man is dressed in a nice dark blue tie
That seems just right for the glint in his eye.
His hair may be white, but his posture is proud
As he guides his good wife along through the crowd.

Cyclists in helmets, their packs bulge with clothes,
They wheel down beside us, sunburn on each nose.
A poodle (short hair style), its mistress in tow,
Joined by the walkers, their skin all aglow.

Like bookends, a couple sits on a stone bench,
Clad in their T-shirts, their hands in a clinch;
Listening to sounds of a stream bubbling by,
Their thoughts very quiet, their eyes slightly shy.

There's a couple with children, car trunk open wide
While eating their picnic packed safe inside.
And the guy with the golf club just 'working' his swing
Wishing, we bet, for a ball on a string.

A little girl's smile enchants as she goes,
Not heeding the shoelace that threatens her toes!
The wind has wild-tangled the gold of her hair,
Making it dance as she runs here and there.

Where are they going and where have they been?
The cyclists, the walkers: what sights have they seen?
Have they, too, been touring -just out for the day;
Just wandering freely to see how the land lay?

Could they be just like us, this group on dock?
Have we, too, been watched as we count down the clock?
Two middle-aged women enjoying our day,
(But eager to get home after being away).



**Comedy Festival
blessed with
sunshine for
final afternoon**

The Comedy Festival's General Manager **Alan Scales** reported another success despite our uncertain weather. The Rainman let up long enough most days for some of the scheduled free outdoor performances to carry on and the pair doing an Improv show on the final Sunday had warm sunshine and kids and adults alike rolling with laughter.



MASTS FROM THE PAST



Seafarers and landlubbers alike will find lots to enjoy at the Wooden Boat Festival! Sail on down to the Public Market Docks from **August 22nd - 25th** and cast your eyes on a fleet of beautiful heritage boats. Sing a sea shanty or two, enhance your sea-worthiness with dockside demonstrations... Ship to shore, there's more for you on Granville Island. For more nautical news, call Granville Island's Information centre at 666-5784.



Granville Island

The Creek

Published monthly on the 15th of every month

Circulation: 5000 in False Creek, Fairview Slopes, and Granville Island

Publisher/Editor: **BERYL WILSON**
CREEK OFFICE: 734-3369

Mailing Address:
The Creek
c/o False Creek Community Centre
1318 Cartwright Street
Vancouver, B.C. V6H 3R8

Mail Subscriptions: \$12/year
Rate: \$8.00/c.in.

Small Bus. Ad	4" x 2"	\$32.00
1/8 page	4" x 5"	\$75.00
1/4 page	4" x 9 1/2"	\$140.00
	5" x 7 1/2"	
	6" x 6 1/4"	
1/3 page	10" x 5"	\$160.00
1/2 page	10" x 7 1/2"	\$255.00
2/3 page	10" x 10"	\$300.00
Full page	10" x 15"	\$480.00

FLIER DELIVERY: \$50/thousand
Tel. 734-3369

EXTRA COPIES OF THE CREEK

The July issue of The Creek was the most popular edition to date. Small boys were to be seen scouring buildings in the area and haunting the Community Centre in search of extra copies. But not to read it. For this:



It may not work a second month kids, but we'll tell you where to find small stacks of The Creek.

- Community Centre
- Granville Island Information Centre
- Public Market (where all the other papers are stacked)
- Budget Foods
- Hasty Market
- 6th Avenue Shop-Easy
- Kids Only Market (outside by the mail boxes)



Playwright 'discovered' From p.1

Gayl remembers taking "at least a few" piano lessons with her father. "We would meet spontaneously every few months. My mother was the only person unhappy with this arrangement; she felt I could have made more headway with regular monthly lessons."

The strong literary influences at that time were Al Capp, P.G. Wodehouse, James Thurber and Mark Twain. "The more serious Russian writers were ignored in our family—they weren't funny." Sunday evenings the family ate dinner on a card table set up next to the radio; Groucho Marx was on.

In 1959 the family moved to Vancouver and Gayl graduated from Simon Fraser University in 1970. For the next 10 years she roamed around the globe, teaching E.S.L. in England, camping in Afghanistan, hitch-hiking across North Africa, working on a farm in Switzerland, teaching yoga in Mexico, and managing a modern dance studio in San Francisco. She wrote her first play in 1976 and sent it, still steaming, to the New Play Centre in Vancouver. They promptly sent it back: "This isn't really a play..." Daunted, Gayl didn't write another play until 1982, and then continued to pen a play a year, "whether or not it was asked for."

During the next 11 years in California, she supported her playwriting habit by working at a prestigious health spa in the Sonoma Valley, where celebrities such as Yoko Ono, Carrie Fisher, Frank Langella, Olivia deHavilland and Robin Williams' ex-wife paid outrageous fees to be wrapped like mummies in herb-soaked sheets. This experience spawned a one-act comedy entitled *Escape from the Pink Palace*, its central theme being "the pursuit of happiness through the elimination of toxins."

In California Gayl published wine articles, poems and play reviews. A one-act comedy was showcased at the 1987 Aspen Writers Festival in Colorado, and in Sacramento she worked as assistant to the director of a small theatre.

Moving back to Vancouver in 1989, and married with one child, Gayl feels she 'may have landed.' One of her plays, *The Girls of Hogarth House*, was given a professional reading by VIEW, the Performing Arts Society, and a radio play, *Noah's Gold*, was produced on U.B.C.'s "Hearsay" program.

When asked if she wished she had started her writing career earlier Ms. DeCoursey replied: "I just wish I had known that the guy I went on a blind date with in 1966 was going to be so rich and popular." The blind date was **Kenny Rogers**. "I could have written his lyrics."

◆
THE ROMANCES OF GLADYS MCGINNES is directed by **Janet Carley**, a False Creek resident and Associate Director at the Arts Club. The cast features **Jill Gamley**, an actress in several television series, including "Danger Bay"; **Sheelah Megill** of "Angry Housewives" fame, **Mitch Molloy**, recently seen in "A Tailored Affair" and **LeRoy Schultz**, who was in the Vancouver-based movie "Cousins."

Set and lighting design are by **Ted Roberts** and original music is played by **Coat Cooke**, False Creek resident and jazz composer.

◆
TICKETS: In advance Aug. 12 - 31 at 873-3646. One hour before performance time at the Hot Jazz Club. \$8.00.



Author *Gayl DeCoursey* (lt.) and Director *Jan Carley* were indeed discovered in the Community Centre boardroom, hard at work on Gayl's play before going into rehearsal.

The Director

JAN CARLEY has been involved in theatre all her life—acting, directing AND the 'unsung heroine' jobs of box office, audience development and marketing. She graduated in theatre from Queen's University in Kingston, Ont.

For the past 12 years Jan has worked in many capacities with the **Arts Club Theatre** and is currently Associate Director.

She produced and directed *Mother Gets Her wings* at the 1989 Fringe Festival and was Assistant Director for the Arts Club Theatre productions of *Steel Magnolias* and *It's Snowing on SaltSpring Tra-Lah*.

For the latter, written by and starring one of Vancouver's chief theatrical treasures—**Nicola Cavendish**—Jan even undertook the awesome challenge of 'subbing' for Nicola for two performances when the star was ill. (Surely a task guaranteed to strike terror into the bravest heart, given Nicola's formidable talents.)

Theatre is in the family blood. Brother **Dave Carley** is a successful playwright—*Writing With Our Feet* and *Midnight Madness*, which was produced in recent years at the Arts Club Seymour Street, featuring Nicola Cavendish (these Carleys seem inextricably entwined with Ms. Cavendish).

As Jan is also writing her first play - *Tangled Garden*, a drama about women's friendships, she no doubt empathises with a fellow author of a new play and 'tinkers with tact.'

That's not all for Ms. Carley. Apart from running a full-time job at the Arts Club Theatre, a home in False Creek Co-op and rearing 4 yr. old Liam, directing in her spare time(?), she's also writing a continuing children's adventure book series.

◆◆◆
This is a real Creek co-op production—the author, director and designer work here; the director and musician live here. It is receiving more "ink" (as we say in the trade) than other Fringe Festival productions for those very reasons.

This is in fact an old photograph of Gayl DeCoursey's mother, taken somewhere on the shores of Scotland—reading romances perhaps?

THE FRINGE FESTIVAL will invade the Mount Pleasant Neighbourhood from September 5 - 15. 583 performances of 106 productions in 10 unconventional venues.

It's a festival for the theatrically adventurous (or insane!) and for those able to store up enough energy for a real overdose.

Complete programs were included in the August 11th edition of **The Courier**. If you missed it you could call the Festival Office at 873-3646 to find the whereabouts of others.

The Romances of Gladys McGinnes

by **GAYL DECOURSEY**
Directed by **JANET CARLEY**

featuring **JILL GAMLEY**
SHEELAH MEGILL
MITCH MOLLOY

Hot Jazz Club - 2120 Main St off 6th
 Sat. Sept. 7 11:30 pm Tues. Sept 10 3:45 pm
 Sun Sept. 8 2:15 pm Sun Sept 15 12 Noon
 Mon Sept 9 3:45 pm

THE COSMIC COMMOTION IS NOW OPEN

FAMILY ENTERTAINMENT CENTRE

KIDSONLY MARKET

OPEN LATE!

Bart Simpson Wacky Gator Mad Dog McCree.

Meet Your New Neighbours.

Join us in welcoming your funky new neighbours to the False Creek area. They can all be found in the Kids Only Market upstairs at the Family Entertainment Centre. It is False Creek's only location for the latest in electronic video, pinball, and action games as well as skee ball, ball and hoop games and much more. The Bart Simpson and Mad Dog McCree games are joined by many others including the Galaxy Force flight simulator, the Final Lap car race, Wacky Gator and CosmoGang.

The Family Entertainment Centre, or Cosmic Commotion as we like to call it, is brand new and we've got loads of fun and great games for grown ups and not so grown ups.

4 FREE GAME TOKENS

WITH THIS AD!
Limit 4 tokens per notice and per customer.

SUMMER HOURS

Family Entertainment Centre
Kids Only Market
1496 Carwright Street
Granville Island Phone: 689-8447

Mon to Wed. 10:00 am - 6:00 pm
Thurs to Sat. 10:00 am - 9:30 pm
Sunday 10:00 am - 8:00 pm

THE NEW BEANSTALK BISTRO RESTAURANT AND SELECTED SHOPS ARE ALSO OPEN IN THE EVENING

GRANVILLE ISLAND

After Dinner Stories from British Members of Parliament

From Michael Jopling, PC, MP

A Member of Parliament was giving prizes away at a Girls' School's Speech Day. Afterwards the Head Mistress asked how much he wanted to cover his expenses, which he naturally refused. To this, the Head Mistress replied: 'Oh! That is generous. It will allow us to put the money we

had for your expenses into a special fund we have.'

The MP did not like to ask what the special little fund was for but in the end his curiosity got the better of his good manners, and he did ask. The Head Mistress replied: 'It is a special little fund so that we can afford a rather better speaker next year.'

From Malcolm Rifkind, MP

In the 1930s there was an old Scots Provost of a small burgh in Scotland who, recently elected to his office, had to preside over his first civic banquet. He was told his first responsibility would be to propose the Loyal Toast to His Majesty King George V. Never having given such a Toast before, nor having heard one proposed, the Provost spent many days preparing a lengthy speech extolling the many virtues of His Majesty.

Fortunately he showed it to the Town Clerk, who was aghast at the kind of speech that had been prepared and who informed the Provost that when proposing the Loyal Toast one was merely expected to propose the health of His Majesty, and then sit down.

The Provost was somewhat annoyed and disconcerted at this advice, but he felt that he had no alternative but to accept it. Accordingly, on the night in question, at the appropriate time he rose and addressed the assembled guests in the following fashion:

'Ladies and Gentlemen, I wish to propose the Toast to His Majesty King George V and the Town Clerk tells me the less I say about him the better!'

From David Mellor, MP

A missionary was walking along a jungle path in Africa one day when he suddenly came face to face with a lion. Fearing that his last moments had come, the missionary fell to his knees and covered his face with his hands.

Seconds, it seemed almost like minutes, ticked away and nothing happened, and hope began to dawn in the missionary's breast. Gingerly, he pulled aside his fingers and peeped through. He was startled to see the lion, similarly on his knees with his paws covering his eyes.

The hope that had begun to dawn, swelled, and became real optimism. Then the lion pulled his paws aside, stared at the missionary and said 'I don't know about you, mate, but I'm saying grace.'

From Lord Blake, FBA, JP

The Chairman of a meeting, as Chairmen sometimes do, introduced the guest speaker at inordinate length, reciting all major and most minor details of his career. At last he finished and

said, 'I will now ask Lord Birkenhead to give his Address.'

Lord Birkenhead replied, '32 Grosvenor Gardens, SW1,' and walked out of the hall.

To whet the appetite we list the confirmed participants:

- Arturo Arias
- Jeanette Armstrong
- Gioconda Belli
- Carmen Berenguer
- Neil Boyd Gaetan Brulotte
- Roger Caron Roch Carrier
- Lorna Crozier William Deverell
- Salvador Ferraras Tony Foster
- Patrick Friesen Leona Gom
- Alison Gordon
- Katherine Govier Paul Grescoe
- Liliana Heker Steven Herrick
- Mary Howes Michael Ignatieff
- Patrick Lane Dennis Lee
- Ursula K. LeGuin
- Albert Manguel Nancy Morejon
- Elizabeth & David Morley
- Susan Musgrave Sharon Olds
- Michael Ondaatje P.K. Page
- Kit Pearson Dan Piraro
- Robert Priest
- Alfonso Quijada Urias
- Adrian Raeside Alastair Reid
- Stephen Reid
- Jeanne & Spider Robinson
- Carmen Rodriguez
- Nelson Rodriguez
- Joe Rosenblatt
- Sara Seftovich
- Yves Simon
- Nadine Shelly
- Heather Spears
- Sean Virgo
- Gregory Ward
- Sheri-D Wilson

VANCOUVER INTERNATIONAL



WRITERS FESTIVAL

1243 Cartwright Street
Vancouver, B.C.
V6H 4B7

Tel: (604) 681-6330
Fax: (604) 669-0028

SEPTEMBER 3rd

RUN

Or at least walk briskly, to the Arts Club Theatre Box Office on Granville Island if you hope to some of the lucky few hundred to hear

ROBERTSON DAVIES
on
SUNDAY, SEPTEMBER 29
at the Arts Club Theatre

Programs for the **October 23 - 27** Writers and Readers Festival will soon be available at bookstores, Community Centres and libraries.



THE CITY OF VANCOUVER PLANNING DEPARTMENT

PUBLIC INFORMATION MEETINGS AND MODEL DISPLAY

FALSE CREEK NORTH (FORMER EXPO SITE)

THE ROUNDHOUSE AREA

You are invited to participate in the next phase of Planning for the former Expo Lands. Join City staff and Concord Pacific's architects for a review of the Roundhouse area rezoning proposal at the following public meetings and model display.

PUBLIC INFORMATION MEETINGS

DATE: Tuesday, August 20, 1991
TIME: 7:30 p.m.
PLACE: The Granville Island Room
1502 Duranleau, Granville Island

or

DATE: Thursday, August 22, 1991
TIME: 7:30 p.m.
PLACE: Judge White Theatre - Robson Square
800 Robson Street

MODEL DISPLAY

DATE: Saturday, August 24, and Sunday, August 25, 1991
TIME: 10:00 am - 5:00 p.m.
PLACE: Triangle Square - Granville Island
(in front of the Public Market)

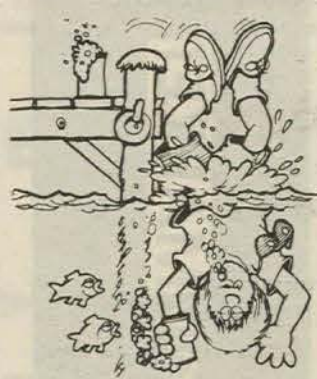
The Roundhouse area is located on the north shore of False Creek between Homer Street and Davie Street. Concord Pacific's rezoning proposal for this site includes a mix of housing, retail, and public facilities.

Proposed are approximately 1000 housing units for adult, family, and low-income households with some street retailing. The existing Roundhouse, a heritage building, will be converted to a community centre. Other public facilities include a school, daycare, family place and 9 acres of park and public open space. The treatment of public places including the Roundhouse, plaza, park, and seawalk are also part of the proposal.

We welcome your comments on this rezoning application. For further information please contact the False Creek Planning Group at 873-7040.

T. H. Fletcher
Director of Planning

Are You At Risk?



MYTH: Most drownings occur when people are swimming.

FACTS: Over 60% of all drownings occur when the victim falls into the water unexpectedly; from a wharf, shoreline or boat.

Autopsies have shown that over one-third of these victims (mostly males) were impaired by alcohol.

The Canadian Red Cross Society

PRO-TECH

CARPET & UPHOLSTERY SPECIALISTS

664 Leg-in-Boot Square, Vancouver

872-7822

★ FALSE CREEK'S CARPET CLEANERS ★

SUMMER SPECIALS!!

MAIN FEATURE:

Living Room,
Dining Room, Hall
3 Bedrooms
12 Stairs
and Couch.

\$139.95 ★

PLUS Bonus
FREE CHAIR

APARTMENTS:

2 Bedroom
Apt. pkg.

\$64.95 ★

1 Bedroom
Apt. pkg.

\$49.95 ★

COUCH
\$39.95 ★

PLUS Bonus
FREE
CHAIR

LIVING ROOM/DINING ROOM
AREAS & HALL

OR ★

Bachelor Suites \$39.95

MINI-PACKAGE:

Living Room,
Dining Room,
Hall & 12 Stairs

\$63.95 ★

DEPENDABLE & PROFESSIONAL
SERVICE TECHNICIANS

FULLY BONDED & INSURED



MEMBER
BETTER BUSINESS BUREAU



Mon. - Thur. 8:00 - 8:30 p.m.
Fri. 8:00 - 5:00 p.m.

Sat. 8:00 - 4:00 p.m.

SUSSEX INSURANCE AGENCY (FALSE CREEK) INC.

GRANVILLE ISLAND PLACE
105-1500 WEST 2ND AVE.
VANCOUVER, B.C. V6J 1H2

Phone: 732 - 1078 Fax: 732 - 6024

BIG AGENCY PRODUCTS,
SMALL AGENCY SERVICE.



CONVENIENT TOO !!!



VISA & MASTERCARD
ACCEPTED ON ALL
INSURANCE INCLUDING AUTOPLAN

Nonsmoker rates available.

OFFICE HOURS: 10 am - 7 pm Monday - Friday
11 am - 4 pm Saturday



"What's On"

Reservations & showtime information: 687-1644

Auditions for A Closer Walk - a tribute to Patsy Cline

The Arts Club Theatre is looking for a singer to portray Patsy Cline in their upcoming production, **A Closer Walk - a tribute to Patsy Cline**.

A talent search is being launched across the Lower Mainland for a performer to play the part of Patsy Cline in this tribute to her work. Co-sponsors 93.7 JR Country FM and the JR Country Club will be hosting a contest to find a singer who would like the opportunity to sing a little closer to Patsy Cline. Contest dates are August 20th, 21st and 22nd, and winners will have a chance to audition for **A Closer Walk's** director, Dean Regan, as well as receiving two tickets to the show's opening night.

To enter, pick up a ballot at the Arts Club Theatre on Granville Island, JR Country Club or 93.7 JR Country FM.

For more information on the Patsy Cline contest, please call David Harrison at 687-5315.

DADS in BONDAGE

To August 31st, at least.

at the REVUE THEATRE

and



The ANGRY HOUSEWIVES are back on the MAIN STAGE, tireless as ever.

To August 31st



GRANVILLE ISLAND OFFICE SERVICES

Word Processing
Laser Printing
Photocopying
Dictaphone
Faxing



FAST FRIENDLY CONVENIENT

1812 Maritime Mews
Granville Island

TEL: 669-3144
FAX: 669-0028

OFFICE FOR RENT

GRANVILLE ISLAND

SHARE SPACE WITH
GRANVILLE ISLAND OFFICE
SERVICES LIMITED

WORD PROCESSING
FAX & PHOTOCOPYING
FACILITIES ON SITE

1812 MARITIME MEWS
175 SQ. FT.
\$350.00 PER MONTH

CALL 669-3144

C.B.C.'s Almanac show on stage at Vanier Park a big hit

C.B.C.'s effervescent host LUCY McNEIL dressed up and took her *Almanac* show to Vanier Park last month to promote the **BARD ON THE BEACH** summer season of alternating productions of *Midsummer Night's Dream* and *As you Like it*.

It was a delightful two hours. An astonishing number of people turning up on stage to audition for a role.

Three scavenging teams were despatched to collect a preposterous list of mostly Shakespeare related items

Almanac's delightful vet. **Adrian Cooper** (who should be on the stage, he's such a ham) called his team *This Happy Band*; The Afternoon Show's **Patrick Munro** headed a bunch of *Bacon Dispatchers* and **Brent Gibson** from the Vancouver East Cultural Centre called his lot *The Flying Romeos*.

The resultant collections were hilarious, from love potions in pop bottles and paper cups, to letters from Ann Hathaway (one delivered "in person") to a cab driver reciting a verse from Shakespeare.

Almanac often goes 'on the road' but this show must have been more fun to devise than all the others.



Some of the production crew entered into the spirit of the event and donned costumes.

GRANVILLE ISLAND-RENAISSANCE FAYRE

Adventure into the past at Granville Island's 2nd Annual **RENAISSANCE FAYRE!** Enjoy tournaments and entertainment by the talented "Society for Creative Anachronism". **Saturday, August 24th, 10:00 am to 5:00 pm!**

Delight in a free outdoor performance of Carousel Theatre School's lively "**AS YOU LIKE IT**" by William Shakespeare. Performances nightly, except Sunday, at 8:00 pm through August 24th on Granville Island's Eastern Mound near the Hotel.

Spend a romantic evening on the Island under the stars! For more information please call Carousel Theatre at 669-3410.



Granville Island



Back Stage

at the



Mon. - Thur. Noon - 1:00 a.m.
Fri. & Sat. Noon - 2:00 a.m.
Sun. Noon - Midnight

Musical Guests

DAVID RAVEN
August 23 & 24

THE BELAIRS
August 30 & 31

THE HIGHTOPS
Sept. 6 & 7

NIGEL MACK
Sept. 13 & 14

Comfortable, relaxed atmosphere on the Granville Island waterfront

Tel. 687-1354

"Open Mike"
Weds. nights

LIVE MUSIC
Fri. & Sat. evenings

Home to the "Scotch Club"

Food Glorious Food

and health into the bargain

by Frances Kohn, R.D.N.

Arthritis, a complex disorder with many ups and downs, inspires a myriad of unproven therapies, many of which involve nutritional manipulation.

Folk medicine remedies, originally used by traditional healers, are often passed on by well-meaning friends and relatives. The problem is that most of these home remedies have not been rigorously evaluated by modern standards. Self-help books based on unproven therapies line our bookstore shelves and sell, because of their wild promises.

Fringe practitioners range from well-intentioned 'healers' to skillful quacks. Quackery is "the promotion of medical remedies known to be false or which are unproven, for a profit."

Many people believe, incorrectly, that arthritis is caused by poor diet or a cold, wet climate. Large numbers of rheumatoid arthritis patients report having experimented with unproven therapies. The most popular include dietary modifications and vitamins. Although some patients reported feeling better as a result of some nutritional therapies, no verifiable benefits could be documented.

Arthritis - Unproved Therapies

QUACKERY

With any treatment the placebo effect needs to be considered. This effect is manifested in a favourable response, not to the treatment itself, but to the patient's strong belief that the treatment will be successful. Placebo response may be justified at times but it can obscure real disease and delay appropriate treatment by deceiving the patient. Arthritic diseases go through cycles in which the patient may feel worse for a time and then improve. The skillful quack makes use of these ups and downs by claiming credit for any spontaneous improvement and justifying lack of improvement as an accepted response, thereupon adjusting the medication and continuing the treatment.

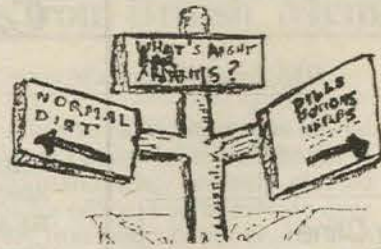
HAZARDOUS REMEDIES

DIET

Dangerous dietary remedies include any which promote poor nutritional practices, especially over a long period time; e.g. fasting. Avoiding certain foods or food groups completely can also cause problems. Deciding that meat, eggs, milk or any other food may be responsible for the arthritis and eliminating that food, without proper counselling, could cause nutritional deficiencies and lead to weakness and lack of energy.

SUPPLEMENTS

Self-care with supplements can be hazardous. Over-use of fish oils puts a person at increased risk of stroke. Overdosing with fish oils could also lead to vitamin A & D toxicity. In general, if you overdo any one vitamin or mineral you can upset the nutrient balance in your body.



HERBS

Herbal remedies, often touted as 'nutrition products' have a certain fascination for many because of persuasive advertising. We are advised, though, that when gathered in the wild or obtained at health food or herbal stores, many herbal products may be hazardous. Dr. William Jarvis, Professor in the Dept. of Preventive Medicine at Loma Linda University, and President of the National Council against Fraud in the U.S., states that mis-identification of herbs used to relieve arthritis has killed people, as have Chinese herbal pills containing uncertain amounts of potent, naturally occurring pharmaceuticals. Dr. Jarvis advises patients to avoid practitioners who recommend discontinuing needed medication in favour of dietary and/or herbal 'alternatives' as this has proved fatal in some cases.

WHAT'S THE ANSWER

Arthritis includes many different diseases and your doctor is the expert to diagnose the condition and plan the course of treatment. No special diet or supplement has been proved to cure or prevent arthritis. One practical tip for the arthritis patient, though, is to maintain a normal weight as excess weight puts stress on the joints. Eat a normal diet low in fat but rich in vegetables, fruit and whole grains. Low-fat dairy products and low-fat meat, fish and poultry dishes will balance out the nutrients. Some forms of arthritis are helped by exercise. Check with your doctor.



Monday - Friday 9 a.m. - 4 p.m.

Fall Session for False Creek Community Association

Nice touch of whimsy from Keith Freer, President of FC.C.A. with his customary summer meeting reminder.

GREETINGS:

WHEREAS it has been noised abroad that there are intentions to further promulgate those happenings in and around False Creek such as may be considered worthy of note and comment for the edification or titillation of the populace and to so do this in the customary manner and by means of that certain broadsheet viz. **THE CREEK**, even unto the next decade of publication.

NOW therefore be it requested that these modest notes hereunto affixed and emanating from the pen of this humble scribe be and are included within the proximate issue of the aforesaid epistle. (carpet)



The regular (first Wednesday) monthly meetings of the False Creek Community Association will recommence on the **WEDNESDAY, SEPTEMBER 4th** at 7:00 p.m. in the Community Centre Boardroom.

Each participating Co-op Board, Strata Council or other residential building organization may send a delegated representative to these meetings. An opportunity is provided to discuss issues of common interest to those living and working along the South Shore of False Creek.

Topics presently under review include:

- Design Study for Leg-in-Boot Square
- Lamey's Mill Road/Anderson St. intersection (Traffic patterns and access to Granville Island).
- Charleson Park upkeep
- Local impacts - ALRT/Downtown South redevelopment/Concord Pacific.

Efforts are made to obtain timely and accurate information concerning local developments, and where necessary, to present viewpoints to City Aldermen or other authorities, based on comments from the neighbourhood at large.

Are You At Risk?



MYTH: People rarely fall overboard when standing up in a small boat.

FACTS: More than half of all boating accidents result from standing up. Alcohol affects your balance, increasing the risk of falling overboard.

Consuming alcohol while boating increases the need to stand for relief.

The Canadian Red Cross Society



Eagle Pole
7' red cedar with strongman, killer whale, eagle and bear cub.
Carved by Garner Moody, Haida

LEONA LATTIMER GALLERY

1590 West 2nd Avenue
Vancouver, B.C. V6J 1H2

Fax. (604) 732-0873
Tel. (604) 732-4556



SPECIALIZING IN
NORTHWEST COAST INDIAN ART

We ship worldwide

September 1 - 30, 1991
NEW ARRIVALS
FALL SWEATER *** PROMOTION SALE**
Leg - in - Bootique
Designer Fashions
(The Entrance to Leg-In-Boot Square In False Creek)
663A Market Hill, Vancouver, V5Z 4G5
Tel. 879-RAGS 879-7247

Looking for storage?



Now in your area!

MINI STORAGE

- MONTHLY RENTALS
- SECURE, INSIDE LOCKERS
- EASY GROUND LEVEL ACCESS
- VARIOUS SIZES AVAILABLE
- DRY AND VERY CLEAN
- YOUR OWN LOCK & KEY
- AFFORDABLE RATES

1 MONTH FREE!

LEASE FOR 6 MONTHS AND GET LAST MONTH FOR FREE!

DRAMATIC PRICE SLASHES



Broadway Store-All

LIMITED OFFER

731-6689

2425 LAUREL ST. (1/2 BLOCK OFF BROADWAY & OAK)



Noticeboard 665-3425

The kids' summer holidays are almost over. Before sending them back to school send your youngsters to the

KIDS KRAZ-EE KARNIVAL and WILD & WET SUMMER GAMES

At the **KRAZ-EE KARNIVAL** kids can win great prizes in Kra-zee games of skill and luck. Refreshments and a raffle draw will be featured.

For children aged 2 - 12 yrs.
TUESDAY, August 27.
1:00 - 3:00 p.m.

\$2/game card - includes all activities.

WILD & WET SUMMER GAMES is False Creek's version of the summer games with wild Olympic style events and water races.

For children aged 4 - 12 yrs.
THURSDAY, August 29
1:00 - 3:00 p.m. \$2/person

TENNIS. Some spaces left for the last session, **Aug. 18 to Sept. 3.** Call the Centre immediately before those spots are snapped up.

SEYMOUR MOUNTAIN HIKE

The first day of Autumn is an ideal time for a hike. Not too hot; the nasty bugs will have disappeared and the leaves will have started to turn lovely colours.

SEPTEMBER 21.

FITNESS PROGRAMS

All fitness classes are currently held at the Centre. Two good programs to try are the **FAT BURNER** classes at noon Mon.Wed.Fri., and for those who prefer evening sessions there are **All Levels** classes Tues. & Thurs. at 6:00 p.m.

FALL REGISTRATION

The Fall brochure will be included in the **WEDNESDAY, AUGUST 21** issue of the **Vancouver Courier**. Registration will begin **THURSDAY, AUGUST 22** at 9:00 a.m.

The pleasures of living in False Creek

I feel very fortunate to be living in the False Creek area. The beauty of the location speaks for itself but it is the people who live and work here I appreciate most.

There are few places left where people can walk with perfect ease, meeting friends and neighbours. Once while vacationing in a nice area of California I took a walk, to be told later by my hosts "only drug dealers and the poor walk." The neighbours had seen me and telephoned my hosts to warn me to stay off the sidewalks.

There is a wonderful spirit here; joy in watching young mums show their latest addition the new ducklings and goslings. At the west end of the Creek a woman brings fresh water and food for the Canada Geese every day.

I have made many friends through the False Creek Community Centre and even before becoming a Board member always felt wel-

comed. I feel the work we do as committee and board members is truly appreciated.

For me one of the best features of living in the Creek is The Creek newspaper. Two months ago I advertised for a sewing machine. **Karen Shuster**, a former Centre board member, saw the small ad. and has given me her machine in exchange for some yet-to-be-created piece of art. Taking the papermaking course at Emily Carr College of Art & Design would have been impossible without Karen's sewing machine. The paper T-shirts on display early in August were sewn on it and currently on display in the college course is a paper shrine made from rust coloured corduroy Karen also gave me.

Thank you to the many loving people who make False Creek such a wonderful home.

Nancy Nagelkerke

CANADIAN CRAFT MUSEUM

After more than a decade as the Cartwright Gallery, the new Canadian Craft Museum is moving to its new building at Hornby & Georgia.

The last exhibition in the Cartwright Street space (next to the brewery) continues until **September 29.**

Customs and Costumes - The Ethnic Diversity of China

Throughout the many Dynasties in its 4000 year history, the peoples of China have created so many extremely beautiful styles of dress that China is often called "The Kingdom of Fine Dress."

American educator Phila McDaniel has travelled to the remotest parts of China collecting the costumes of over 40 different ethnic groups. The resulting display, organised by the Wing Luke Asian Museum of Seattle, includes 10 complete costumes and a large selection of intricately embellished garments, hats and dramatic silver jewellery.

This wonderfully colourful collection is a splendid final celebration of the years of fine exhibitions we have enjoyed at the Cartwright Street.

Don't miss it.



"You missed a great game"

So said **Nancy McWhinney**, bringing pictures from the night at the ball game on Aug. 7th. She and the Bank of Montreal's Commercial Account Manager, **Art Basham**, trundled 20 kids off to Nat Bailey Stadium. Nancy assured us they all had a great time and no-one minded the rain.



These two chaps were hat-less until Nancy sold them one each - and with the proceeds was able to buy liquorice for all the kids. Enterprising, is our Nancy.



THE SEVENTH ANNUAL VANCOUVER FRINGE FESTIVAL

FRINGE

September 5 - 15, 1991
Info. 873 - 3646

LAUREL

PRESCRIPTIONS

#102-888 WEST 8th AVE., VANCOUVER, B.C. V5Z 3Y1

873-5511

PRESCRIPTION & MEDICAL SUPPLIES

- Drug Information & Free Prescription Delivery
- Rental or Sale of Crutches, Walkers, Wheelchairs, Breast Pumps
- Sigvaris and Support Stockings • Diabetic Supplies
- Fast, Friendly Service

ISADORA'S COOP RESTAURANT



WEST COAST
FRESHNESS
NATURALLY 681 - 8816

AT THE ENTRANCE OF GRANVILLE ISLAND, JUST PAST THE KIDS ONLY MARKET TURN RIGHT

Our patio is a popular place. Join us for the rest of the summer.

CLASSIFIEDS

20 words: \$4 (min.)
30 words: \$6.

Deliver copy to CREEK mailbox at Community Centre by 8th of month. PAYMENT (cash or cheque) MUST ACCOMPANY ad.

CHILD CARE

Looking for 2 - 3 year old(s) to share childcare with our 2 yr. old in False Creek. Full or part-time could work out. Call Nancy at 732-0157.

CHILD CARE ASSISTANT needed every Wednesday 6:00 - 8:00 p.m. at **FALSE CREEK COMMUNITY CENTRE.** \$4/hr. Contact: 525-0230

SERVICES

MARINE MECHANIC Specialist in Repairs & Service Volvo, Perkins, Ford, Gardner, Yanmar
Marine Transmissions Installations
25 years' experience
Call: **ALAN HASTINGS** 874-8863
Leave Message

DO YOU NEED HELP with your PATIO GARDEN?
I can assist in design and with labour. Please call 874-4118

CANADIAN CANCER SOCIETY

Constantly looking for people who care

In Canada 1 in 4 deaths is due to cancer. The Cancer Society is always looking for people who care.

More than ever the Vancouver Unit needs volunteers with a caring leadership style, the ability to effectively direct committed volunteers currently with us and management abilities to take a leadership role in running the unit.

During the day volunteers—our lifeblood—are needed to respond to phone and walk-in enquiries, from people with cancer, concerned individuals or business associates, all of whom need to be directed, with shared concern, to the best source of information.

The Canadian Cancer Society is committed to eradicate and prevent cancer and to lessen the burden for people battling cancer.

Whether you give a few hours a year or a few hours a week, you can play a vital role in the fight.

TO VOLUNTEER (or enquire about it) call 879-5736 and ask for **Dianna Deyholos.**



Craftsman Painting

Are you in need of a reliable painter with competitive pricing for your:

CONDOMINIUM ★ APARTMENT ★ TOWNHOME ★ HOUSE

CRAFTSMAN PAINTING offers you:

- Clean, Professional Quality Workmanship
- Interior or Exterior Applications
- Residential & Commercial
- Evening & Weekend work at no extra cost



FOR FREE & PROMPT ESTIMATES
732-0855

PERIODONTAL (GUM) DISEASE

A Way To Keep Your Teeth

Periodontal (gum) disease is "the most common disease known to mankind." It is also the major cause of tooth loss in adults. It affects 9 out of every 10 adults over the ages of 50 and about 75% of those between 35 and 50. Young children can even show early signs of the disease.

Unless treated, it destroys the tooth-supporting structures, "gums." So if you are concerned about keeping your teeth, you should be able to recognize the symptoms.

Knowing the symptoms of Periodontal (gum) Disease

Gum inflammation is the most common form of the disease. This is known as gingivitis. Any unusual redness of the gum tissues indicates inflammation. A "pink toothbrush" or bleeding from pressure is an obvious sign of gum inflammation.

A more advanced form of gum disease is "Pyorrhea," affecting the gums as well as the jaw bone. It is recognized by pus which can be squeezed out around the teeth when pressure is exerted on the gums. This is usually the end result of the chronic disease process, not the disease itself. Generally there is a bad taste in the mouth and the gums look smooth and flabby.

Recession of the gums away from the teeth is another symptom. Excessive tooth movement indicates that the disease has affected the deeper structures. Tooth movement can be visible, causing spaces between the teeth or misalignment.

What is Plaque and how can Plaque harm gums?

Plaque is a sticky film of bacteria, together with partially digested food debris, that forms continuously on your teeth. It can cause much damage.

As you eat, plaque uses the sugar from foods eaten to produce acids. These acids, with other irritants, can inflame the gums and make them sensitive and more likely to bleed. If left on your teeth, plaque can lead to even more serious problems.

Deposits of calcium salts from your saliva cause the plaque to harden and thicken and become tightly joined to the teeth. At this point it is called calculus (or tartar). As calculus accumulates, its surface is rough and it causes the gums slowly to detach from the teeth. This leaves pockets around the teeth that become filled with bacteria, food debris and pus. Eventually, the bone structure also can be affected. In some cases, it seems to melt away and the teeth begin to loosen. What happens can be compared to rocking a fence post back and forth in the ground—it becomes more and more moveable. Unless something is done to arrest the disease, loss of the affected teeth is imminent.

Is there anything you can do to prevent gum disease?

Next month we will discuss how to prevent gum disease and factors that make some individuals more susceptible.

FALSE CREEK DENTAL CENTRE
JIMMIE WALKER JR.
D.M.D., B.A.
676A Leg-in-Boot Square
False Creek, Vancouver
Tel. 874-9388

BEATRICE L. FOGELBERG FAMILY LAW

(of the law firm of Goluboff & Mazzei, West Vancouver)

is pleased to extend her family law practice to serve the False Creek Community

Wednesday evening appointments available in Leg-in-Boot Square

Tel. 925-1156 or 875-6284



Sam McClintock
Sales Associate



RE/MAX
Contact Realty
An Independent Member Broker

#201 - 1001 West Broadway
Vancouver, B.C. V6H 4B1

Res. (604) 872-3020
Fax. (604) 731-5157

For a free evaluation of YOUR home leading to a quick sale, call

731-6155
Residential Services



Exclusive Closets
MIRROR DOORS & FITTED CLOSET ORGANIZERS

CANADA'S LARGEST CLOSET SHOP
FREE IN-HOME ESTIMATES

Visit Our Showrooms At

RICHMOND 220 - 4451 No. 3 Road (North of Lansdowne Mall) 270-4145
NORTH VANCOUVER 104 - 980 West 1st Street (South of Capilano Mall) 980-2180



874-1121
WE WASH AND SERVICE MINI BLINDS
THE VENETIAN BLIND SERVICE CENTRE
331-W. 7th AVE., VANCOUVER, B.C.

Now in our 28th year serving Vancouver

McIVER'S

APPLIANCE SALES AND SERVICE

854 WEST 6TH AVE

Huge Selection of Rebuilt Appliances and Parts

FULL 1 YEAR WARRANTY ON REBUILT APPLIANCES

We do housecalls
879-5222

1st Quality Service Dependability

FALSE CREEK INSURANCE BROKERS

FAIRVIEW GOLD PLAZA
804A-WEST 6TH AVE VANC. V5Z 1A6
PHONE: 874-4476 FAX: 874-5570

★ FINANCING AVAILABLE AT COMPETITIVE RATES ON AUTOPLAN

★ A NO INTEREST MONTHLY PAYMENT PLAN AVAILABLE FOR YOUR PERSONAL INSURANCE

We have the program you need to insure your home, business or recreational property

FREE PARKING

VISA & MASTERCARD accepted for

Autoplan

Hours: Mon.-Fri. 9:30-6:00. — Sat. 11-4 p.m.

MONTH END HOURS:
Fri./Sat. August 30 & 31 9 a.m. - 9 p.m.