

JANUARY, 1992

The Creek

Vol. 11, No. 1

'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.-8 p.m.

MARITIME MUSEUM
WEEKENDS ONLY - 10-5

Party Time on the old Book Bus's Farewell Run



Just think, when the Book Bus service started 36 years ago False Creek was the industrial heartland of Vancouver.

In the years it has been serving this now enviable place to live, the bus became an important feature of children's learning years and as much of a neighbourly meeting place as we normally think a community centre is.

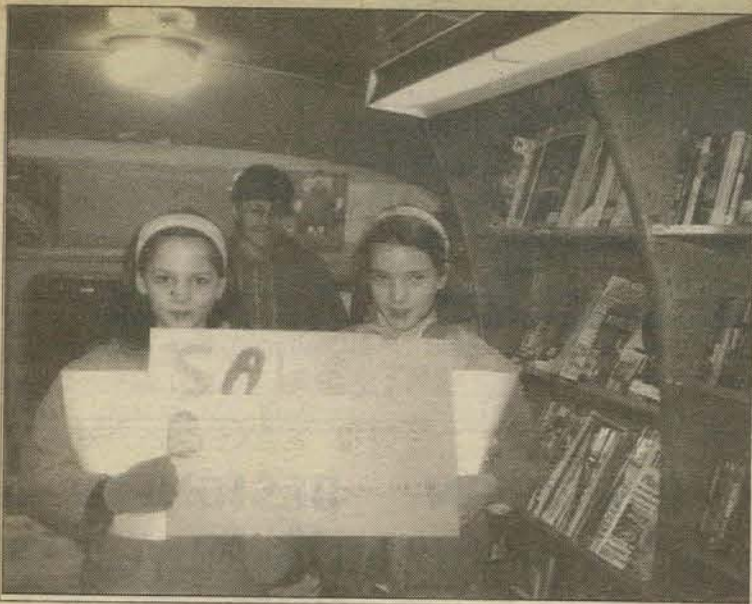
That was evident in the way kids and parents greeted each other the night of its final run on December 17.



For their 'FAREWELL FALSE CREEK' visit, even though it was book business as usual for one last time, the Book Bus ladies, **NANCY PINCOMBE** and **ELLEN JANTSSSEN**, festooned it with balloons and streamers and brought cakes and cookies. They had also given the dear old bus a wash and brushup and brought it down Ferry Row the week before to have its picture taken, which was printed on souvenir Farewell Cards for everyone.

Young **Julie Facchin** and **Claire D'Anglemont** have not lived in False Creek since toddlerhood but they have quickly become attached to the friendly service and atmosphere of the Book Bus.

They are not willing to let it go without a struggle.



During the bus's December 10th visit they brandished a placard pleading **SAVE OUR BOOK BUS** and solicited support for their campaign by handing everyone an appeal:

SAVE OUR MINI LIBRARY

As you probably know, soon we will have **NO Book Bus**. This is unfair. Reading is a way of learning. I am quite sure that lots of people borrow books from the Book Bus and it only costs \$6000 a year.

If you think that the Book Bus should be saved, call the Administration of the Vancouver Public Library, or, if you want to help, call me at 733-5549.....**Julie Renee Facchin**.

Well, that's the way new community activists are born— people deciding to **ACT** when they feel strongly about something.

Good on you Julie



Margaret Dinwoodie simply had to be back for the last Book Bus run, and had a happy time handing out cake to everyone, including **Bullus Hutton** and son **Lucas**.

Margaret worked on the Book Bus for many years--1956 to '62 and again from 1969 to '80.

She said during those years the bus was out six days a week, from noon to 8:00 p.m. It made 20 stops and was still serving some schools up to 1980.



To prevent any family strife or complaints about favouritism we'd better also print our picture of **Marta Hutton** and other son **Jacob**.

Lucas and Jacob are precious people--they have delivered The Creek to their neighbours complex for almost as many years as they've been using the Book Bus.



Liz Dohen, pictured here with son **Ian**, expressed the sentiments of many False Creek parents when she said:

"This Book Bus brought my daughter up. She used to come by herself when she was three years old; she's fifteen now."

There were several toddlers like Baby Isaac, rummaging for their own books and the Book Bus ladies remarked how much they had enjoyed watching False Creek kids grow up.



EDITOR



Beryl Wilson

THANKS

Yours truly achieved a personal record for procrastination last December--some of the annual Christmas mail still hasn't been written. Thus it was doubly impressive, and heartwarming, that a Creek reader made time to write a card to the Editor.

I hope Susan Henry won't mind seeing it in print.

"I just wanted to say "thanks" for The Creek. Your quirky little paper manages to instil a friendliness into our neighbourhood that would probably not be there without you. You've almost created a small town atmosphere in the middle of this big, anonymous city.

No doubt it is an enormous labour of love and you must sometimes wonder if it's worth it--but I think there are a lot of people out there who really enjoy it."

'Quirky' is probably the most apt adjective for The Creek. Wars and global devastation continue; Canada's politicians continue to wrangle while the economy unravels; crime increases all around us, but what does The Creek feature front page? The parting with our beloved Book Bus. (Last January, as the Gulf War blasted off, we did a page of snow pictures.) It's called sanity

Granville Island Office Opening a smashing success

Usually once a year C.M.H.C. Granville Island invites everyone on the island to a gathering in the Granville Island Hotel.

Usually it's called something like an Information Meeting and the invitation is fairly plain looking.

Sometimes it's to honour people--departing managers or Trust members.

Usually islanders stay away in droves, except for us diehards who know what pleasant occasions they and never miss them.

Last December 18 everyone on the island was invited to the official opening of the new office space on Duranleau Street. You'd expect only the diehards to show up for an Office Opening. But this time the invitation was purple, trimmed with sparkles, and it was the Christmas Party season.

It seemed EVERYBODY came; the place was packed to the rafters from the beginning at 4:00 to the end at 8:00 p.m.

The fact is most Granville Islanders are small business operators usually tied to minding their stalls and stores all day. They don't have time to wander around socialising with other islanders and are ready to head home at the end of the day.



Except at Christmas evidently. When there's hardly room to move and the talk noise level is high you know you've got a crowd of happy campers. People had such a good time they are already spreading rumours intended to coerce Granville Island Management to repeat it every December.

'Twas a challenge for the caterers. Most people had not RSVP'd and every time a food tray emerged from the kitchen it was vacuumed empty before the poor server travelled two feet.

The Creek Editor, who made do with a few broccoli bits and dip and tottered safely, if unsteadily, home along the seawall, muchly mellowed by many glasses of 'the grape,' was subsequently interested to hear from a caterer's helper that the bottle count showed the rest didn't drink that much.

The police Counter Attack warnings work.

Ex Trust member Evelyn Atkinson, still missing her involvement with the Island's development, was delighted to be invited back.

Wearing her other hat, so to speak, of a Bed & Breakfast host, the Editor had a long 'shop' talk with Marilyn Chilvers who, with husband Jonathan, now lives permanently on Mayne Island, owning and operating Oceanwood Country Inn, a reputedly charming, well appointed place which, in less than two years, has been visited and reported on glowingly by many of the leading travel writers around the continent.

Photos by Laine Harder (Note to function planners: not a poor picture in the 60 Laine Harder took at this event. Her Tel. No. is 733-9501)

The place was so crowded and lively many of us at the back of the office didn't even know some speechifying and ribbon cutting took place at the front, but there's a picture to prove it did.

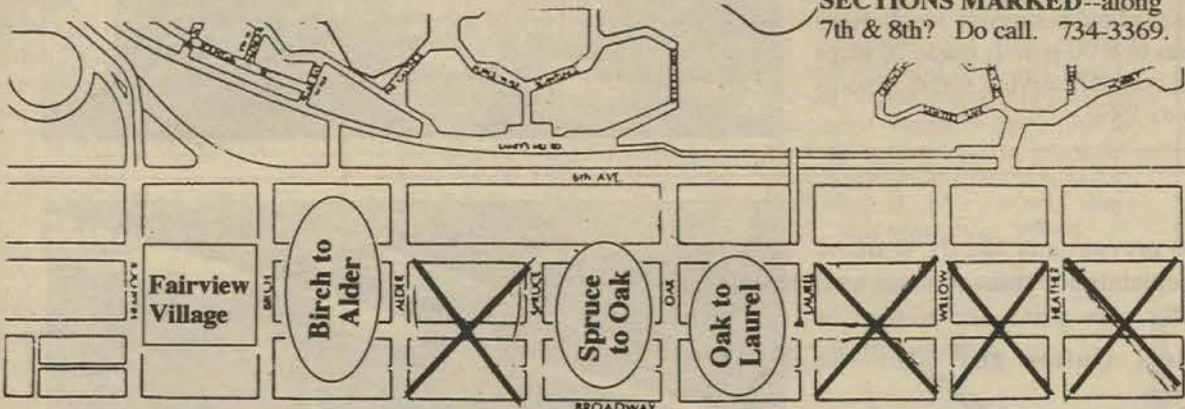
Creek delivery routes still available!

Try it with the right name

When soliciting 20 mins. help with delivery of The Creek the least a body can do is get the NAME right. I called it GRANVILLE ISLAND VILLAGE when I printed the delivery route map in November. No wonder the phone didn't ring off the hook with offers!

Never having been a Girl Guide my motto has usually been "If first you don't succeed, GIVE UP." For one thing it saves feeling rejected. But one person volunteered for a little route, bless her so it's worth another try.

ANYONE WILLING TO TAKE ON DELIVERY IN THE SECTIONS MARKED--along 7th & 8th? Do call. 734-3369.



(l to r) Pat McSherry (Manager of Public Affairs & Administration), Al Nauss (Manager of Granville Island), Senator Pat Carney, John Pierce (Granville Island Trust Chairman), Ken Tunnecliffe (Property Manager).

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(Include your Tel.No. and mention the best time for them to call you.)
The Shankeys used to live on Market Hill. After spells in Wisconsin and California they seem to have finally landed in paradise. If you get there before I do, phone with a report. It was Diane who pestered me to start taking B & B guests in '83 because she hated saying "I'm full." (Beryl Wilson)

Miz B's B & B
It's odd the way the universe often sends the kind of guest a landlady needs at different times.
Laid low with a beastly cold, reluctant to lift head from the pillow I was blessed with a dear old gent who went out to late breakfast with a brother or friends, declining even a 'cuppa' to warm his way.
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Welcome Back Mr. Paterson

ANDY PATERSON is tickled pink to be back in False Creek, in the proper school, as a proper Principal

He was False Creek's first school principal, before we had a school, before he was a Principal.

False Creek School veterans know what that means but for all the rest who don't we'll re-run the tape from the beginning.

In the 70's the planners promised the new development in False Creek would include an elementary school. When the first householders, including False Creek Coop families, started unpacking the boxes in 1976 there was no sign of a school.

The impetus for much that has happened in the False Creek community's short history came from many of the committed urban pioneers in False Creek Coop who knew how to needle backsliding bureaucrats.

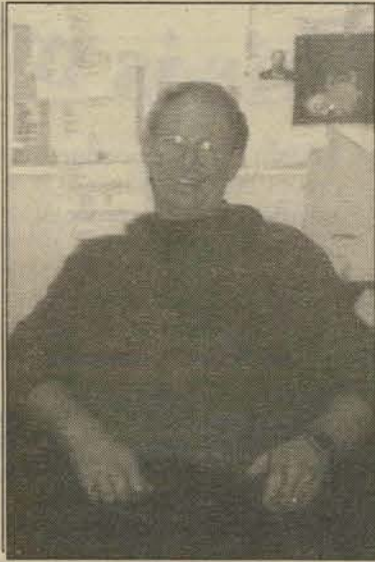
Not content to wait until the School Board built a school in its own sweet time they squeezed the Board to make temporary arrangements.

Thus the Fall of 1977 saw 136 kids, from Kindergarten to Grade 7 enrolled in 'school' in a building on the south side of the Laurel land bridge.

To exist officially it was designated an Annex to Henry Hudson School in Kitsilano which despatched its novice Vice-Principal, Andy Paterson, to his 'baptism of fire'--to create an instant school and a teaching team in 7000 sq.ft. of 'bare stark naked' office space.

Four washrooms for 136 kids and staff (who became adept at wielding plungers!), the only playground space a covered parking lot.

Parents 'went to bat' constantly; for instance to nudge the School Board to provide bus fare for twice-weekly trips to Mt. Pleasant Community Centre for P.E.



Andy Paterson has fond memories of that first year and of False Creek Coop's indefatigable **GERRY POOLE**, who organised community dances and dinners at the Land Bridge school--complete with white linen and cutlery courtesy of Gerry's railway employers (Gerry never likes to do things by halves.)

By the fall of 1978 False Creek School proper was built, a full-fledged Principal, Stanley French, arrived and no-novice-now Andy Paterson returned to Henry Hudson school.

In due course he became a Principal, first at McCorkindale School. When he took over General Gordon School, about seven years later, it was a bit like 'old home

week'--some of the siblings of his first False Creek kids showed up to enrol in French Immersion classes.

A lot of parents have dropped by to welcome him back, even though their children are no longer in the school.

Many people do not realise how well served our school is considering its small size. With only 237 (plus-minus) students, it enjoys the same level of service a 400-student school would have, i.e. a full-time Learning Assistance teacher; two days of Area Counsellor time compared with 1-1/2 days for most schools.

False Creek School also has one day's teacher time to work with gifted children; one day's T.T. for special program implementation.

And we apparently have more artwork lining the halls than will be found in many schools.

As for those bright kids--the 'new' Principal likes to do a lot of recess supervision and says he's had some of the most interesting discussions of his entire career with some of them during recess.

What with that, the setting, the view and the welcome he's received, no wonder Andy Paterson is grinning from ear to ear.

B. Wilson



With a proper sense of priorities the School Board had the play house built first, in time for the first Gr. 6 & 7 class to arrange themselves on it for the first year-end class picture.



On the continuing evolution of Maureen Savereux

THE POPCORN REPORT says this decade will see a full turn from fast-track living to a return to home and self protection. This generation will grow old with style, and with a vengeance.

With this in mind, Maureen Savereux has moulded the image and mandate of **DESIGN HOUSE** which resides in a restored gingerbread house in the heart of Fairview Slopes.

Kareyn Davies, the original inhabitant of a restored gingerbread house at 1039 West 7th Ave. sublet space to Maureen in March 1991. Inspired by the ambience of the house and the fact Karen and she are both interior designers, Maureen called it Design House. In 9 months Design House has evolved into an umbrella for four distinct businesses directly connected with the design business and providing unique services.



Maureen Savereux's imagination and sense of style are deceptively low key. A complete living room refurbishing started with stripping the front trellis of the dense ivy (carefully cultivated for eight years) after a conversation about light during a half-hour morning tea visit that lasted all day.

Following her steady progression from one project to another has been fascinating, ever since we were ten doors' apart neighbours in the early 80's.

Presently Design House tenants include:

Kareyn Davies, (who has been at 1039 since 1989) Interior Designer and Planner for health care, hospitality and commercial properties. (been there since 1989)

Susan O'Connor, who has over twenty years' experience in Canada's retail fashion industry. Her company **REVEILLE** provides financial and planning strategies to people in the fashion business and a forecasting service interpreting world fashion trends in colours, fabrics, silhouettes and 'Hits' (hot items).

Serge Pelentzov, a Contractor/Project Manager who specialises in kitchen and bathroom renovation. His connection with a national kitchen firm gives him a leading edge in package prices for his clients.

Maureen Savereux, Interior Designer, who managed the Design Gallery at Woodwards for several years, specialising in residential and most recently worked on retail and health care projects.

By sharing her space with Susan and Serge, Maureen is able to offer her intuitive design skills to their projects.

Maureen generates all her design work for kitchens and bathrooms with an Autocard computer design package which puts their renovation company in the forefront, giving their clients the most exciting kitchen/bathrooms at the best prices.

Maureen is also working with **Luis Martin** importing original antique fireplaces mantels from French manor houses and chateaux, in collaboration with a Parisian interior designer.

This is the decade to restore and maintain the integrity of our environment which will require understanding the "bottom line" as well as good design.

Collectively the people in **DESIGN HOUSE** can answer every design need, residential or commercial, for the 1990's.

B. Wilson

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National Non-Smoking Week
January 20 - 26, 1992

Love and Anger

by George F. Walker

at the Vancouver Playhouse

The current Playhouse Theatre production is a winner--almost a must-see for all but the 'light entertainment only' brigade of theatregoers.

Upriously funny, and very serious, *Love and Anger* presents a wonderfully savage, satirical portrait--the lost and the lame versus the greedy and the powerful--which strikes a blow for the disadvantaged and a hope for positive social change. The two basic emotions--love and anger--may be all we need.

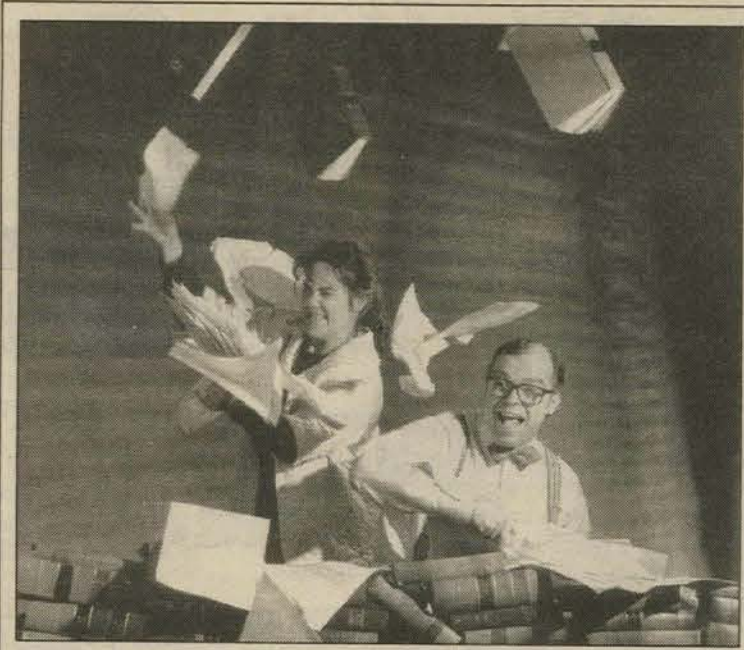
Synopsis

Petie Maxwell is a lawyer who, sidelined from a downtown law firm after a major stroke, sets up shop again in a grimy basement in a poor neighbourhood. Seized by a new sense of power he is arranging a secret plot for the overthrow of society, especially his sworn enemy, 'Babe' Connor, a newspaper magnate and the criminal publisher of a tabloid newspaper.

Maxwell is joined by a ragged assemblage of outcasts: his loyal, eccentric secretary Eleanor, her colourfully schizophrenic sister Sarah and Gail, who hires Maxwell to get her husband, framed by hoodlums working for Connor, out of jail.

This group of down-and-outers kidnap Connor and put him on trial for creating a city fit only for "real estates agents and baseball fans."

The trial scene, in the basement office with schizo Sarah presiding as Judge, is brilliantly bizarre



Corinne Koslo, as schizophrenic Sarah, Bill Dow as Petie Maxwell in LOVE AND ANGER, at the Playhouse to February 1st.

Indisputably the stars of the show, **Bill Dow** and **Corinne Koslo** are magnificently powerful as the completely wacky *Maxwell* and *Sarah*--both reprising the roles from other Canadian productions.

They are splendidly supported by **Stephen E. Miller** as *Conner*, **Norman Browning** as *Harris* (Maxwell's former legal partner) and **Sheila Moore** who comes into her own, as secretary *Eleanor*, in a solo, deliciously demented scene in Act II. **Melanie Nicholls-King** as *Gail* completes the cast.

Director John Cooper maintains a riotous pace throughout the production.

SHOWTIMES: Mon. to Sat. at 8 p.m. Sat. matinees at 2:30 p.m.

SENIORS' TEA MATINEE: Wed. Jan. 22 at 2:30 .m. with complimentary Tea Service from 1:30 p.m.

Tickets at the Playhouse Box Office (7th/Cambie - 873-3311) or Ticketmaster outlets.

George Walker writes very funny plays about very serious issues.

In Walker's world there is always obsession, the force that gives his characters their direction and energy.

Legend has it that 23 year old Walker, while driving a taxi in Toronto in the early 70's, saw a leaflet soliciting Canadian plays for Ken Gass's Factory Theatre Lab. When he saw the premiere of his own first play a few months later it was only the second play he had ever seen.

Twenty years and eleven plays later, his success in mainstream theatres is based on the tension between the affluent people who attend his plays and the marginal characters in them.

Headlines Theatre presents This is my Life?

A Forum theatre production about the funny, scary and all-too human process of aging.

At the Waterfront Theatre Granville Island

until January 25

Statistics are telling us some very interesting things these days. We know we are due for a tremendous demographic shift, courtesy of the "Baby Boomers" who comprised 38% of our population in 1986.

By the year 2000, 15% of the population of Vancouver will be over 65, and the population between ages 45 and 64 will have doubled.

As our parents age, as we age, what are the pressures on parents, grandparents, children and grandchildren?

What are the societal implications as the boomers start surging their way into middle and elder age?

This Is My Life? is about growing older, with particular emphasis on relationships within the family.

What effect does forced early retirement have both on individuals and within the family structure?

How do we cope with infirmity? At what point do relatives move in with other members of the family?

How do we relate to the sexuality of seniors?

How do roles change for all of the generations involved?

These are some of the questions raised in a recent Headlines' *Power Play* workshop with 18 people, ranging in age from 19 to 78.

As with other Headlines' critic-ally acclaimed works, *This is My Life?* is presented as Forum (interactive) theatre, giving audience members a chance to step into the action of the play and try out their own ideas. The Forum process is energizing, joyous and thoughtful.

Directed by **David Diamond** and **Patti Fraser**, "This is My Life?" features **Les Carlson**, **Lillian Carlson** (who began her acting career at the age of 12), **Dwight McFee**, **Sheila Paterson** and **Debra Thorne**

The audience is invited to participate in finding new ways to solve new and old problems, and have fun in the process.

Performances are Mon. to Sat. at 8 p.m. with 2-for-1 matinees on SAT Jan. 18 & 25 at 2 p.m. Tickets at \$10/Adults; \$8/Seniors, Students, fixed income from Waterfront Theatre: 685-6217 or Headlines Theatre: 251-2006.

Glenora gone 'down under'

Advice columns aren't likely to list 'International Boat Leasing' as a prime conversation starter.

But when **GLENORA BRAUN**, at Bridges Bistro for a quiet cider and chat with a friend one late afternoon last spring, encountered a bunch of boisterous Aussies (in Vancouver to play rugby), it was just such an esoteric topic that "got things going" with **DARCY FORD**, General Manager, Asian Pacific Group for Australia's Westpack Banking Corporation. Darcy has done a lot of IBL during his career and Glenora must be one of few MBA students to choose it for a thesis topic.

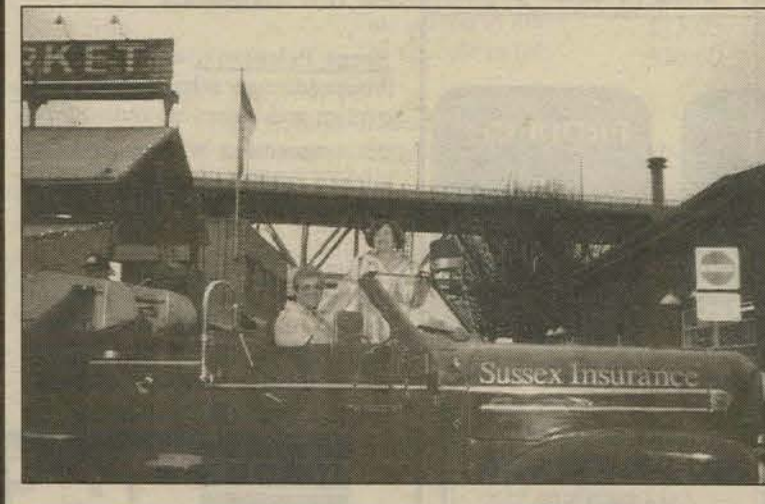
What really peaked her interest was the discovery Darcy too is a small plane nut, so to while away the hours until his flight time she invited him home not to "see her etchings" but to look at pictures of the float planes she's flown.

A great evening and away he went into the wild blue yonder, home to Sydney, Australia, neither of them realising that was the first seven hours of a long distance, whirlwind courtship. Both being business smart they combined a week long date with a Pacific Basin Economic Council Conference in Hawaii in October and last month Darcy flew back so they could tie the knot on December 28. Needless to say they did it on a boat, cruising round



There's hardly a bride who doesn't observe: *Something old, Something new, Something borrowed, Something blue* On Glenora's wedding day on December 28 the 'something borrowed' was the full length fur coat.

Glenora's **SUSSEX INSURANCE** partner, **Ken Armstrong**, has a slightly bizarre hobby--collecting fire engines. ("After all, we do deal in fire insurance" he reasons.) He now has two and drove one as the bridal limousine to take Glenora and Darcy from the Granville Island dock to her False Creek home.



English Bay, so the borrowed fur coat was not just an outlandish idea.

Days later Glenora and 4th generation Australian Darcy (so he claims his grandfather was a convict) flew back to Sydney where

Glenora becomes mistress of a spacious, gracious house built over 140 years ago by convicts.

Darcy did stipulate one Condition of Marriage--Glenora has to become "wheel-rated", which means licensed

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to fly planes with wheels. She didn't quibble at that--and we forgot to ask if she gets a wheel plane as a graduation present.

They're bound to be back this way occasionally. Darcy's banking career has kept him gallivanting all over Southeast Asia for years and though Glenora's just as glad company changes will now keep him closer to home more, she wouldn't want all his business travel to be over just yet--at least not the trips she can join.

Meantime all the same insurance services are still available in the Second Avenue plaza office.

The only change is they are now in the capable hands of **BRENDA TRACH** who took over 'minding the store' last month.

Rick Scott -- Children's Ambassador

Saturday, February 8

(last of the season's Family Series)

He plays a dulcimer. He makes whimmydiddles. He "teaches music as a second language." He's often described as a modern-day jester--and he **EVEN HAS HIS OWN BASEBALL CARD.**

Rick Scott also admits he's crazy about elephants. Given half a chance he'll launch into a litany of amazing elephant facts, including how in Thailand recently he traded a concert for an elephant ride.

But Rick Scott is also crazy about big ears, sneakers, tightrope walking and pickup trucks. His songs reveal an insatiable curiosity and generous wit, and suggest that basically this guy's crazy about life in general.

His enthusiasm is contagious. Just ask one of the thousands of children who have laughed, sung and clapped their way through a Rick Scott concert in recent years.

"Dear Mr. Scott: Your concert was the best. I really loved singing *My Friend Has the Biggest Ears in the World*. Can you come to see me again soon?"

Sincerely,

Sarah, Grade 4, Singapore

Wait a minute. Is this the same Rick Scott who in the 70's bounded to notoriety as the dulcimer-wielding front man of the **Pied Pumpkin String Ensemble**, then became a household word at the Arts Club starting in *Reflections on Crooked Walking*, *The Late Bluner* and *Barnum*? The same Rick Scott who, for two years, carried a fish around stage every night as Wally the Weatherman in the seemingly endless run of *Angry Housewives*?

Indeed. And when this ubiquitous jester returns to perform in the Arts Clubs Theatre Family Series, it will be a bit of a homecoming because, for the last three years, Rick has been travelling Canada and world, sharing his unique musical zaniness with children.

"Kids are the common denominator. Wherever I go, even to countries where there are lots of obvious differences, I find kids are basically the same. They like the same things and have the same fears. And they all love to have fun."

Children have lots of people telling them what to do. I'm telling them that whatever you do, have fun with it. At my concerts we all get a chance to sing and laugh together. It's quite simple."

And very successful. A Rick Scott concert in Vancouver is now quite rare. Like a modern day minstrel, Rick serves as an unofficial



children's ambassador, travelling from community to community with his dulcimer, stories and songs. Since September he's performed in B.C., Alberta, Saskatchewan, Ontario, Texas and Southeast Asia.

His month long tour of Asia included 20 shows for more than 5,000 children in Hong Kong, Singapore and Thailand. Sponsored by B.C. Cultural Services and Cathay Pacific Airlines, he performed at schools and orphanages, and at two public performances in Bangkok he was mobbed by children who'd seen him the previous year.

"It was incredible. They'd memorized every word to every song on my tape and sang right along with me. Then one day I was walking in the market in Hong Kong and this little guy came up behind me and started singing the chorus to *Spike McCool*. Spike McCool was written in a songwriting workshop at Carnarvon Elementary School here in Vancouver--and there it was on the street in Hong Kong."

While in Asia, Rick and longtime colleague and manager Valerie Hennell also presented workshops at two educational conferences for teachers and administrators from International Schools. Entitled **Music as a Second Language**, the workshop explores ways of using the performing arts to augment curriculum, enhance communications skills and encourage creativity in the classroom.

"The response was really positive. This was the first time we'd given this workshop but in future we'll do it on a regular basis. And we've been invited back for more concerts and workshops at over 40 schools from Japan to Bali."



**once a month
FAMILY SERIES
Saturdays
2:00 p.m.**

"It's really important for me to connect with kids all over the world, and to try to put them in touch with each other. It increases my perspective.


In Asia you get a glimpse of the belly of the beast in a way that's very sobering. For instance, the kids over there were directly affected by the Gulf War. Schools were closed because of bomb threats.

My song *Sneakers* has a verse about what lethal weapons running shoes can turn into after you wear them for a few months. It threatens that if grown-ups insist on starting wars, the kids will all take off their shoes and wipe everybody out with Eau de Gymnasium.

At one school show in Hong Kong, right at that part of the song, suddenly kids started taking off their sneakers and waving them in the air. Later we realized they were responding to the lyrics quite literally, expressing their feeling about war.

If there's anything I want to give kids, it's a sense of their own power, a sense that they have what it takes to change things in the world. I think singing together is a good place to start."

Rick's February 8 performance will include familiar favourites from his *Electric Snowshoe* cassette, plus songs being readied for a new children's tape to be recorded this spring. Tickets available at the door, or by calling the Box Office: **687-1644**. \$6/Adults; \$6/Children Elephants get in free.



**...ride the
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7:30 a.m. - 8:00 p.m.

DAILY: Rain or Shine

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w.p. puppeteers

Saturday, January 18



Children will respond with glee to the hilarious antics of Blueberry Johnson, a huggable, loveable bear, with a penchant for Blueberry pies. His pursuit of pie is humorously dramatized using large puppets, live action, colourful sets and audience participation.

w.p.puppeteers, founded in 1982, integrate music, dance, mask, live action, photography, animation, rear screen projection and audio visual effects with the historical bunraku puppet style.

**BLUEBERRY JOHNSON
and the DAY of the PIES**
A Poetic Tale of True Friendship

Next on Granville Island Mainstage

THE WOMAN IN BLACK

A Wintry Tale of Horror

The Arts Club Theatre seems bent on keeping our nerves on edge this winter.

"modern magic of recorded sound and theatrical special effects" another chapter is unwittingly added to the story.

After starting the year with a short re-run of the murder mystery *Dead Serious* at the beginning of January, they are ending the month with the opening of a ghost story.

Bernard Cuffling, one of Vancouver's favourite character actors, thoroughly up-to-date with ghostly experiences after his recent appearance as Scrooge for Carousel Theatre, will appear as Kipps (a role he also played for Richmond Gateway Theatre in 1990). **Scott Bellis** appears as the young man.

THE WOMAN IN BLACK (adapted by Stephen Mallatrat from the novel by Susan Hill) is a classic ghost story, set in England in the 1940's with flashbacks to the early 1900's. It recounts an eerie, tragic series of events which drastically affected the life of a now-middle-aged solicitor, early in his career.

Previews Jan.22 - 27 at 8 p.m. (and 29th at 5 p.m.) After official opening at 8 p.m. on **Jan. 29th** the show will run:

The solicitor, Arthur Kipps, originally hires a young actor to coach him in recounting the tale. The actor, becoming equally obsessed with the story, aids Kipps in turning it into a dramatic depiction in which the young actor plays Kipps and Kipps takes on the roles of the other people involved. With the

Mon. - Fri. at 8:00 p.m.
Sat. at 6:00 & 8:00 p.m.
2-for-1 performances:
Mon. at 8 p.m., Wed. at 5 p.m.
TETLEY TEA
2-for-1
MATINEE
Wed. Feb. 19



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MONDAY EVENING & WEDNESDAY MATINEES ARE 2 FOR 1

BackStage

at the



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Fri. & Sat. Noon - 2:00 a.m.
Sunday Noon - Midnight

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January 17 & 18

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January 24 & 25

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As surely as the New Year makes its debut so, too do all those wonderfully bright ideas about diet and nutrition.

Here, for what it's worth, is my nutrition tip for '92: **LIGHTEN YOUR MEALS** for health by trimming the fat--cut out, cut down and substitute.

"Limit fat to 30% of your calories" comes the solemn admonition from the nutrition experts in Ottawa.

Does that mean anything to you? Not likely unless you do some math to figure out how much fat 30% represents.

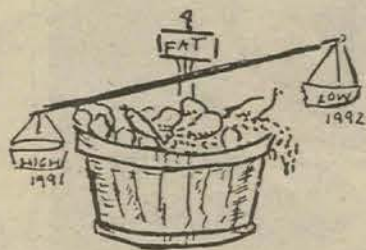
Let's say you eat 1800 calories a day. 30% equals 540 calories as fat. Divide by 9, as each gram of fat delivers 9 calories, to equal 60 grams of fat as your allowance for the day. A faster method is simply to divide your calories by 30.

I mention these figures because at DIAL-A-DIETITIAN we receive many phone-in requests for this information. Here are more specifics:

Your Daily Calories	30% Fat Allowance (grams)
1500	50
1800	60
2100	70
2400	80
2700	90

Don't panic. No-one expects you tally up every gram of fat you swallow. If you are now consumed with curiosity check out the public library for Health & Welfare Canada's publication "Nutrient Value of Some Common Foods."

FOOD GLORIOUS FOOD



by FRANCES KOHN, R.D.N.

(available at World Wide Books on Granville St. for \$2.95.) This handy manual will help you find the amount of fat in average servings of food.

Apply these figures to a couple of days' sample meals to give you some idea of your fat consumption. For the really serious there are computer programs available from various sources.

If you are not mathematically inclined, and few of us are, the best way to achieve a lower fat percentage and lighten your meals is to simply cut back on fatty foods.

Just remember: *Whether poly, mono or saturated, Any fat should be abbreviated, Trim it, skim it or substitute, Enjoy new tastes and be fit to boot.*

After all, in calorie counting a fat is a fat is a fat, be it poly-unsaturated, mono-unsaturated or saturated, the last being the least desirable.

To lighten your meals:

CUT OUT (except occasionally) --meat fat, chicken skin, deep fried foods, pastries, doughnuts, croissants, cakes, rich cookies and danish, chocolate, extra fats piled on muffins and cooked vegetables.

CUT DOWN --on peanut butter, nuts and seeds (all about 50% fat), gravies and sauces, wieners, bacon, sausages, luncheon meats and spareribs, commercial granolas, large quantities of meat--3 oz. (85 grams) or less is a normal serving.

SUBSTITUTE --fresh fruit for desserts, broth based soups for cream soups, juice or vinegar based dressing for salad dressing, light or calorie-wise salad dressing for regular dressing, 1% or 2% cottage cheese for cream cheese, partly-skim mozzarella, 15% milk fat (M.F.) for high fat cheeses like cheddar with over 30% M.F., water packed tuna and sardines for oil packed, lean or extra lean ground beef for regular beef, skim milk or 1% for 2% or whole (3.3% M.F.), low fat yogurt (skim or 2%) for sour cream, light or calorie-reduced margarine for regular margarine as a spread, bagel for doughnut or croissant, sherbet, frozen yogurt and calorie-reduced frozen desserts for ice cream (check labels for 3 gr. or less fat per serving; some now have less than 1 gr. or even zero fat).

Here's to a Fit and Happy New Year.



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



Northern Comforts

by Laura Fry

until February 6

In The Netloft Granville Island

Let's pretend it's a real winter--chilly to freezing, when going outside calls for snug protection against the elements--and here's the very thing, Clothing Comforts from the True North (i.e. Prince George).

The garments are not so snug that they cannot be worn in our lotus region of Beautiful B.C. for handwoven cloth has peculiar advantages--it breathes and responds to body heat. Add to these qualities Laura's eye for colour, plus the classic, discretely stylish lines of her clothing, and you have designer wear that would last. After all, 'classic' implies elegance that disdains ephemeral fashion fads, and 'handwoven' --well, a skilled weaver produces cloth that lasts. You could call it 'heritage' cloth.

In her show Laura has included woollen fabric lengths, clothing and what she calls "decorator cloths." This demonstrates a traditional weave which creates a reversible design; but one side is darker than the other--popular in Quebec and the Maritimes where coverlets were traditionally wovea this way, the dark side meant or winter use, the

light for summer, but it is effective for many items, such as napery or shaws.

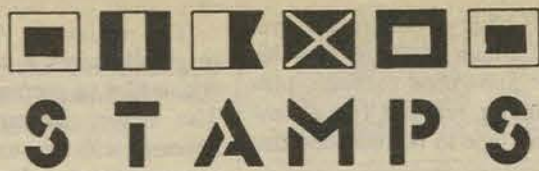
Laura's garments are the product of research directed to earning her Master Weaver's certificate; she has already achieved the Senior Level of this Certificate, given by the Guild of Canadian Weavers. In an age of much change and attenuated contact with roots, craft guilds link present craftspeople with colleagues way back to the 11th century.

This is no place for a dissertation on the function of ancient guilds, which served a multiplicity of aims, from preservation of life and property in dangerous times, to protecting the 'myseries' (professional skills) of different crafts; but the connection perpetuates shared standards hammered out over the centuries. A certificate awarded by such an association is to be prized.

In her Prince George studio Laura designs and weaves cloth for a custom fashion designer, as well as producing napery which is available at Circle Craft.

by Thelma Ruck Keene

Ski



'92



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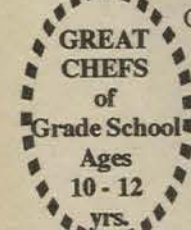
Starts **THURSDAY, JAN. 23**
9:30 - 10:30 a.m. \$22 / 8 weeks

CHILDREN

Use your creative energy on a variety of art mediums such as paint, clay, ink and T-Shirt design.



Starts **MONDAY, JAN. 27**
4:00 - 5:30 p.m. \$32 / 7 weeks



Come and prepare your favourite foods in new and delicious ways, and then feast on the finished creations.

Starts **MON. JAN. 27**
3:30 - 5:00 p.m.
\$20 / 4 weeks

Join us on a tour around the world. Experience a variety of games and activities from other countries.



Starts **FRIDAY, JAN. 31**
2:15 - 3:30 p.m. \$14 / 7 weeks

ADULTS

DANCE FIT with Lena Morissette
Move to the beat of the 50's and 60's while you get fit. Class will include arm-up, stretch, plus a 20-25 min. low impact fun cardio component.
Starts **THURSDAY, JAN. 23**
6:00 - 7:00 p.m. \$32 / 8 weeks

MASSAGE FOR ADULTS
Introduction to basic massage for relaxation where you will learn correct posture, positioning, and basic do's and don't principles.
Starts **MONDAY, JAN. 20.**
7:30 - 9:30 p.m. \$56 / 8 weeks.

FENCING for BEGINNERS
Learn the art of fencing and improve your overall level of fitness and develop better reflexes, agility and coordination of mind and body.
Starts **THURSDAY, JAN. 23**
7:00 - 8:15 p.m. \$75 / 9 weeks

FLOWER ARRANGING MADE EASY
This 2 session workshop covers basic floral design, including style and selection of flowers, project ideas, and completion of class arrangement.
MONDAY, FEB. 3 & 10
7:00 - 9:00 p.m. \$34 / 2 sessions

INTRODUCTION TO LIFE WRITING
In this introductory workshop, participants will learn how to generate stories and experiences which may be shared in conversation and recorded in writing. Lifewriting takes many forms of anecdotes, incidents, family history, etc.
THURSDAY, FEB. 6
1:00 - 3:00 p.m. **FREE**

B.C. COAST ADVENTURES

A natural history perspective about the Queen Charlotte Islands, including abandoned Haida Village sites, and killer whales in Johnstone Strait.

THURSDAY, FEB. 6 7:00 - 9:00 p.m. \$4 / 1 session



FEED THE FOOD BANK

If you forget to find a Food Bank bin at the grocery store, send them a cheque occasionally

1650 Quebec Street
Vancouver, V6A 3L6

Lost, stolen or strayed -- mail

Those of us who still like to write and receive letters in this era of telephone calls have surely, at some time, known of a letter mailed but never delivered.

What has happened to all these missing letters one knows for a fact were sent? Why have they never been delivered? Surely the stamp on an envelope constitutes a contract. Why, then, is it not honoured? And who decided it shall not be honoured? What of the old saying: "The mail must go through." There seems to be a certain lack of integrity somewhere.

When, during a merciful pause in the last mail strike, we were assured "The backlog will be delivered", I awaited with pleasure various birthday cards. In fact I received one, which had been mailed in Vancouver eight days previously--and looked rather the worse for wear when it finally arrived.

But what of the book a cousin in Zimbabwe told me she mailed last June? I never received it. What has become of all this missing mail?

I discussed this with the mailman. "Oh", he said, "letters get stuck t the

bottom of mailbags and boxes." And he blithely added one such letter came to light after ten years.

So now we know. It seems it would be too much to ask that they check the bags and boxes once in a while.

Of course we can be quite certain of receiving, particularly on Mondays, a vast quantity of fliers and advertising matter. Protests to the postal authorities produce only the uncompromising statement that this is how it is, and shall be. No doubt the stores and businesses involved pay the Post Office handsomely for thrusting their advertising material upon us.

This in turn gives rise to the question: Is Canada Post now being run as a profit-making concern instead of a Public Service, and if so, why? The cost of mailing letters and parcels is already exorbitant and automatically increases every year, while the mail service steadily deteriorates. We should at least be entitled to expect that, having paid a substantial sum for stamps, we can be confident our letter or parcel will reach its destination.

On the iniquity of levying GST on the already too-high charges one need not dwell--we all smart over that.

The Postal workers, we are told, are not happy. Neither are we. I read recently that the Minister responsible for the postal service (this seems in all the circumstances to be a sinecure) is "getting tired of Canada Post Corporation."

So am I.
Eithne Barlow

"AND SO SAY I"

Marge LeGresley, our Seniors' reporter will probably add.

Last month Marge happened to be at the mailboxes as the postie was stuffing them and spied an envelope tucked between the building wall and the bank of mailboxes. It was an airmail letter from a friend of Marge's in England--dated December 1984.

The mail girl was quite huffy when Marge suggested posties should be more careful!

Seniors' Scene

by Marge LeGresley

Our President, **Robert Waltz**, conducted the meeting on January 8 which was attended by 24 members, including a welcome visitor, **Jim Martin**, who will join us until April..

Minutes were read, reports recorded and Jean's Newsletter for January was circulated. A new Treasurer, **Marge McHugh**, was elected to replace **Mary White**, who has served us so faithfully and efficiently for many years.

most enthusiastic about our club activities and we appreciate their participation.

Robert also reported on the enormous success of our two recent functions--the Christmas Luncheon at the Masonic Lodge and the enjoyable dinner and tour of Fantasy Gardens, both of which were enjoyed by all of us.

Our Secretary, **Rose Inglis**, will send letters of appreciation.

Marge and hubby Maurice, who moved to False Creek recently, are

The following events may be of interest to some.

SUNDAY, JANUARY 19. 2:00 p.m. A Farewell to Chalmers United Church which is about to close its doors.

MONDAY, JANUARY 20. CARPET BOWLING CLINIC, put on by Friendship Community Centre at 45th & St. George (west of Fraser). Old and new bowlers welcome to learn the rules.

THURSDAY, FEBRUARY 6. 1:00 - 3:00 p.m. at the Community Centre. 'AN INTRODUCTION TO LIFEWITING'--an interesting idea for those of you with stories to tell. To pre-register for this FREE workshop, call the Centre at 665-3425.

After the business meeting Janet L. Canning, a representative of Burns Fry Investor Services, offered advice to Seniors on financial planning. It was a most informative presentation and included one-on-one questions and answers.

This was followed by coffee and refreshments.

The reasons for the change is to enable us to attend the matinee (provided FREE OF CHARGE by the Oakridge Administration) at the Cinaplex Odeon Theatre. We won't know the movie titles until tickets are available at the Community Centre-- about a week in advance. Make it a fun afternoon with friends.

There will be more planning at our next meeting which it was agreed by popular vote will be held on the 2nd Wednesday next month-- **FEBRUARY 12** at 1:00 p.m.

I take this opportunity to thank our many friends who visited my husband Jeff at the Lodge during my week away. He remembers all of you and your visits cheer him and lift his spirits tremendously.

It is with great sadness that we announce the passing of our good friend

SUSANNA KLAVER

A number of Seniors and friends joined her large family to pay tribute to Susanna's remarkable life at a memorial gathering at the Community Centre on Tuesday, January 7th.

Susanna will be sadly missed for her cheerful smile and happy ways.

We are privileged to have known her.

POINT TO PONDER

Life is too important to take seriously

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or cash. Could be a family,
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Could be at your home or ours.
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732-0977 after Feb. 1st.

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Mid-winter mirth

from The Creek's seemingly in exhaustible collection of
AFTER DINNER STORIES
from British Members of Parliament

From Peter Viggers, MP

Her Britannic Majesty's Ambassador to Washington was telephoned by an American he had met at a diplomatic reception. 'I'm telephoning to ask what you would like for Christmas,' said the American.

The Ambassador was embarrassed. He had only met the American once, knew him to be a hugely rich newspaper tycoon and felt it quite wrong to accept a present from him. He politely demurred, 'Nothing at all, really nothing.'

The American persisted. 'I will be deeply disappointed if you won't tell me. Just name what you are hoping for at Christmas.'

The Ambassador thought quickly. The best way out of the predicament appeared to be a diplomatic compromise: 'Well, if you insist, perhaps a small box of crystallised fruit. That would be very nice. Thank you very much.'

The Ambassador thought nothing more of the matter until a few weeks later, shortly before Christmas, a member of his staff silently entered the Ambassador's room, laid an item on the desk and tactfully withdrew.

The item was a newspaper cutting from one of the journals owned by the American. It read:

'At this time of goodwill we have asked the official representatives of other nations to express their wishes for Christmas and the New Year.

The French Ambassador hopes for progress towards disarmament through the Strategic Arms Limitation Talks.

The German Ambassador hopes that the Brandt Commission Report will lead to the relief of poverty in the Third World.

And the British Ambassador hopes for a small box of crystallised fruit.'

From Robin Leigh-Pemberton, Governor of the Bank of England, FRSA, CBIM

A well-to-do country lady formed the ambition to establish a fine pedigree herd of beef cattle. Local opinion, including that of the Ministry of Agriculture, doubted her ability to do this and she was well aware of these doubts.

When the herd had been assembled, she invited the Ministry Officer to come and inspect it. He was compelled to admit that it was indeed a very fine herd. 'But if I had a herd of thirty head, I would have twenty-nine cows and one bull and not, like you, fifteen cows and fifteen bulls.'

'Yes, I know,' she replied, 'but that's a man's point of view.'

From Lord Harman-Nicholls, MEP, JP

A mother flea giving guidance on Life to her three daughters said, 'Always have a worthy watchword and adhere to it. Mine has always been "perseverance".'

'When I was a young and beautiful flea like you are now, I lived on a church hassock. One day I heard that an Archbishop was coming to our church and I made up my mind that I would taste the Archbishop.

'On the great day I hid in the porch and when he arrived I jumped on his hand, but he brushed me off. I persevered and followed him down the aisle and jumped on his neck. Again he brushed me off. Still I persevered and followed him to the altar and jumped behind his ear, and it was there, my children, that, as a result of my perseverance, I tasted my first Archbishop. But what is more, it was there that I met your dear father.'

VANCOUVER PUBLIC LIBRARY

Author Readings

Poetry reading by **JIM SMITH**, author of *One Hundred Most Frightening Things*, *Convincing Americans*, and *Surface Structures*
MONDAY, FEB. 24 7:30 p.m.
Central Library, 750 Burrard St.

Reading by **PATRICK ROSCOE**, author *God's Peculiar Care* and two collections of short stories: *Beneath the Western Slopes* and *Birthmarks*.
TUESDAY, JAN. 21 7:30 p.m.
Dunbar Library, 4515 Dunbar St..

For more information contact Community Relations Office at 665-3554

We asked the library to send notices of these **FREE** readings to The Creek after The Editor very nearly missed hearing one of her favourites, Margaret Vissar. Dates and space permitting, we'll publicise them.

KINSMEN MOTHERS' MARCH
January 15 - 31

Canvassers will be calling from now until the end of the month (They don't have to be mothers; they don't even have to be female.) The Kinsmen Rehabilitation Foundation hopes to raise \$1.7 million. What's it for? During any given month the KRF provides over 30 pieces of equipment to disabled clients throughout the province, at an approximate monthly value of over \$22,000. The cost of equipment the KRF provides to help as many people as possible to live as independently as possible ranges from \$200 to \$5000 apiece.

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