

REMEMBER
There will NOT
be a MAY issue
of The Creek
Editor on
holiday

The Creek

'Serving False Creek, Fairview Slopes and Granville Island'

APRIL, 1992

Vol. 11, No.4

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.
Starting MAY 1st--to 9 p.m.
MARITIME MUSEUM
WEEKENDS & HOLIDAYS ONLY
10 a.m. - 5 p.m.

IXth Annual False Creek PENDELAKON

Saturday, May 2nd 10 a.m. Leg-in-Boot Square

From our special Stamps sports correspondent comes a superb cartoon and the information that aspiring distance runners once again have the opportunity to compete in the prestigious Pendelakon, Vancouver's last FREE (no entry fee) race along the scenic False Creek seawall.

The race, run on the day before the Vancouver Marathon, celebrates the wisdom of EGBERT, the Celtic mercenary who accompanied the gallant Pheidippides part way on his famous big run, only to stop off at the village of PENDALAKON on that hot, dusty day in 490 B.C.

This year's event includes a new feature.

Stamps Landing Pub's genial hostess Jacquie Fitzpatrick, herself a Pendelakon veteran, will serve pre-race Coffee & Pastries at the pub at 9 a.m. to fans, friends and race-day registrants alike.

This makes a change--it's the APRES race libations at Stamps that most participants are interested in!

What else do we need?

RUNNERS (as well as walkers, who start earlier at 9:30 a.m.) may register at Stamps Pub throughout April. You don't have to buy a race shirt, but please wear a predominantly RED one so that you belong with the pack.

The Gentlemen of the Pendelakon are glad to report that BILL LANDSTROM, recently returned to the Stamps fold from a long spell in hospital, will be on hand to wield his pistol as Official Starter.

The Men's Champion spot is wide open. As 1991 Champion RICK ARIKADO intends to run in the Big One the following day, he is disqualified from entering the PENDELAKON. He is allowed to participate as Marshal.

But 1991 Women's Champion DIANE COATES will be out to defend her title.

See you at the starting line.



READY OR NOT!

Approximately 1000 people participated in the city-wide workshops held on April 11. About 40 from the Fairview and False Creek areas (16th Ave. north to the waterfront) met at the False Creek Community Centre.

The city succeeded in conveying the message that this is not just a topic for 'old folk'--in the discussion groups of ten were people ranging in age from 30's to 70's.

The talk was lively. It is relatively easy to list issues; much harder to focus on ONE to define it and seek solutions.

Some of the younger folk are acutely aware that we cannot expect 'government to take care of it' (whatever IT happens to be); that the cupboard is increasingly bare.

In discussing the need for all of us to take more responsibility for our neighbourhoods, questions arose about how to involve the kids, as much as the adults--how young people can help to make a

neighbourhood feel more safe for those, especially the elderly, who feel threatened.

It is timely that both the Police Department and the Parks Board are holding "Come Meet Us" forums. It's to be hoped those who wanted longer periods on cross-walk lights will speak their piece to the Engineering staff at the Police Forums.

Countless specific issue meetings are held around the city constantly, but some people thought that Community Centres should encourage regular TOWN HALL MEETINGS for their immediate neighbourhoods.

One definition for 'sizing' a neighbourhood was the distance a senior could walk to do some

light shopping--a distance that might well be measured by the numbers of benches en route (not a deficiency False Creek suffers, to be sure.)

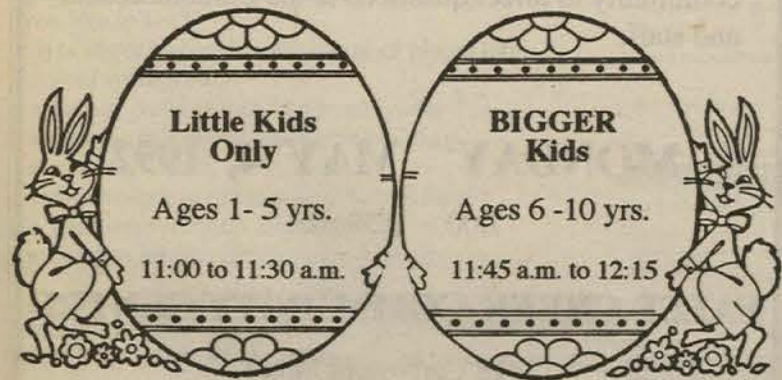
There should be more such sessions--and more Ordinary Citizens at them. It's your town!

We particularly want to thank the generous merchants who provided supplies for a healthy and plentiful lunch.

Canada Safeway, City Square Murchies
Heart's Groceries & Cafe
Holiday Inn on Broadway
White Spot on Granville
Edelweiss on Granville
Subway on Burrard
Szaz's Delicatessen, Granville
Van den Bosch on Granville
Mocha Cafe on Broadway,
The Muffin Break on Burrard
And Then Some B.W.



Sutcliffe Park, False Creek Saturday, April 18



1:00 -- 1:45 p.m.

BANDWAGON will present "Aesop's Farm"
a fun-filled musical romp with animals from Aesop's Fables.
Admission: \$2.00 /per person (Children 2 yrs. & under, FREE)

THANKS to ISADORA'S for providing hundreds of chocolate Easter Eggs, as they always do.

COMMUNITY FORUMS

Opportunities to meet members of the
POLICE DEPARTMENT
(see notice page 7)
and
PARKS BOARD COMMISSIONERS
(see notice page 2)
to air your views and wants.

How does a cat get his picture on the front page?

IT'S EASY!

Just be a beauty like me.

Have a cat fancier take a handsome photo of you.

And a mother who owns the local paper.



Barney's photo by Ed Philpott

Editor



Beryl Wilson

NO MAY ISSUE! One-person operations grind to a halt when the one goes on a long holiday. NO, it's not possible for someone else to put out an issue in the Editor's absence--but only because no-one in his/her right mind, who has two clues about what it entails, would do it.

GREEK ISLANDS, here I come! Sadly, unless another pair of prospective 'bargers' appears within the next week that much publicised southern France barging trip on the "Mere Marie" won't come to pass. Sad! I was so convinced it would.

Those politicians who itch to do hatchet jobs on the C.B.C. can hardly still doubt its role in stitching this vast and fractious land together, keeping its scattered populations in touch.

Not after the great tide of grief that swept cross the country, and the sense of loss expressed by countless hundreds, during the last month, at the death of the C.B.C.'s BARBARA FRUM, arguably the finest journalist of this generation.

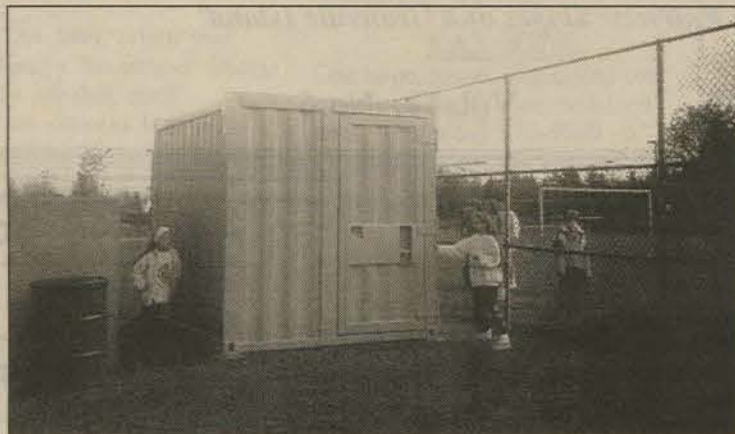
Of the many moving tributes paid to her by colleagues and scores of public and not-so-public figures, one of the most telling came from Bill Cameron (who presently replaces her as host of C.B.C. TV's 'THE JOURNAL'). "She stood up for Canadians against the eternal snow job." And so she did.

I was dumbfounded, and will always be deeply honoured, that of the six listeners' letters read during the televised Memorial Service for Barbara at Toronto's Massey Hall, mine was one. I still keep saying it: She can't be gone, she simply can't.

Around the School

WHAT'S THE BIG GREEN BOX FOR?

The one that appeared a few months ago beside the Charleson Park playing field. Countless people have been asking and Arlene Morgan found out for us.



It's the School Board's EMERGENCY PREPAREDNESS UNIT. Presently it contains water and solar blankets for our school kids. First aid and other essential emergency supplies will be added.

BIG THANKS

from False Creek School to Grapes Restaurant and the ARTS CLUB THEATRE

for generously providing prizes for the recent school raffle. It raised \$1200, in less than a week!

THE LUCKY WINNERS:

- 1st Prize: Beryl Wilson, Creek Editor
- 2nd Prize: Mikiko Whitley
- 3rd Prize: S. Walkinshaw

Brenda Ewart told us GRAPES are also being most generous for the Grade 7 GRADUATION LUNCH on June 19. They are providing a nice discount and a special room.

28 kids in one room! Behave beautifully - next year's class may want to go there.

GRAPES
RESTAURANTS & BARS

Chris Yeo
Manager

Grapes at Granville Island
100-1505 West 2nd Ave
Vancouver, BC V6H 3Y4
Telephone: (604) 739-1321



A PLEA TO DOG WALKERS

Of course your dogs want to play and race around, but when you are around the school playground--especially at school recess--PLEASE KEEP THEM ON THE LEASH. Little kids can't tell a friendly dog from an aggressive one and they are often terrified.



Creek readers have read how much the Editor's new computer torments her. She watched the youngsters in the school's computer with envy--they won't grow up terrified of the beastsies.

SHARE OUR STRENGTH'S

Taste of the Nation

on April 14th
EPICURE:
One who is choice and dainty in eating and drinking.

This was an event for epicures. It is impossible to list all the restaurants and suppliers who participated. Suffice to say the food was superb. The small samples served, as one ambled from table to table, permitted true savouring of each delicious portion.

Signs greeted us at the entrance.

We will provide one glass per person for the event. The cost to rent, wash and handle each glass will feed one needy child breakfast--and help to protect the environment for this needy child.

PLEASE RE-USE YOUR PLATE & FORK. The cost to rent, wash and handle each plate and fork will buy a litre of gas for the Food Runners program.

These events are held in cities across the continent to raise funds for the RELIEF OF HUNGER. Proceeds from the Vancouver event support FOOD RUNNERS, a program to collect and re-distribute surplus food from the restaurant/catering industry.

There's no stopping a good idea whose time has come. Food Runners is an amazing success story, in a relatively short time.

The table centres (all bought by patrons, to swell the coffers) were inspired in their apt simplicity--RUNNING SHOES, stuck onto wheels, holding papier mache vegetables and fruits. A story in themselves.

Carol Taylor, an Interior Designer, and the artist Joe Average, helped children at Mount Pleasant School to make the papier mache fruit & veggies. The mothers spent many hours sticking wheels on runners and completing the assembly. (NIKE donated 200 pairs of runners.)

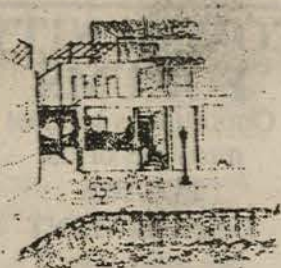
The project had real meaning for them; many are frequent FOOD BANK clients. AND the mothers were invited to the party as guests.

Miz Bs B & B

Has space for two of your friends or relatives: queen sized bed; private bathroom adjacent.

Although Miz B (The Creek Editor) will be away from April 27 to June 10, Miz Lesley McDonald will be here again to look after the cats, Pixie and Barney, and the B & B guests.

So if you need space for friends, do call Lesley.



on the False Creek Seawall
Tel. 734-3369

Invitation To Attend Your Town Hall Meeting

The Vancouver Park Board is offering South Area residents an opportunity to meet with the elected Commissioners to discuss relevant recreation issues and concerns. This will be an opportunity for the community to direct questions to the Commissioners and staff.

MONDAY MAY 4, 1992

7:00 - 9:30 p.m.

FALSE CREEK COMMUNITY CENTRE

1318 Cartwright Street
Granville Island

For further information on the meeting, please call Carol Sogawa at 665-3425

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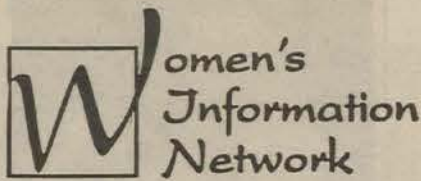
Small Box, Ad. 4" x 2"	\$32.00
1/8 pg. 4" x 5"	\$75.00
1/4 pg. 4" x 9"	
5" x 7-1/2"	\$140.00
6" x 6"	
1/3 pg. 10" x 5"	\$160.00
1/2 pg. 10" x 7-1/2"	\$255.00
2/3 pg. 10" x 10"	\$300.00
Full pg. 10" x 10"	\$480.00

Free Delivery: \$50.00
Tel. 734-3369



Tawni Hall

Fairview Slopes women launch



Dee Moon

As many of you will have noticed already, Vancouver has a new magazine, *Discerning Woman*, and it's being published right here, on Fairview Slopes.

The classy publication is the flagship of Women's Information Network (WIN), an organization "focusing on promotion, advertising, education and networking for its members", which is the brainchild of 'Slopers' Tawni Hall and Dee Moon.

(I first met Tawni and Dee through my own unique form of networking--delivering *The Creek!* The first reaction, on learning they too had launched a publication, with the computer in Tawni's kitchen, was: "You must be mad!")

As entrepreneurs, businesswomen and network enthusiasts, Tawni and Dee launched WIN last September with the premise that "women in businesses or organizations are intelligent, creative, knowledgeable, hard-working, ambitious, dedicated, and professional -- all the qualities it takes to get ahead."

The problem they saw, and set out to solve, was that these same women often lacked the financial ability to advertise and promote their products or services effectively, i.e. through popular media publications.

Tawni, a computer professional specializing in design, and Dee, a professional writer and marketing consultant, pooled their knowledge and talents to create a women's network founded on business principles that would appeal to a broad spectrum of women in the business, professional and arts communities.

In addition to holding promotional and educational events for its members, WIN publishes *Discerning Woman*, which provides FREE advertising and publication opportunities to members.

The low annual membership fee ensures members of a one-quarter page ad in four consecutive issues and offers opportunities for publishing their articles, fiction, poetry and art. Everything in the magazine--features, art, photography, creative writing, and advertisements--is contributed by the members of WIN.

Discerning Woman made its first appearance this January with the Winter 1992 issue, featuring local entrepreneur and WIN member Diane Becker, owner of the Dubrulle French Culinary School at 8th & Granville.

(After talking with Tawni and Dee about the birthing pains I was mightily impressed by the look of it, and it was a 'good read.')

The Spring issue of this quarterly will be delivered this week. If you haven't received it by now, call the WIN office at 736-5040; they'll be happy to send you a complimentary copy.

Tawni and Dee would also like to hear from you if you have a product or service to market, something you'd like to write about, or have art or photography you'd like to see published.

Even if you aren't particularly interested in any of these things, there are many other reasons for belonging to WIN.

The organization is made up of women from all walks of life, ranging in ages from 19 to 65, from students to retirees. The organizers host two to three events per month, as well as educational seminars; so if your interest is simply to meet other women, there are lots of opportunities to do so.

There is a free informational seminar and networking evening for those interested in learning more about WIN, on THURSDAY, APRIL 23, at 7:00 p.m. at the GRANVILLE ISLAND HOTEL, hosted by Tawni and Dee.

To attend the event, call the WIN office for a reservation. For further information, please see the advertisement on this page.

You are invited to:
A Free Informational Seminar
 7:00 p.m. - Thursday, April 23, 1992
Granville Island Hotel 1253 Johnston Street
Granville Island, Vancouver

hosted by—
Women's Information Network
 An exciting new business and communications network, featuring:

- FREE advertising in our magazine
- FREE publication opportunities
- FREE educational seminars
- Business opportunities
- Promotional seminars and trade shows

...and much, much more!

Please come and enjoy an evening of information and networking with our members and guests. Refreshments provided.
 RSVP WIN Office (604) 736-5040



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 WENDY COOK, Agent FRED HOY, Associate

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 which includes a well appointed recreation area with lap pool, whirlpool, sauna and exercise room.

Two bedroom & den Penthouse with two parking spaces, two baths, fireplace, lovely westerly view of sunset. Available immediately. **\$330,000**. Open to offers within reason!
 Call **WENDY COOK, 872-6661**

One bedroom apartment with fireplace; open plan. Best price in complex. **\$169,000**.
 Call **FRED HOY, 872-8978**.

\$675,000
 Fabulous waterfront, three bedroom apartment. Over 2,000 sq.ft. with huge deck (over 1000 sq.ft.) overlooking False Creek. Large utility room and lots of cupboards. The balcony off the master bedroom has plenty of room for at Easy Glider and rowing machine if you don't want to go to the gym!
 To view call **FRED HOY, 872-8978**.
 p.s. Unit has two-and-half bathrooms and is an end unit.

Two bedroom townhouse with one-and-a-half bathrooms, in-unit washer/dryer, two patios, east-west facing. One parking space, one minute to the seawall.
AVAILABLE JUNE 1, 1992 for two years.
 Call **WENDY COOK, 872-6661**

WENDY COOK and FRED HOY have over 25 years' experience in real estate sales, both residential and commercial, including investment and tax expertise.

They also have 7 years' experience of living in False Creek.

If you have any questions about the False Creek area, ask the experts.

If you are thinking of marketing your home, they have all the comparables, both on MLS and Exclusive.

Ask about special commission rates for False Creekers!!!

FOR OTHER UNITS AVAILABLE BETWEEN \$169,000 AND \$675,000 CALL US.
 WE HAVE THEM FOR EVERY POCKETBOOK.

CITIZEN'S Safety Audit Guide

The City's SAFER CITY TASK FORCE has produced a booklet to assist citizens in conducting Safety Audits.

It is extremely detailed in its step-by-step sections

A Safety Audit is a close evaluation of the physical environment for safety factors. It is an educational tool and action plan. It looks at how a space is put together and how it enhances or reinforces a sense of safety (e.g. What's the lighting like? Would anyone hear you call for help? What improvements would you like to see?)

It is about improving the safety of places like:

- your workplace
- streets, parking lots, bus stops, parks
- garage under your apartment building
- school yards
- washrooms in malls and civic buildings
- walkways, tunnels and paths
- campus grounds and private property

The process of the audit can be used to respond to the most obvious of safety threats, such as burned out light bulbs which can be the difference between seeing an attacker at a distance far enough away to escape, or not. It can also be used to evaluate more complex safety threats which include policies and practices.

The City would like people who conduct Safety Audits to submit their evaluations to the SAFER CITY TASK FORCE, City Hall, 453 W. 12th Ave. by **MAY 30, 1992.**

Anyone wishing to conduct such an audit (if only for personal, family or group use) can obtain a booklet from the above address. TEL. 874-7233. It could be a most useful exercise.

Why should you do a Safety Audit?

Think of your own life and what you or another member of your family may be afraid to do, or how the fears of you, your family or friends, being harassed or attacked, has affected your life.

Do you or a family member

- Not walk alone after dark?
- Try to avoid social or recreational activities at night
- Feel apprehensive about using apartment facilities when alone or at night?
- Breathe a sigh of relief upon arriving home safely

CITIZEN SAFETY AUDIT CHECKLIST

This is a general checklist, you may wish to complete all or part of this depending upon your needs.

OUTDOORS GENERAL AREA:
 INDOORS SPECIFIC LOCATION:
 DATE _____ DAY _____ TIME _____
 REASON FOR AUDITING THE AREA: _____
 AUDIT TEAM MEMBERS: _____

1. General Impressions

Your gut reactions: _____

What 5 words best describe the place? _____

2. Lighting

Impression of lighting:

very poor poor satisfactory
 good very good
 too dark too bright

Is the lighting even? yes no

How many lights are out? _____

What proportion of lights are out? _____

Are you able to identify a face 25 metres away? yes no

Do you know where/whom to call if lights are out, broken, not yet turned on, etc? yes no

Outdoors: Is the lighting obscured by trees or bushes? yes no

How well does the lighting illuminate pedestrian walkways and sidewalks?

very poorly poorly satisfactory
 good very good
 too dark too bright

How clearly does the lighting illuminate directional signs or maps?

very poorly poorly satisfactory
 good very good
 too dark too bright

3. Signage

Is there a sign (i.e. room number, building name, street sign) identifying where you are? yes no

If no, are there directional signs or maps nearby which can help you identify where you are? yes no

Are there signs which show you where to get emergency assistance if needed? yes no

Are there signs which direct you to wheelchair access? yes no



Creek Editor wins jackpot at Mulvaney's Variety Club fundraiser

What a sight to behold: four tables of 16 two-person teams 'schucking 'n swallowing'. These brave and healthy teams (at least beforehand!) represented Radio Stations QM FM, KISS FM, Z 95, C FOX/LG 73, CKNW, CHWK, CKWX, STAR FM, CFVR, CHRX, CFMI, The Courier, B.C.Lions, Variety Club, Albion Fisheries and Mulvaney's.

'SCHUCK 'N SWALLOW is a fun fundraising event for the Variety Club.

The event, which raised \$1500 in '91, started with more than that this year--\$1542.67 contributed by sponsors and the Mulvaney's patrons who ordered any of the six oyster dishes on the menu during the past month (\$1 from each order). Proceeds from onlookers and contestants buying oysters, vodka and 50-50 'betting tickets' brought the grand total to **\$1834.**

This is how it's done. Each table has a coach from Albion Fisheries--the generous oyster supplier. Then one team member 'schucks', the other swallows. At the beginning everyone bets on who will 'schuck 'n swallow' the most. The 1991 winning team from CHRX 'schuck-'n-swallowed' 33 oysters in 8 minutes.



'Schuck'



and Swallow

When the The Creek Editor told **Tim Pawsey**, The Courier newspaper's restaurant writer, she had bet 27 on the The Courier team he shrieked "I'll be lucky if I get 18 down; we've only got 5 minutes this time."

To everyone's astonishment Tim downed **52** (if he had had time to count he'd probably have been ill on the spot--and begged his schucker, Alan Rowan, to slow down. If you want to run an Oyster Contest--or even just eat them in a dignified fashion, Rowan's your man.

The Second and Third place winning teams, from CFVR and CHRX, polished off a piddling 33 and 32 respectively!

The Courier winners got a plaque (and some Mulvaney's gift vouchers) and the Creek Editor got the 50-50 proceeds:

\$104.00

She did have the grace to buy the guys a drink.

Throughout the proceedings Mulvaney's Manager **Jeff Klaver** and the Variety Club's **George Pitman** handed out a great variety of door prizes.



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BLUEGRASS on GRANVILLE ISLAND

Every Friday, Saturday, Sunday during the *Merry Month of May*

FREE CONCERTS on the MARKET STAGE
1:00 - 3:00 p.m.

- May 1 - 3 Wild and Blue (Indiana)
- May 8 - 10 Kentucky Rose (Oregon)
- May 15, 22, 29 Tumbleweed (B.C.)
- May 17 Hot House (Calgary)
- May 23 Casablanca Cowboys Swing Band (B.C.)
- May 24 Reve Acadien (Cajun dance)
- May 30 Free Range Riders, Tone Twisters (B.C.)
- May 31 Cedar Creek, McDonald Sisters (B.C.)

MAY 10
Bring your own banjo to the "Pick on Mother's Day" jam session

MAY 18
Victoria Day Monday Fiddle Jamboree plus NO MEAN FEET

SATURDAY NIGHT concerts at ISADORA'S (see Isadora's advertisement for schedule)

If all that isn't enough for diehard Bluegrassers, there will betwo gala evening concerts:

May 18 - ALL STAR BLUEGRASS BANJO EXTRAVAGANZA Anza Club, 3 West 8th Ave.

June 1 - LAURIE LEWIS-KATHY KALLICK BAND Vancouver East Cultural Centre, 1895 Venables St.

4TH Annual Maple Sugaring

Friday, Saturday, Sunday April 24, 25, 26

Granville Island Market Courtyard

Luc Bergeron has been making maple syrup in St. Joseph de Beauce, Quebec, for over 15 years and this year L.B. Maple Treat Inc. celebrated its 10th anniversary as a day table in the Public Market.

While Luc is away in Quebec bringing in the harvest, wife **JUNE HARRISON**, staff and friends, will be having fun in the market courtyard with the old fashioned Sugaring Off Party we have grown accustomed to each spring.

Join them for pancakes, beans, ham, lots of pure maple syrup, and maple taffy boiled in the copper cauldron and poured over fresh B.C. snow.

There will be great old time entertainment including clog dancers, spooners and fiddlers

p.s. To reduce the mound of garbage the Sugaring Off usually produces, June says they are offering \$1.00 off to those who bring their own plate and fork.



The Creek Editor brandishing her winnings, flanked by (lt.) Champion Swallower **Tim Pawsey**, (rt.) Champion 'Schucker' **Alan Rowan** and the evening's host **Jeff Klaver**, Mulvaney's Manager.



Invites everyone to celebrate the

Annual Official PATIO OPENING

SUNDAY, MAY 17 starting early afternoon... ..continuing 'til long after sundown

Patrons expect to have an OFFICIAL Opening even if they've already been enjoying the patio for weeks.

Back Stage

at the

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



MUSICAL GUESTS

HARPDOG BROWN & The Bloodhounds April 17 & 18

LORI PAUL April 24 & 25

THE BELAIRS May 1 & 2

AL WALKER May 8 & 9

JIM FOSTER May 15 & 16

TERRY EDWARDS May 29 & 30

NIGEL MACK May 29 & 30

CHRISTOPHER BLUE June 5 & 6

Comfortable, relaxed atmosphere on the Granville Island Waterfront

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"OPEN MIKE" Wednesday Nights

LIVE MUSIC Fri. & Sat. evenings

Home to the "SCOTCH CLUB"

A dream comes true
 The chance to dance with Canada's
 reknowned ballerina
Veronica Tennant



Young dancers from around the Lower Mainland audition each year for the chance to participate in the **Vancouver Ballet Society's** spring Master Class workshops.

This year the dancers divided their days between classical ballet with Veronica Tennant and modern dance with **Claudia Moore**.

The workshop took place at **ARTS UMBRELLA** on Granville Island, whose staff were thrilled to be able to offer their space for the event.

The Creek was fortunateto obtain this photograph courtesy of Creek resident Guy Palmer, volunteer photographer for **Vandance**, the Vancouver Ballet Society's magazine.

Granville Island's first Garage Sale is a splendid opportunity for Island businesses to sell off odds and ends they no longer need (the gossip was Bridges had all sorts of crockery they are no longer using) and for people associated with the many Island non-profit groups to clear out their cupboards and raise a few dollars for their groups--without having to undertake much organisation.

At press time the B.C. Crafts Association and Waterfront Theatre had each bought three tables.

Creek readers who have a few saleable items they are happy to donate can give them to **The Friends of Granville Island** table.

This is a non-profit group comprised of Granville Islanders interested in the well being of the Island and its tenants. It raised sufficient funds from the sale of attractive Granville Island T-shirts and sweatshirts (design, production and sale courtesy of Gloria Onley of Granville Island Graphics) to contribute \$1000 to The Couits family when their Chilliwack River Honey property " was devastated by floods last year.

More "good works" require more money so the 'FRIENDS' will replenish the coffers via the Garage Sale.

Anyone wishing to contribute to their table can deliver clean, saleable items to Building ? between 8:00a.m. & 9:00 a.m. on

Giant Garage sale



Granville Island
SATURDAY MAY 9
10-2

In the parking garage next to Granville Island Hotel - no early birds



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

LEONA LATTIMER GALLERY

1590 West 2nd Avenue
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WE'RE OPEN EASTER MONDAY



9 AM - 6 PM ALL EASTER WEEKEND



Granville Island
Public Market

INFORMATION 666-5784

.....
 • Anyone can give advice,
 • But a real friend gives a hand. 
 • I t's' too bad we can't
 • forget our troubles as
 • easily as we forget our
 • blessings



Aquabus Ferries

ANNOUNCES
 STAMPS LANDING TO GRANVILLE ISLAND
 FERRY SERVICE
 STARTING APRIL 11/92

—WEEKEND SERVICE—
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Food Glorious Food

Frances Kohn, R.D.N.

Diabetes Guidelines for Health Eating

If you are a senior who has just been told you have diabetes and don't know what you can eat, here are some useful guidelines.

Happily, the diabetic way of eating is one of the best and healthiest eating plans around; just fine for the whole family. The basic principles can be applied just as well for weight control, cancer prevention, a healthy heart, arthritis and other chronic conditions.

The usual type of diabetes which may develop in later life can often be controlled by diet and exercise alone. The following information may also help those who have a relative or friend who has diabetes.

The whole idea behind the diabetic way of eating is to balance the amount and kind of food eaten with the limited amount of insulin available which is needed for the proper use of food in the body. Balancing a measured amount of food with regular activities helps to control the condition.

Six Steps to Success

1. Enjoy three meals a day. Do not skip meals. When you visit the Outpatient Dietitian at the hospital she may recommend an afternoon and/or evening snack. Eat about the same time each day.

2. Enjoy regular physical activities such as walking, with your doctor's approval, of course.

3. Include a variety of foods in each meal—at least one food from each of the following food groups: milk and milk products; protein foods (meat, fish, poultry, egg, dried beans, peas or lentils); vegetables and fruit; starchy foods (bread, cereals, rice, pasta, potatoes).

Choose lower fat foods—skim or partly skim milk, 1% or 2% cottage cheese, skim or 2% yogurt, "lite" cheese with 20% or less Milk Fat (M.F.)

Choose lean meats, remove chicken skin, avoid fried foods. Increase fibre by using whole grain or bran breads and cereals

Increase your use of dried peas, beans and lentils as they contain a dietary fibre that permits the slow release of sugar from the starch. Enjoy fruit with each meal. Include plenty of vegetables.

4. Avoid sugar and other sweet foods such as honey, syrup, jam, jellies, marmalade, candies, chocolate and sweet baked goods like cake, rich cookies, pies and sweet rolls.

5. If you are overweight, try to lose weight as it will help control the diabetes.

6. Drink plenty of water—6 to 8 cups each day—or for variety include other sugar-free beverages such as mineral water, clear tea or coffee, diet pop, club soda (not tonic water). Avoid large amounts of fruit juices, even though "unsweetened" because of the natural sugars. Avoid large amounts of milk (include 2 cups) because of the natural sugar "lactose."

Choice Tips

Add a little sweetness to your foods but use in moderation: sugar substitutes, e.g. Equal, Sugar Twin, Sucaryl; diet jams/jellies/syrup; plain cookies, e.g. arrowroot and digestive biscuits, graham wafers; sugar-free jello/pudding, small scoop of ice cream.

Help is close by

Excellent free pamphlets can be obtained from the **DIABETES ASSOCIATION**, 1091 W. 8th Ave. (Tel. 732-1331). Examples: *The Diabetic Way of Eating Diabetes and Seniors*, *Diabetes over 60*, *Meals To Serve You Well*, *Planning Meals For Your Guest with Diabetes*, *Examples of Eating Plans and Menus Eating Out.....* and many others, as well as access to a lending library of books and videos.



Mon. - Fri. 9 a.m. - 4 p.m.

The Art of Papier Mâché

from

Micheline Larose and Georges Gamanche

Micheline Larose and Georges Gamache have a trade name, *Papier Magique*.

That 'Magic' is no meaningless hype—there is magic in their fingers and they are wizard recyclers.

The *papier mâché* made by happy amateurs is a humble relative of this work, which can be thin as fine porcelain and thick as a 1" board; either way it is strong and durable as wood, based on a laborious lamination of newspaper and glue. For the surface they use paint or co-opt colour, as well as design and art, from magazines, comics, crossword puzzles, can labels—anything visually responsive to collage is grist to their imaginative mill.

I have fallen in love with "A" Cat (find the 'A'), and the delicate little *Vessel: Flowers and Masters* where a riot of gorgeous blooms embrace charming figures from reproductions of old paintings. Old masters and fine crafts are at home in these masterly constructs.

Carpaccio's peerless scenes of Venice are subtly fused on the *Venetian HalfMasks*. On *Time Disc* a bearded relief of Time himself dominates a section of our globe, gazing on a black and white chiaroscuro of clouds and stars and figures from mediaeval prints as they grapple together in timeless bloody rivalry, the violence watched by curious onlookers from windows of classic buildings.



The Netloft Granville Island

Quite different is the large *Oriental Vase*; the form has the appearance of cloth, gathered in opulent folds from base to neck. The intricate floral design of the exterior is created from a magazine illustration cut into small pieces and recreated, like a jig-saw, into a precise collage.

The skill in moulding paper mush into the semblance of cloth is well illustrated in an issue of *Western Living* on display at this show.

Don't miss this show.

Thelma Ruck Keene

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John Crawford



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Noticeboard

WORKSHOPS

BUYING YOUR FIRST HOME

There's a lot to consider before making an offer on your first home. Discussion will include tips on home buying, the contract of purchase and sale, conveyancing, financing and more.

MON. MAY 4 7:00 - 9:00 p.m.
FREE

HIKING HOT SPOTS

A slide show extravaganza covering over 30 locations for hiking and backpacking in South Western B.C.

WED. APRIL 29

7:00- 9:00p.m. \$4.00

CARD SWAP DAY

Do you like collecting or trading sports or specialty cards? Now you have the chance to trade and compare with your friends and other card collecting enthusiasts.

ALL AGES WELCOME

SUNDAY, APRIL 26 1 - 3 p.m.

Cost: \$3.00 to purchase a table.

CANOEING PROGRAMS (Beginner)

ADULTS	Mon/Wed	Starts May 4	6:30 - 9:00 p.m.	\$56/5 lessons
CHILDREN	Sundays	" May 3	1:00 - 3:30 p.m.	\$38/4 lessons
FAMILIES	Sundays	" May 3	10:00 - 12:30 p.m.	\$20/adult; \$15/child -- two lessons

For PRESCHOOLERS

Nomad Scientists (Ages 3 to 5)	Starts Wed. April 22
T-Ball & Soccer (Ages 3 to 4)	" Mon. April 19
T-Ball & Soccer (Ages 4-1/2 to 5)	" Mon. April 19

For CHILDREN

Art-Rageous (Ages 7-12)	Starts Mon. May 4
Gotta Luv Improv (Ages 9-15)	Starts Wed. April 15
Yummy to the Tummy (Ages 6-9)	Starts Tues. April 21

For ADULTS

Jazz Dance	Starts Wed. April 15
Contemporary Dance (All levels)	Next class: Sat. April 18
Contemporary Dance (Beginner)	Next class: Mon. April 27
No Jump-Pump Fitness	Every Mon. & Wed. from 5:30 - 6:30 p.m.
Dance Fit Class	Every Thurs. from 6:00 - 7:00 p.m.

Call the Centre Office at 665-3425 for more details on these and other highlights for Spring '92

Seniors' Scene

by Marge LeGresley

In spite of the poor attendance much was achieved at our April meeting.

We welcomed two visitors from Dunbar Community Centre, Jackie Eccles and Ralph Natham, and we hope they will join us again. Minutes were approved, Executive reports received and future events noted.

LINE DANCING, now a weekly program, began on Monday, April 13 and continues each Monday morning from 11 a.m. - Noon. Those who play cards in the afternoon may bring

their own lunch. The fee is \$15 for the 8-week session and it is essential that you sign up and pay at the office to ensure sufficient support.

Next comes our ever-popular POT LUCK SUPPER on **Friday, April 14**, starting at 5:00 p.m. Bring your favourite dish and afterwards some of us will play Bingo while others enjoy a sing-along with **Thelma Campbell** at the piano.

The following dates are important for you to remember:

- WED. May 6** - 2:00 p.m. Free movie at Oakridge "Meet Me in St. Louis."
- WED. May 13** - 1:00 p.m. Seniors' monthly meeting
- WED. May 27** Afternoon Tea Dance at Dunbar Community Centre with Dal Richards and his orchestra. **FREE.**
- THUR. June 4** - 5:00 p.m. SENIORS' STRUT at Burnaby. Pick up your forms and sign up your sponsors for this fundraising event. Final arrangements will be made at the May meeting.
- THUR. June 11** - 5:00 p.m. **SPRING BANQUET** at Frank Baker's Restaurant. Inclusive cost \$15. **PLEASE NOTE CHANGE OF DATE.**

Later in June we look forward to the annual B.B.Q. at Jean's cottage in Point Roberts - June 30. Full details will be announced at the May meeting. Looking further ahead, Jean will be arranging two outings in September: a sail on the **ARASHEENA** and a trip to Whistler, which we all enjoyed last year.

The business concluded, we listened to an interesting talk by Dr. David Kvalheim, Chiropractor.

He explained the vital power of nerve channels which spread from the spine to all parts of the body.

If you wish to contact him, the number to call is **732-9007**. Mention that you heard his talk at the Community Centre.

Then came the refreshments -- a delicious cake in honour of **Mary White's** 65th birthday. Thanks to **Eunice Pearsen** who picked up the cake and served the coffee.

vancouver children's festival

May 25 - 31 at Vanier Park

Early Bird

tickets **STILL** on sale to **May 10**

Ticketmaster outlets. 280-4444

\$2.70 for (\$5.35 after May 10) Whalers

- A Hann Full of Songs
- Reve Arcadien (French)
- The Rhythms of Brazil
- Human Hands in Concert
- Rick Scott
- New Canadian Kid
- California Vaudeville
- Un Autre Monde (French)
- Sky Tales

\$3.75 for (\$6.45 after May 10) Norman Foote and

- The Vancouver Youth Symphony
- Charlotte Diamond
- The Peoples of the Pacific National Dance Company of Zimbabwe
- The Secret World of Og (Pierre Bertone)
- Bringing a Story
- Circus of Shadows

\$6.35 for (\$7.50 after May 10) Fred Penner

- Popeye in Exile
- Radical Raffi
- Same Sun Acrobats



VANCOUVER POLICE COMMUNITY FORUMS

JUNE 11 7:00 p.m. False Creek Community Centre Granville Island

May 19	7:00 p.m.	CHAMPLAIN C.C.	3350 Maquinna
May 19	7:00 p.m.	CHATEAU GRANVILLE	1100 Granville St.
May 21	7:00 p.m.	DUNBAR C.C.	4747 Dunbar
May 25	7:30 p.m.	MARPOLE C.C.	990 West 59th Ave.
May 26	7:00 p.m.	RENFREW C.C.	2929 East 22nd Ave.
May 26	7:30 p.m.	STRATHCONA SCHOOL	592 East Pender St.
May 27	7:00 p.m.	DOUGLAS PARK C.C.	801 East 22nd Ave.
May 28	7:00 p.m.	KITSILANO C.C.	2690 Larch St.
May 28	7:30 p.m.	HASTINGS C.C.	3096 East Hastings St.
May 28	7:00 p.m.	MOUNT PLEASANT C.C.	3161 Ontario St.
June 1	7:00 p.m.	SUNSET C.C.	404 East 51st Ave.
June 2	7:00 p.m.	WEST END C.C.	870 Denman St.
June 4	7:30 p.m.	THUNDERBIRD C.C.	2311 Cassiar St.
June 9	7:00 p.m.	RILEY PARK C.C.	50 East 30th Ave.

MARINE SQUAD

June 8	7:00 p.m.	FALSE CREEK YACHT CLUB	1661 Granville St.
June 11	7:00 p.m.	VANCOUVER ROWING CLUB	Stanley Park

The Marine Squad Forums are for the benefit of those individuals who are 'live-aboards' or have businesses or commercial enterprises on the waterfront areas of Vancouver.

Neighbourhood concerns and needs vary throughout the city. The Police Department wants to hear about them directly from citizens to know how best to deploy their police patrons.

At the first round of Police Forums, in late '91, many of the issues raised were within the jurisdiction of the Fire Department and City Engineering. As a result staff from both these departments will be present at this second round.

The 20 or so people who attended the November Police Forum at False Creek School found it interesting and informative. The discussion included home and personal safety measures and a police report on the incidence of crime in this area.

The Police Dept. hopes to increase the foot patrols it presently deploys in False Creek and Granville Island.

We should also be seeing some **COPS ON BIKES** around here in the summer. Eight of them will pedal-patrol beach areas and the south side fairly steadily.

All of you who, rightly, decry the menace of speeding bikers should be out in force on June 11 to plead for as much Bike Cop time as the Police Dept. can spare. Everyone who strolls and plays on the seawall would be cheered by the sight of those sturdy lads flagging down speedsters, to tell them to either **SLOW DOWN** or pedal off to Lamey's Mill/Charleson Rd.

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May 16	Free Range Riders & Tone Twisters
May 23	Tumbleweed

Part of the Granville Island Bluegrass Festival every weekend in May

Phone for reservations

CLASSIFIEDS

20 words: \$4 (min.)
 30 words: \$6
 Leave adv. copy in The Creek's mailbox at the Community Centre by the 8th of the month.
Cash MUST accompany ad.

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 Tel. 416-822-6403
 Fax. 416-822-6229.

(local relative can be contacted at 732-3111).

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CO-OP YARD SALE

SUNDAY, APRIL 26

10 a.m. - 2 p.m.
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 1300 block Fountain Way at Birch Walk (near Dean's)
 In case of rain, postponed to *Sunday, May 3*

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HELPWANTED

If you have a few spare hours, until fall, help an elderly lady (in Alder Bay area) who needs assistance with walker, etc. and companionship for short seawall walk mid-day, two or three times weekly. Remuneration.
 Please call 437-6703

VANCOUVER HOME BASED BUSINESS ASSOCIATION

will conduct a workshop **Association Services, Special Purchasing & Co-op Marketing**
Tuesday, April 21. 7:30 p.m.
 Ramada Inn, 898 West Broadway
 Members & out-of-town visitors
FREE. Non-members: \$3

For those unable to attend the workshop a drop-in, no-host, serve-yourself post-meeting breakfast will be held on **Wednesday, April 22.**
 7:30 - 8:30 a.m. at Isadora's Restaurant, Granville Island
 For further information call (tollfree) 1-978-6157

LOST & FOUND

LOST

Between approximately March 19 - April 1st.
 Boy's SUN ICE JACKET, red & blue. Size 8/10.
 Please call 732-8345

EAR-RING

One large, round, Rhinestone earring lost around Granville Island area. Please call 876-5769

Our school, the Community Centre and Granville Island InfoCentre all have boxes for FOUND articles. *THE CREEK* also has a **FREE Lost & Found** box, i.e. space on this back page.
 DO call 734-3369 when you find obviously 'homeless' items - especially all that stuff children are forever leaving lying about.

1992 EPICUREAN FESTIVAL for the benefit of the WATERFRONT THEATRE



MAY 11, 12, 13

WATERFRONT THEATRE
 Granville Island
 Reservations: 685-6217

Show your support for the Waterfront Theatre by joining us in a celebration of the cuisine and spirit of the Southwest. For three gala nights, we are staging a "FIESTA" in the theatre that is guaranteed to be both great fun and educational.

Over refreshments in the Waterfront Theatre Lounge, we start each evening by challenging three of Vancouver's top restaurants. You'll be the judge and determine which restaurant makes the best Margaritas on Monday night; Quesadillas on Tuesday night; Nachos Grande on Wednesday night.

The evening continues into the Theatre with a cooking demonstration by one of our **Celebrity Guest Chefs:**

- Monday, May 11 Jane Butel, Pecos Valley Spice Co. puts her expertise on New Mexican Cuisine to very good use in new recipes straight from her kitchen in Santa Fe.
- Tuesday, May 12 Anne Milne, The Monterey Grill, explores new techniques for the grill and barbeque. Expect expert instruction with glorious recipes.
- Wednesday, May 13 Ken Bogas, Sallimbocca, will present a menu inspired by the Southwest and embellished by that "Bogas" magic with fresh ingredients and presentation.

Tickets for each individual evening are \$75.00; all three evenings for \$190.00 (tax receipt for allowable portion can be obtained from Waterfront Theatre ticket office).

The "FIESTA" starts at 6:00 p.m. each evening

Local references reasonable rates

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