

SEPTEMBER, 1992

The Creek

Vol. 11, No. 8

'Serving False Creek, Fairview Slopes and Granville Island'

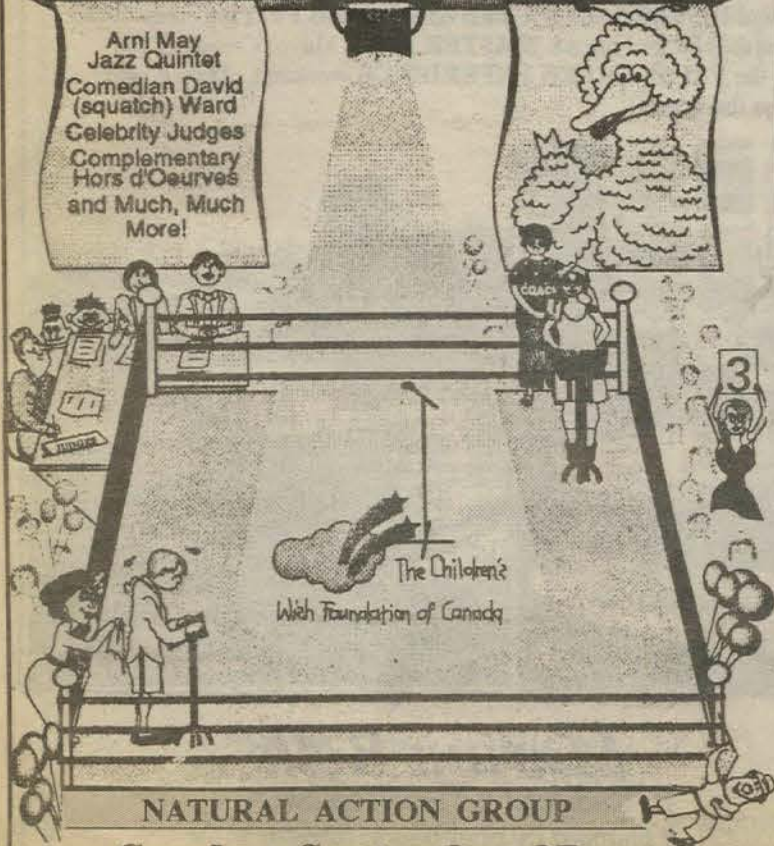
THE LITTLE
BLUE FERRIES
RUN DAILY
RAIN OR SHINE
684-7781

GRANVILLE ISLAND
TO AQUATIC CENTRE
DAILY 7:30 a.m. - 8:00 p.m.

MARITIME MUSEUM
DAILY 10 a.m. - 5 p.m.
WEEKENDS ONLY after Oct. 1st

"Battle of the Poets"

Arni May
Jazz Quintet
Comedian David
(squatch) Ward
Celebrity Judges
Complementary
Hors d'Oeuvres
and Much, Much
More!



NATURAL ACTION GROUP

WHEN: **Sunday, September 27** TIME: 7:30 p.m.

WHERE: **Pelican Bay, Granville Island Hotel**

WHY: To raise money for the Children's Wish Foundation to fulfill a

CHILD'S WISH: Philip, 6 years old, wishes to be flown to the T.V. set of Sesame Street, in New York City, along with his family.

ADMISSION: **\$8.00.**

INFORMATION: **Walter at 688-3362 or Arnie at 682-1095**

After a 'qualifying round' this week to whittle down the number of competing poets, EIGHT will alternate reading their poems in 'the ring'. The audience will be the judges. Following the Battle a band will play and a comedian will 'comede' and a good time will be had by all.

Please see p.4 for story on Children's Wish Foundation and Philip.

A fun weekend of fanciful fundraisers



Many people took a break from touring Granville Island's artists' studios on Sunday, Sept. 13 (as part of the False Creek Experience weekend) to watch 37 painters decorate and transform garbage cans in the 6th Annual Garbage Can Art Contest. Shown from rt. to lt. are George McInnis and son Dave, the Granville Island Ferries instigators of this madcap event, and Maureen Brownlee of the B.C. Paraplegic Association which benefits by being given the colourful cans to auction off during their annual World's Worst Oil Paintings Auction.



The Creek Editor (rt.) and Granville Island's Manager of Public Affairs, Pat McSherry welcomed helpful hints from sculptor George Pratt on how to judge 37 entries in double-quick time. We finally chose two to share First Prize and two to share Second Prize (the total prize pot being \$500). Sadly, not all colourful cans result in good newspaper pictures - this elegant Egyptian themed can was a 2nd prize sharer.



THE ARTS UMBRELLA

SANDCASTLE

COMPETITION

With the Sandcastle Competition held at Spanish Banks on Saturday, September 12, ARTS UMBRELLA maintained its reputation for devising spectacular fundraising events.

Members from all aspects of the building industry--architecture, design, construction, development, real estate, finance-- teamed up to pay \$1000 a 'site' to build 28 'projects' with names like *The Picastles, Polygon Serfs, Quicksand, Hott Saltworks, The Sandtastics, Amnesia, Ole Tequila, The Riptides, The Draft Lodgers, Pure In-Sand-It, The Sandblasters.*

The team lead by (lt. to rt.) **Henry Hawthorne, David Jenson and Jane Durante** did indeed have an architectural model, but their *Faultless Towers* had to be rapidly revised as the tide rose.



The more realistic **DISASTER IN PROGRESS** team was lead, curiously enough, by Granville Island's chief concept designer, **Norman Hotson** (lt. in photo with David Hornblow). Maybe the judges appreciated the simple honesty of the same slogan on their black T-shirts because their creation **HOTT SALTWORKS** won the 'Tall Stories' prize in the **FANTASY** category.

Intent on winning the 'People's Choice' award (earned by people voting with sand dollars bought for a Loonie, **POLYGON** bought \$1000 worth, only to be pipped at 5 mins. to judging time by **WALL FINANCIAL** (who had already paid \$3000 for three sites) buying \$2000 worth of votes. No surprise that big bucks influence decisions--people's choice indeed! And fully expecting disputes amongst the six Judges (architects, planners and editors) a couple of gowned, wigged lawyers were recruited to adjudicate.



While the (Susan) Baker member of Baker, McGarva, Hart Architecture holidayed in San Francisco, False Creek own **Graham McGarva** and other adult colleagues helped a team of kids to build their own design of a "sustainable community", complete with townhouses, drive-in, toy factory, church, a stadium, baseball diamond, lots of greenery--and a transit line!



Editor



Beryl Wilson

What a summer! With so many marvellous events occurring close to home, one weekend after another (at which the Creek Editor took a zillion pictures), it's been hard to leave town. But she will as soon as this issue is out of the way.

Thus the 'weighty matters' that should be dealt with, but usually get shuffled to the bottom of the pile, for want of time to dwell and write on them, are back there again. Holidays come first.

By far the most pressing problem is the loss of two sets of Creek 'Paper People.' Cathy McCready had to give up her 800 block route on Fairview Slopes, and the ELDER family have left False's Creek's **HEATHER POINT** complex (surely not because Jeremy & Christopher wanted to retire after a mere 7 years?). **VOLUNTEERS PLEASE - Tel. 734-3369.**

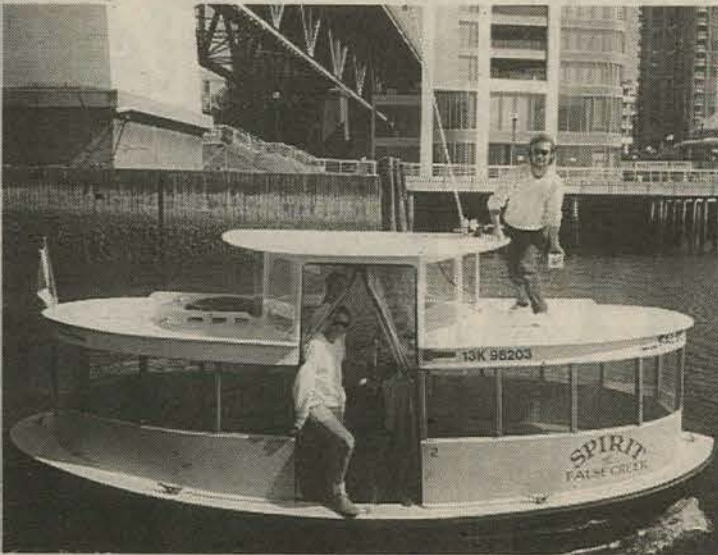
KIDS' BOATBUILDING

in Isadora's picnic area during the **WOODEN BOAT FESTIVAL** last month was a huge success. Mountains of pre-cut shapes and other essentials were provided and the kids had a grand time hammering and drilling.



The two-day event was free for kids but the \$2 charge for "ADULT HELP" didn't stop the parents from interfering

For ceremonial occasions head honchos **Geoff Pratt** (lt.) of **Aquabus** and **Dave McInnis** of **Granville Island Ferries** come out to drive their ferries -- when assorted dignitaries sail out into English Bay on the restored tug s.s. **MASTER** so that Mayor Campbell can teeter over the bow to snip a streamer hung between their boats to launch the **FALSE CREEK EXPERIENCE** weekend. "You'll never catch this sitting down" shouted Dave McInnis, ready to hurl the roll across the water.



Passport to Mexico



Granville Island Public Market

A Mexican Fiesta comes to the Market on Wednesday and Thursday, **September 16 & 17.** Sample some hot stuff with host **La Tortilleria** as they demonstrate the preparation of chimichangas, enchiladas, chilaquiles and even chips! And join the Market beat with the original sounds of special guest the **Magesterial Folk Ensemble** in an exciting performance of Mexican song, dance and poetry. Market merchants have plenty of 'Mexican ingredients' on hand - jalapeños, cilantro, tomatoes, onions, corn tortillas and chili powders - all here for the making and the eating. **Olé!**

Marina Bells

*Who amidst our urban sprawl,
if blessed by ocean-side abode,
has not been held in (puzzled) thrall
by pastoral sound of country road?
A gentle bovine tinkling ring
'mongst rigging stirred by sudden breeze.
Faint bell-like tones that seem to sing
of Holsteins, meadow, copse and trees.
And what more charming paradox
than yachts that sound like grazing flocks*

Sheila Fowler

In sending along this charming poem to celebrate her "on-going love affair with the Creek" Sheila said she is sure there are many other ocean-side dwellers who also thought they heard cow bells when they first came to live near Spruce Marina.

**You are invited to:
Free Informational Seminars**

7:00 p.m. -- Monday, September 21, 1992
7:00 p.m. -- Thursday, September 24, 1992
Granville Island Hotel, 1253 Johnston Street
Granville Island, Vancouver

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RSVP WIN Office (604) 736-5040



**FAIRVIEW SLOPES ASSOCIATION
GENERAL MEETING**

7:30 p.m. Tuesday, September 22, 1992

at

False Creek Community Centre
1318 Cartwright St., Granville Island
(Second floor Board Room)

AGENDA Items will include

- Election of new Officers
- Discussion of Traffic issues and a City Engineering Department Report.
- Street Beautification

Fairview Slopes residents are encouraged to attend and become involved in the Association

The Creek

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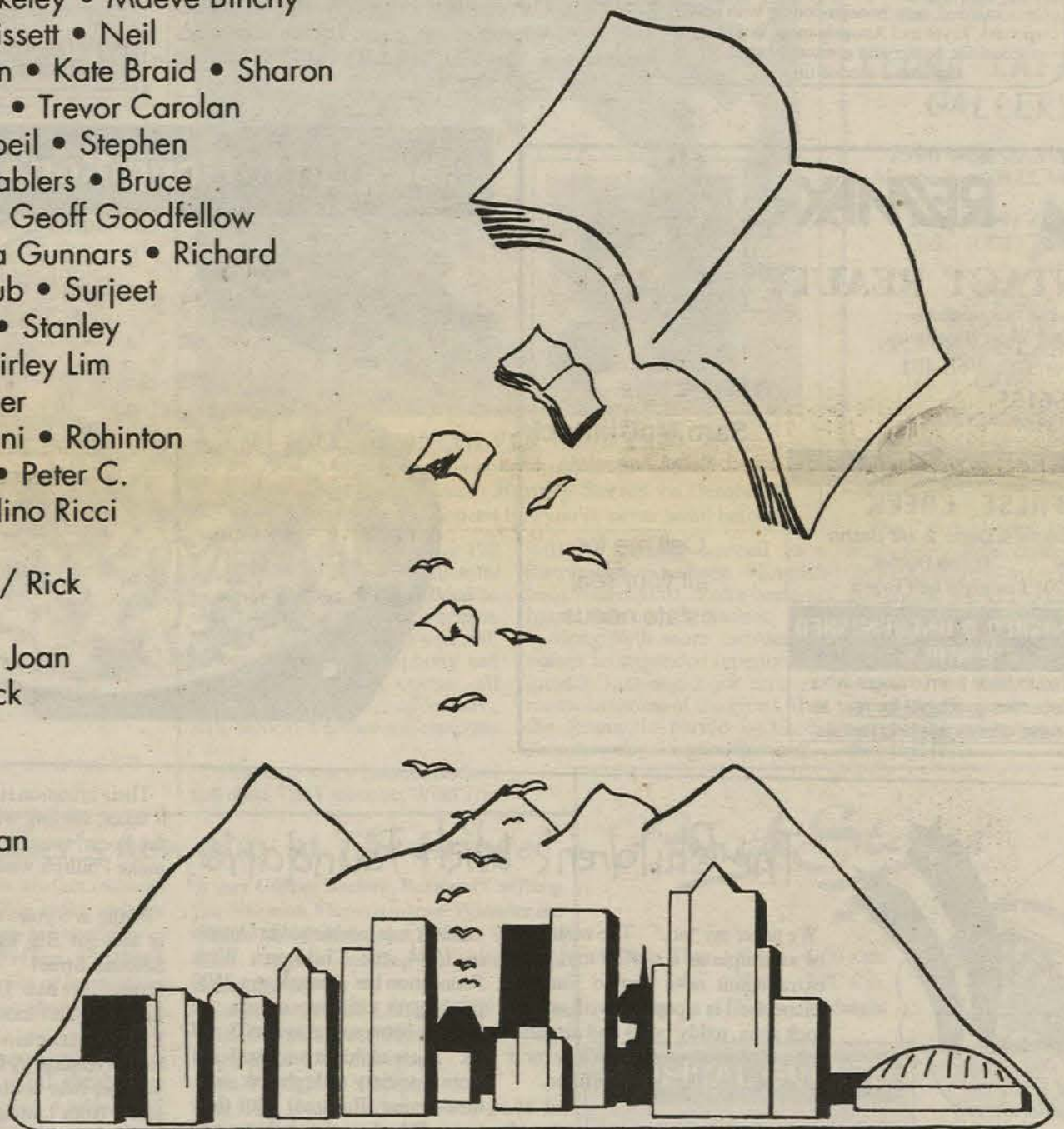
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 • Jack Whyte • Dave
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 Wright • Patricia
 Young...to name
 just a few!



OCTOBER 21 - 25

GRANVILLE ISLAND • INFORMATION 290-9148

Watch for our official program at all bookstores, libraries and community centres. Tickets will be on sale from September 21 at Amber Books, Blackberry Books, Duthie Books, The Granville Book Company, Manhattan Books, Octopus Books, the UBC Bookstore and by phone from the Arts Club Box Office at 687-1644.

This season with VANCOUVER PLAYHOUSE Theatre Company

This Fall nip to the air signals, amongst many things, it's time to rummage in that pile of winter entertainment brochures that most of us banished from sight, determined not to let thoughts of winter interrupt enjoyment of sunny summer days and long day-light hours

THE MILLIONAIRESS
by George Bernard Shaw
September 29 - October 24

LETTER FROM WINGFIELD FARM
by Dan Needles November 4 - 28
Bay Street businessman turned country farmer tells tales about crazy neighbours and rural life.

LIPS TOGETHER, TEETH APART
by Terrence McNally January 5 - 30
A 'serious comedy' about two straight, Middle American couples celebrating the 4th of July in the middle of a gay community

MUCH ADO ABOUT NOTHING
by William Shakespeare Feb. 16 - March 13
A great romantic comedy about the intrigues of two amorous couples, Beatrice and Benedick, Hero and Claudio

DEATH AND THE MAIDEN
by Ariel Dorfman March 31 - April 24
Set in post-Pinochet Chile, this political psycho-thriller examines the notion of revenge and retribution in anew, precarious democratic order

PRIVATE LIVES
by Noel Coward May 4 - May 29
Once married, now honeymooning with new spouses, Elyot and Amanda meet, re-elope, reconsider, battle, and eventually steal off together a second time.



Nicola Cavendish looks very elegant for her role in the Vancouver Playhouse Theatre Company's production of the "THE MILLIONAIRESS" playing from Sept. 29 to Oct. 24.

Did the testy George Bernard Shaw land his heroine with a name like Epifania Ognisanti di Parerga as punishment for making her the wealthiest woman in Britain in his play *The Millionairess*? With a handle like that could a character help being overbearing, arrogant, wilful and demanding.

Oliver Becker, Alex Diakun, Christopher Gaze, John Moffat and Frank C. Turner portray the men caught in Epifania's web in this fiesty battle of the sexes in which a clever Egyptian doctor puts her skill with money to the test.

Nicola Cavendish played the role with great success at the Shaw Festival and for this Playhouse production is sharing it with another veteran of Shaw Festival and Vancouver stages, Nora McLellan.

(Nicola plays most of the evening performances; Nora most matinees).

Denise Coffey, British writer, actor and Shaw specialist, returns to direct this production. She previously directed Nicola Cavendish in the Playhouse production of *Pygmalion* last season.

Tickets for the **Sat. Oct. 3 PAY WHAT YOU CAN MATINEE** will be on sale Oct. 2 at the Playhouse Box Office only (7th & Cambie).

SENIORS' TEA MATINEES: Oct. 7 & 14 (Complimentary Tea Service starts at 1:00 p.m.)

Good news that there will be **TWO Seniors' Tea Matinees** for each production this season.

Good things never last forever but before Nicola Cavendish retires the endearing **SHIRLEY VALENTINE** you do have **ONE LAST CHANCE** to see her in it. 10 performances only, **December 14 - 27**. All tickets \$29.50.

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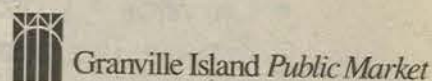
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Passport to Hong Kong



Come to the **Hong Kong Festival** on Granville Island this weekend of **October 3rd & 4th** and immerse yourself in the sights, sounds and tastes of a bustling Hong Kong marketplace during **"A Bridge Between Two Islands"**. Sample exotic Asian delicacies, join tea tasting sessions, martial arts demonstrations or perhaps a dragon dance. Merchants will host fusion cuisine workshops for visiting gourmets, and Island explorations will lead you to the **A-Maze-In Hong Kong Exhibition** located at the False Creek Community Centre. It's all yours - at the Pacific Rim of Granville Island!



The Children's Wish Foundation

We never say "no." The wish may be as simple as a stuffed toy, or as extravagant as a trip to Europe. Disneyland is a popular wish, so are rock stars, teddy bears and airplane rides. It doesn't matter. Whatever it takes, we see that wish fulfilled.

Many wishes are expensive and have to be acted upon quickly. If we wait too long to get the ball rolling, we may be too late.

For example to send a family of four to Disneyland takes about \$4220 (Airfare: \$1800; Hotel: \$550; Car: \$220; Spending money: \$1500; Universal Studios Tour: \$150)

Families of children with life threatening diseases have often reached their financial limits by the time they come to us. It is often necessary for one parent to give up a job to care for and support the child.

Imagine knowing your child wanted just one thing in the whole world, and being unable to give it. These children aren't asking for the moon; they're just asking for one special time in their very short lives.

Since it was established in Ontario in 1984, the Children's Wish Foundation has granted over 2100 wishes to children across the country between the ages of 3 and 18. These children have suffered from a variety of high risk, life-threatening illnesses. But they have all had one wish that made them forget, for just a short time, the pain and suffering they face.

Family members are included in the wishes, because they, too, are suffering. Parents have to come face-to-face with the reality that their children may never grow up to fulfill their own hopes and dreams. Brothers and sisters must also face the realities of life-threatening disease, watching someone they love deteriorate as the weeks and months go by.

The Children's Wish Foundation survives solely on support from the public.

The group calling themselves **Natural Action** are **Walter Beszedes, Rayanne Cliffe and Arnie May**.

Their intention is to do whatever it takes, starting with the **Battle of the Poets**, to raise enough funds to make Phillip's wish come true.

Phillip is 6 years old and his wish is to visit Big Bird's House on Sesame Street. Phillip suffers from acute Lymphoblastic Leukemia and another rare disease, Larangotrachiamalica, which causes respiratory failure. His two younger twin brothers, aged 4, also suffer from Larangotrachiamalica

The Children's Wish Foundation will be sending Phillip, his mother and father and three brothers to New York in the fall, to be a part of a filming session of Sesame Street -- and Phillip will personally meet Big Bird.

Last month's issue of *The Creek* paid tribute to the late **Gerry Poole**, who never tired of "doing things for the kids." Needless to say Gerry was involved with the Children's Wish Foundation.

His obituary announced that *In Memoriam* donations could be sent to the Foundation at **1570A Boundary Road, Burnaby V5K 4V4 (Tel. 299-2241)**.

Old friends of Gerry's who forgot to get out the cheque book last month might be glad of a reminder. Why not mark the cheque. **For "Battle of the Poets" fund raiser for Phillip, in memory of Gerry Poole.**

Gerry would like that. **Beryl Wilson**

The inventive **Battle of the Poets** fundraiser for the Foundation is the ideal time to give this organisation the space it deserves.

(Reprinted from their own material):

WHAT WE DO...

"When I grow up I want to be..."

The truth is many children never get a chance to finish that sentence; they never get the chance to grow up. They are full of hopes, dreams and wishes -- they just don't have time to see them all come true.

There's where we come in. We grant wishes to children with life threatening diseases. We aren't magical; we don't have any special powers. We just want these special children to know that wishes do come true.

2 for 1 BIKE RENTALS

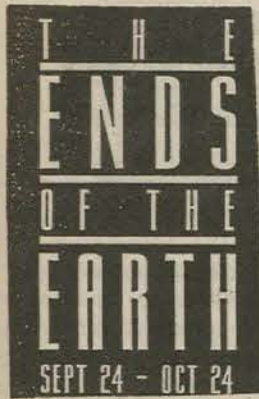
Bring this ad to receive **2 for 1 offer**
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KIDS ONLY MARKET Granville Island **669--BIKE**



Opens new season with a new play

Written & Directed by
Morris Panych



Is it really other people who plague us, or just what they represent in our minds? **THE ENDS OF THE EARTH** offers a quizzical look into the nature of our perceptions through hilariously entertaining characters and dialogue.

In this mysterious comedy **Norman Browning** plays Frank who is trying to discover who is following him -- and why! He believes there is a sinister plot in the works and the more he tries to uncover the mystery, the deeper the trouble becomes.

Patti Allan and **Wendy Gorling** play an hilarious team of hoteliers and numerous other characters. **Tom McBeath** plays Frank's boss and hard-nosed detective.

The **Ends of the Earth** will also open Toronto's Tarragon Theatre season. Author/Director Panych and set designer Ken MacDonald will leave for that production after the Arts Club Theatre opening.

SHOW TIMES

PREVIEWS: **THREE** 2 for 1 performances
Thur./Fri. **Sept. 24 & 25** at 8 p.m. each week:
Runs nightly Mon. to Sat. Mon. at 8 pm., Wed. & Sat. at 5 p.m.
BOX OFFICE: 687-1644



The Family Series

Saturday afternoons
2:00 p.m. at the
Granville Island Stage

Sat. October 3 VANCOUVER WIND TRIO
Sat. November 21 CHARLOTTE DIAMOND
needs no introduction. In fact due to her immense popularity an **extra** performance has been scheduled at **11:30 a.m.**
Sat. January 30 GREEN THUMB THEATRE
presents *Sea Saw* by Dennis Foon

The latest play by Canada's foremost playwright for young audiences sketches a vivid portrait of schoolyard relationships -- making friends, fitting in and falling out. Look in on Charla, the new girl at school, as she meets popular Paige, timid Josh and Adam the bully. Emmy-award winner **Ronnie Burckett's** innovative puppets interact with the cast to create a highly imaginative theatrical experience.
(Most suitable for ages 7 - 12)

Sat. March 6 BING JENSEN
A local singer-songwriter who has earned a national reputation as a stand-out children's entertainer. Bing involves his audience in a musical adventure, performing songs of everyday experiences with warmth, fun and spontaneity.
Series tickets: **\$18.00** Single tickets: \$5 (Charlotte Diamond \$7)
BOX OFFICE: 687-1644

Jan Carley launches brother's new play at The Fringe



Jan Carley, photographed during rushing about in her "daytime job" as Associate Director at the Arts Club Theatre
"Just flash a big smile" we commanded; "No-one will notice you didn't have time to comb your hair."

Jan has been in the Chief Director's chair again.

We thought her brother (author) **Dave Carley** was lucky to have his sister premiere his new play at the current **Fringe Festival** (running in a variety of locations in Mount Pleasant until **Sept. 20**).

"NO SO" Jan corrected us. "I'm the lucky one. If I didn't have 'family connections' I wouldn't have the chance to direct his new play."

Dave Carley's plays (which include *Midnight Madness*, *Writing with Our Feet* and *Hedges*) are much in demand and have been produced widely across Canada and the U.S.

"We live in dangerous times. Our civil liberties are under siege on every side, from both the 'politically correct' and the moral dictators of the right."

This new play from Dave Carley **"TAKING LIBERTIES"** is a timely look at personal freedom in a complex society, a compelling drama that vaults back through time, peeling back a city's conscience.

Jan counts herself fortunate that some of Vancouver's finest actors liked the play so much they gladly agreed to be in it.

Also this season on Granville Island Stage

MEMOIR Written & Directed **John Murrell**
Starring **Joy Coghill** as the immortal Sarah Bernhardt, recreating the passion of her life and career.

REFLECTIONS ON CROOKED WALKING
by **Ann Mortifee** November 26 - January 2
The fantastical holiday musical for children of all ages

M. BUTTERFLY by **D. Henry Hwang** Starring **Allan Gray**
A provocative, award-winning drama, based on the true story of a French diplomat in China who fell in love with "the perfect woman."
mid-January - February 20

LOVE LETTERS by **A. W. Gurney** Starring **Ruth Nichol**
A charming and comical story of two star-crossed lovers.
February 24 - March 27

SLEUTH by **Anthony Shaffer** March 31 - May 8
A fiendishly intricate and cunning thriller

At the **REVUE STAGE CABARET**

from mid November **CANADIAN CONTENT**

A wild political satire by **Mark Leiren-Young**

Later: **CONTENTS UNDER PRESSURE** a premiere by **David King**

MIDDLE AGED FEVER A new revue by **Bruce Kellett & Daphne Goldrick**

LOVE LETTERS Romantic wit by **A. Gurney**



THE VANCOUVER WIND TRIO

A group unique among chamber ensembles open the Arts Club Theatre's **Family Series** on **October 3** with a classical music concert like you've never heard before.

The Trio, which played over 120 school concerts last year, constantly expands its repertoire. Added to such staged and narrated works as *"Peter and the Wolf"* this year will be Schubert's 5th Symphony and three comic Mozart operas, all presented in a clever, informative style tailored to amuse and captivate.

To the customary-bassoon, clarinet and oboe, The Vancouver Wind Trio

will be adding several new instruments this season -- English horn, bass clarinet, contra-bassoon, basset horn and Eb clarinet.

Along with more instruments comes an expanded repertoire to include Jazz and Rock arrangements and some of the greats from the Romantic period -- Verdi, Tchaikowsky, Chopin, Brahms.

The Trio's energy, inventiveness, imaginative dress, choreography, and "breathhtaking" arrangements of symphonic works, astound audiences.

The Vancouver Wind Trio, in its style and content, sounds like the Woodwind verion of the Canadian Brass -- and most people know how talented, entertaining and immensely successful they are.



Eagle Pole
7 red cedar with strongman, killer whale, eagle and bear cub.
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AL WALKER
October 9 & 10

OLIVER & The ELEMENTS
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GRANVILLE ISLAND--Arts Club Dock
TO: Foot of Hornby St. &
Foot of Granville St.
(False Creek Yacht Club)

BICYCLES WELCOME



732-9191

Food Glorious Food

by FRANCES KOHN, R.D.N.

No Salt Please, We're Canadian

We Canadians swallow far more salt than is good for us and most of that salt does not come from the salt shaker. Statistics tell us that 75% of the salt we eat is hidden -- hidden in all the processed foods we find so handy and so tasty. Only 15% comes from salt added during cooking or at the table.

So, apart from being careful about the salt you add, you should be even more cautious about the foods you buy. Whether you call it salt, sodium chloride or NaCl, it is almost half sodium and studies show that sodium may be related to high blood pressure or hypertension. Heart experts suggest, therefore, that the sodium content of the Canadian diet should be reduced.

Sodium Restriction

At Dial-A-Dietitian we get many requests for information about sodium restricted diets. Of several different levels of restriction the mildest one is based on 3 to 5 grams of sodium (not salt) per day. For those of you on such a diet and for anyone wanting to consume less sodium, The Manual of Nutritional Care (1992), developed and published by the B.C. Dietitians' & Nutritionists' Association presents some useful tips:

Where to start

1. Do not add salt to your food during cooking or at the table.

2. Do not drink water treated by a water softener.
3. Avoid salty convenience foods and foods from fast food outlets.
4. Buy fresh foods when you shop.
5. Read the labels on packaged foods. If salt, sodium or 'Na' is listed near the beginning, that food is high in salt.
6. If a salt substitute contains potassium in place of sodium, ask your doctor if it is safe for you.
7. Do not use baking soda as an antacid. Other antacids and laxatives may also contain sodium.

Foods to avoid

(Did you realise so many food had so much salt?)

* In breads and cereals - breads, crackers or rolls with salted tops; chips, pretzels, popcorn, baking mixes, fast food pancakes; pre-seasoned rice or pasta products, stuffing mixes, instant cooked cereal.

* In meat, fish, poultry & alternatives -- salted, smoked, dried or pickled meat, fish or eggs; fast food outlet foods like hamburgers, pizza, Mexican food, fried chicken, breakfast meals; convenience foods such as canned stews, baked beans, TV dinners; processed cheeses.

* In fruits and vegetables -- vegetables canned with salt, creamed corn, frozen vegetables in sauces, instant potatoes, salted French fries, spaghetti sauces,

pickled vegetables; seaweed.

* In soups -- those made with meat extracts such as bouillon, Oxo, Bovril; or made with yeast extracts such as Marmite or Vegemite. (1/2 cup of canned or dried soup allowed 3 times a week).

* Fats and oils -- bacon fat, salt pork; packaged gravies and sauces and chip dips.

* In desserts and sweets -- instant pudding mixes; commercial snack pies or cakes.

* In beverages -- water treated with water softener; Gatorade; mineral waters with more than 250 milligrams sodium per litre.

* In other Foods -- sea salt, seaweed; salt substitutes containing salt such as Vege-Sal or Lite Salt; MSG (Accent); salted herbs and spices like garlic salt, lemon pepper (read labels); meat tenderizer; Soy sauce (any type); Oriental sauces such as black bean, fish, hoisin, oyster, teriyaki; olives, pickles, chutneys made with salt; meat and poultry coatings such as Shake 'N Bake.

Flavour without salt

Choose herbs, spices and seasonings without salt. Try Mrs. Dash, Lawry's Natural Choice or Nile Spice Seasonings -- but it's cheaper to make your own.

Home made Salt-free seasoning

Mix in a salt shaker: 1 tsp. each of dried mustard, paprika, garlic powder, onion powders; 1-1/2 tsp. black or cayenne pepper; 1 tsp. dried basil and thyme.

* * * * *

Don't let all these details take the fun out of food, but being aware of all this may help you to be a little more careful in your choices. For the names of Low Salt Cookbooks, phone Dial-A-Dietitian

Ornamental Flesh



Painted Wood

by Heather Sutherland

In The Netloft Granville Island

until October 2nd

To expose the reality behind blindly accepted icons is one way the human race avoids getting stuck in mental and spiritual mud.

Briefly, her theme is to expose the biblical myth of Adam and Eve which fixed for millenia male and female in immovable and ridiculous stereotypes. Art is a wonderful expositor, since it appeals to the senses; words, which I use, tend to be contentious, complicated, easily twisted to confuse.

However, Heather has a way with words as well as with her visual tools. So I am going to quote her, noting first her comment to me that she takes "no sensual or political position." Good. She is not a propagandist; she is an artist.

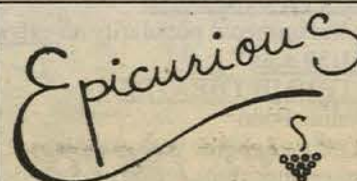
which is always available but too seldom enjoyed.

The use of boxes can suggest opening the body to pleasure: these boxes are meant to contain objects which please the senses. The chairs suggest comfort, contemplation. The screens remind the viewer of the social screens or masks we present to the world, but the women on the screens are comfortable in their bodies; they are not hiding from them. The first function of furniture is always to accommodate the body, but the body is also an object of aesthetic beauty, and so in these pieces the body, its adornments and the objects made to please it, engage in a playful sensual dialogue."

"This work seeks to remake the body, the often fetishized icon of human existence, into a site of beauty, pleasure and comfort -- because the body, despite its movement beyond us, is the only place where sensuality can be enjoyed. The richness of the colours, the voluptuousness of the figures, the pleasure in personal adornment: all of these things express pure delight in female bodily experience,

Three of Heather's pieces were built by John Sutherland (of Optic Nerve Furniture Design), who is her brother. Heather has a diploma in design, has studied at the Ontario College of Art, the American College in Paris, and Emily Carr; for many years she has worked in the fashion industry in Toronto and Paris.

Thelma Ruck Keene



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HISTORIC HANEY
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"Never was a restaurant so well named ... the Gourmet Hideaway is just a 40 minute ride along the north side of the Fraser River ... a delightful culinary gem where European service and presentation reside. An extensive menu offers one of the most varied selections I've seen. Some special treats: Prawns in Pernod, Bouillabaisse, Hot Ducking Salad, Homemde Pate. From Russian caviar on crushed ice and Russian vodka, to chilled Mexican Gazpacho the only real problem is making your selection. p.s. A cozy little steak house can also be found on the lower floor."

John Crawford

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\$1.49 per 100 gr.

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FALSE CREEK COMMUNITY CENTRE Noticeboard

1318 Cartwright Street
Vancouver V6H 3R8 665-3425

FALL WORKSHOPS

Pre-registration required

TRAVEL

EGYPT & MOROCCO

Discover the ancient walled cities of the Northern Sahara Desert to the rugged Atlantic Coast. In Egypt, you'll explore the Nile, leading you back to the world's greatest civilizations.

Thurs. Sept. 24 7:30 - 9:00 p.m.
\$2.00

CENTRAL AMERICA

Discover the unique setting of areas such as Belize, Costa Rica, and Guatemala and explore the diverse mixture of rain forest, volcano and archaeological sites.

Thurs. Oct. 15 7:30 - 9:00 p.m.
\$2.00

FOOD

MAIN COURSE SALADS

The focus will be on dinner salads such as Antipasto salad, Indonesian noodle salad, plus recipes on other salad delights.

Thurs. Oct. 1 6:30 - 9:00 p.m.
\$18

MONEY

INVESTMENT IDEAS FOR WOMEN

This seminar will discuss various steps to take in order to ensure financial well being. Topics will include RRSPs, asset allocation, risk management, tax saving methods and mutual funds.

Tues. Oct. 6 7:30 - 9:30 p.m.
\$10

SPORTS FIRST AID

LEVEL I

Designed to cover the components of various sports and to provide a clear understanding of injury prevention strategies.

Sat. Sept. 26 9:00 - 4:00 p.m.
\$50

NEW FOR FALL

CIRCUIT TRAINING

This fall, try our new strength and endurance program which combines a suitable aerobic component with weight station training for maximum body conditioning.

Thurs. 5:30 - 6:30 p.m.
Sundays 10:00 - 11:00 a.m.
Drop-in for \$2.75

CENTRE FITNESS ATTENDANT

This season, the Centre will have a qualified fitness attendant for assistance in the weight room. For more details, please contact the Centre Office at 665-3425.

Every Thursday 5:30 - 9:30 p.m.

FOR ADULTS

SQUARE DANCING

Join us and step to your favourite square dance tunes. Singles and couples are welcome.

Mondays Sept. 28 - Dec. 7
8:00 - 9:30 p.m. \$30 / 10 sessions

RELAXATION AS A LIFESTYLE

Use the time during this 5-week workshop to relax and unwind, including discussion on techniques, plus personal experience and guidance on how we can adopt a new focus in our lives.

Tuesdays Sept. 29 - Oct. 27
8:00 - 9:30 p.m. \$60 / 5 sessions

CHILDREN'S PROGRAMS

There are still spaces in the following programs

PRESCHOOL

BY MYSELF	2 - 5 yrs.	MONDAS	9:30 - 10:30 a.m.	\$17/6 sess.
MUPPETS IN MOTION	2 - 5 yrs.	SATURDAS	10:00 - 10:30 a.m.	\$22/8 sess.
PEE WEE PICASSO'S	3 - 5 yrs.	FRIDAS	9:30 - 10:30 a.m.	\$61/10 sess.

CHILDREN

EXPLORE WITH CLAY	6 - 9 yrs.	WED.	3:30 - 4:30 p.m.	\$46 / 10 sess.
MODERN BALLET	8 - 12 yrs.	THUR.	5:00 - 6:00 p.m.	\$32 / 10 sess.
MUSICAL THEATRE	7 - 9 yrs.	TUES.	7:00 - 8:00 p.m.	\$45 / 10 sess.
MOVIE ACTING	9 yrs. plus	FRI.	5:00 - 7:00 p.m.	\$68 / 10 sess.
KIDS COSOM HOCKEY	9 - 12 yrs.	FRI.	2:00 - 3:00 p.m.	\$24 / 9 sess.
MINI CANUCKS	5 - 8 yrs.	FRI.	3:00 - 4:00 p.m.	\$24 / 9 sess.

Time to prepare for Craft Fayre

Crafts people who wish to sell at the Community Centre's **ANNUAL CHRISTMAS CRAFT FAYRE** (on Sunday, November 15) should know the **Jury Date - SUNDAY, OCTOBER 25.**

Samples submitted must be representative of work to be sold at the Fayre. Entries must be labelled and include Name, Address and Tel. No. on the outside of each box. Place your initials and phone number on each of your craft articles. Enclose only one sample of the types of crafts you wish to display and a price range of all your crafts.

No commercial products will be allowed. Previous Craft Fayre participants have found they do best with items **priced under \$10.**

Deliver samples to the False Creek Community Centre on:
Monday, October 19 from 6:00 - 9:00 p.m. and
Tuesday, October 20 from 9:00 a.m. - 5:00 p.m.

Welcome to Tara



Tara Senft is the newest member of the False Creek Community Centre programming team. She is a native of Vancouver and has four years of recreation administrative experience on the West side.

Most recently she has worked at Kerrisdale Community Centre, on childrens, teens, adults, special events, tennis, sports and summer daycamp program areas.

Tara enjoys the variety of experiences that recreation offers, and sees the changing needs of the community as a priority in recreation services. At False Creek she hopes to develop the **Pre-Teen** and **Teens** areas to encourage more youth involvement in programs, special events and self development.

If you have new program ideas, or comments, on our current recreation services, pop by Tara's office or phone 665-3425. Her door is always open.

And it's not 'Good Bye' to Cindy

Cindy Schindel, who has done such a fine job as Acting-Programmer since last November, hasn't quite left us. Cindy can still be found at the Centre on some evening shifts.

There is a box for the FOOD BANK

in the Community Centre's hall. Take along a can or package when you're walking that way, or going in for your weekly course.

LAUREL

PRESCRIPTIONS

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Seniors' Scene

by Marge LeGresley

Our first meeting was a very special occasion, when we honoured our dear friend ANNIE HASSELL on the occasion of her 90th birthday.

Zone 5 Tournament play-offs are scheduled for Wednesday, Sept. 23 at our centre, so come out and encourage our team.



In this connection we wish to extend our gratitude to the **Royal Canadian Legion Branch No. 44** for its generous donation towards the cost of our new boxes.

The ongoing programs of interest to Seniors are set out in the Fall program. Remember that we are allowed a 30% discount when enrolling in such programs as Total Fitness, Tai Chi, Drawing & Painting, etc.

As for future plans, the Big Event coming up is the **Xmas Craft Fayre** on **Sunday, November 5**, when the Seniors will once again run the ever popular Tea Room. Final arrangements will be made at our next meeting on October 7.

Jean announced our **Pot Luck Supper** will be on **Friday October 16**. It will be followed by a slide show on Africa, by our good friend Lyle Smordin.

The **Hong Kong Festival** on Granville Island on **Oct. 3 & 4** promises to be an interesting and colourful event.

Annie, who was born in Vancouver, received many official congratulations, as well as those of her many friends among the Seniors. We wish her continued health and happiness. She is an example to us all.

It was encouraging to welcome two new members -- **Nina & Helmut Weber** -- who will join us on our first Fall outing, a boat trip on the *Arasheena*.

We were addressed by Ken Maurek of the General Connections Society, who outlined plans for the free introductory course on computers, already in progress at many other community centres.

Our first 6 weeks session is scheduled for Mondays from 1:00 - 3:00 p.m. and Thursdays from 10:00 a.m. to noon, starting the week of Sept. 21.

Following this first session, for which the maximum of 10 people have already signed up, another course may be arranged for another group of 10.

Hopefully you have all renewed your membership for 1992-3 and introduced at least one new member. We must make a special effort to increase our membership. The best possible way is by personal invitation.

Card sessions on Monday afternoons are very popular and Carpet Bowling should attract more players now that we have more space and improved facilities.

The Creek Editor's befuddled mind boggles at the notion of Senior Citizens, who have long since earned the right to cease tormenting themselves, **VOLUNTARILY** submitting themselves to the mysteries and frustrations of **COMPUTERS** (see column I of Marge's notes).

Marge says her grandchildren (including the 5 year old) know all about them and she wants to understand what the blazes they are talking about. Marge, it's probably gobbledygook that you don't need to know (computer buffs talk a lot of it). I'd rather be reading books than wrestling with this beast to produce The Creek.

To look on the bright side, perhaps one of these Sensational Seniors will master Pagemaker and volunteer to come over to do some of this brain-frying stuff.

Rick's still on Savary

That's Rick Thaddeus
Real Estate Agent
on Savary Island

Savary is 100 miles long and about 1/2 mile narrow 100 miles north of Vancouver, near Powell River. Accessible by two B.C. ferries and a water taxi, and for some, by private plane.

There are deer, eagles, hummingbirds -- and an increasing number of people eyeing it as 'a little bit of heaven.'

Waterfront cabins, lots and acreage available

Rick's home Tel. No. on Savary is **1-483-4882**
Office Tel. No. is **1-483-4627**

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30 words: \$6
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Cash MUST accompany ad.

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Call **Jennifer at 734-0806**

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PLAYWRITING COURSE

Get a year's start on your play for entry in next year's Fringe Festival.
The New Play Centre on Granville Island announces that **Joan MacLeod**, author of *Amigo's Blue Guitar*, *Toronto Mississippi*, *Jewel* and *The Hope Slide*, will lead a playwriting course.
Mon. & Thurs. (3 hours each evening) from Nov. 5 to Dec. 3.
Call **Kenn Walker at 685-6228** for more information.

WENDY'S WINDOW

From the desk of Wendy Cook
FALSE CREEK REALTY

Tel. **872-6661** Fax. **872-6664**

September has brought some delightful changes to the area.

If you are taking a stroll near Leg-in-Boot Sq. drop by the new shop at 663A Market Hill, opened by **Mogens Bry** and called **BRY ACCESSORIES**. He has a good selection of small antiques, art work and gifts, including a life-sized wooden rooster made in B.C. The items are reasonably priced and tastefully selected.

On the topic of taste, the **RIVIERA CAFE** now has new owners. **Paul Camarda, Denise Moore & Basil Rossetti** have brought in chef **Carlo Parani**, whose training and experience was acquired in Vancouver and Spoleto, Italy.

The decor is changing to a more intimate atmosphere, with continental and Italian cuisine and some dishes that Carlo has brought back from

Italy. Their use of only the finest fresh ingredients guarantees a fine meal. The hours are:
Sun. - Tues. 7:00 a.m. - 9:00 p.m.
Wed. - Sat. 7:00 a.m. - 10:00 p.m.
For reservations call **874-5010**.

A new addition to the Business Directory is **Kelly Mitchell**, who makes children's reversible hats. Her company is called, appropriately, **TOP US**, and her wares can be seen at the hat shop on Granville Island. Call **731-5123** for custom orders or to obtain stock for your own store.

Next time you are strolling near Charleson pond keep an eye out for **CLARENCE the DUCK**. He is a white domestic duck that was left in the lagoon last Easter. He seems to get along well with the wild ducks and geese and comes when called!

What's Available

ELEGANT PENTHOUSE - fabulous view of False Creek. Top quality finishings in this 2 B.R. and den make it a pleasure to show. 2 bathrooms, 2 parking spaces and 2 fireplaces. Rooftop solarium with fireplace leads out onto a large deck with tubs of flowers. One of a kind at **\$585,000**.

THE REGATTA - 2 B.R. units available from **\$239,000 to \$319,000**. This complex has a swimming pool and recreation centre and is only two years old. Only one penthouse available.

BUSINESSES FOR SALE

"THE OTHER PLACE" Established for 42 yrs. in Park Royal Mall. Current owners retiring and willing to train. Stock from France, Ireland, the Far East and local artisans incl. in the price of **\$130,000**. This fine linen shop has customers from all over the world and grandmothers who are bringing in their grandchildren to select their own linens.

FALSE CREEK SALON - Having served loyal local clientele for 9 years **RIPPLES** owner is moving on and wishes to sell his business. Shop has four stations and esthetics room, and an excellent staff who wish to remain. Ideal for an owner/operated and well priced at **\$23,000**.

La Guitaromanie

Yes, the chap top left looks familiar. He is **Michael Strutt** and he lives in our neighbourhood. The other guitarist is **Andre Thibault** and the fellow with drums is **Adel Awad**.

Michael, a faculty member of UBC School of Music and Douglas College, has many recordings to his credit, from CBC broadcasts, and an album entitled **KOMACHI**.

La Guitaromanie -- what an inspired name for a group which performs Spanish and South American music -- will present a concert at the **Recital Hall -- UBC School of Music** **FRIDAY, SEPTEMBER 25** at 8:00 p.m. Admission **FREE**



REZONING APPLICATION

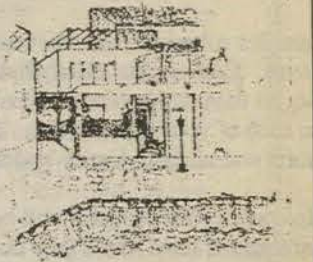
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ENJOY YOURSELF!

One wonderful piece of whimsy at last weekend's Arts Umbrella's **SANDCASTLE COMPETITION** at Spanish Banks was this very properly constructed Rezoning Application perched in the middle of a "vacant site."

Miz B's B & B

If you cannot, or would rather not, have friends or relatives at your house, Miz B. has space for two of them: Queen size bed, private bathroom adjacent. (and two cats, of course)
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