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September 2019



Photo by Chung Chow

A record number of racers charged up the Fraser River Saturday as part of the annual Steveston Dragon Boat Festival headquartered at Imperial Landing Park.



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Richmond celebrates with two-day festival

By LORRAINE GRAVES

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Summer goes out with a bang at Richmond World Festival this weekend at Minoru Park.

The two-day multicultural festival offers music, food, crafts, booths, activities and general merriment for people of all ages.

With no admission charge, the fun starts at 4 p.m. Friday and continues all day Saturday.

Everyone is invited to wander about, take in the music, shop, nosh and try out a host of activities.

With over 100 acts spread over nine stages, the sophisticated sound system used by the City of Richmond means there is no overlap of the music, eliminating the usual cacophony of sound found at these events.

Whether you go to Tourism Richmond's Culinary Stage to watch world-leading chefs lead a cooking class or just wander over to the 60 food trucks to buy a snack or meal, the Richmond World Festival is a foodie's delight

The Global Village offers culture, crafts and products from around the world.

For shoppers, the Artisan Marketplace is the place to find hand-crafted gifts and personal indulgences in all price ranges.

The African Zone shows how rich and varied world culture really is with products, displays and music.

The Vancouver Cantonese Opera Society hosts the Bamboo Theatre. There, children and adults will be able to learn, do crafts and hear some of the finest techniques, costumes and music

Whether you go to Tourism Asian-Canadians have brought to ichmond's Culinary Stage to Richmond.

Kids World has interactive demonstrations, performances, face painting and balloon artists as well as performances on the pop-up stage.

The kids' fun continues inside the library where The Imagination Stage features such performers as Vancouver Puppet Theatre and Ginalina.

It's a chance to say goodbye to a fine summer, to mix and mingle with friends new and old, and a chance to say hello to fall with vigour.

With a wonderful turnout expected again this year, transit is the best option as parking will be limited.

For more information go to richmondworldfestival.com

•LGraves@richmondsentinel.ca

Festival highlights

Richmond World Festival, celebrating the community's cultural diversity, is Friday, Aug. 30 (4 to 10 p.m.) and Saturday, Aug. 31 (11 a.m. to 10 p.m.) at Minoru Park. Admission is free.

Canadian music takes centre stage each evening featuring headliners on the YVR Mosaic Main Stage starting at 8:45 p.m. Bedouin Soundclash will perform on Friday and The Strumebellas on Saturday.

Among a myriad of other musical acts are Neon Dreams, Jocelyn Alice, the Josh Welsh Los Aveientes, Turunesh, Malcolm-Jay and Akhil Jobanputra.

Additional highlights include:

- 100+ artists on nine stages
- 50+ food trucks
- Wide World of Sports
- Kontinent Digital Carnival
- Artisan Marketplace
- Bamboo Theatre
- Imagination World
- Culinary stage
- African Zone
- Global Village

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GARY HAGEL

Q & A and the Law

My employer has fired me, and says that I am only entitled to the amount of termination pay specified in the Employment Standards Act (ESA). Is this true?

Probably not. On a dismissal without cause, at a minimum, an employer must pay the amount of termination pay specified in the ESA. This goes up to 8 weeks' worth of salary. But this is a minimum only, and does not restrict your entitlement to common law/wrongful dismissal damages, which are often a lot more than the ESA minimums.

So how much severance pay am I entitled to?

There is no specific formula to determine the appropriate amount of severance. The amount depends on a number of factors, including: the length of service with the employer, your age, the degree of seniority in the position (managerial, supervisory or not) and the degree of specialization in the job.

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Bamboo Theatre opening the world at Richmond festival

By **DON FENNELL**©DFSentinel

Rosa Cheng remembers when she considered opera "old-fashioned."

Raised in Hong Kong, which was then a British colony, she was educated in an English college and like most teens only liked western music by artists such as The Beatles.

But after immigrating to Canada in the mid-1970s, and busy settling down and raising a family, something seemed to draw her to the classic musical theatre. Once a year, the family had the opportunity to attend a Cantonese opera performance in Chinatown. And in 1993, the first Cantonese opera music society was established in Richmond.

"We were living in Surrey at the time, and that was much closer than travelling to Chinatown," she says. "My husband and I decided to start taking lessons in opera singing and joined the society. Very soon we became their 'extra' actors. Then we started learning the performance techniques from professional Cantonese opera artists."

Today, Cheng leads the Vancouver Cantonese Opera, and is the champion of the Bamboo Theatre (showcasing a lineup of Southeast Asian artists and fun activities) at the Richmond World Festival Aug. 30 and 31 at Minoru Park. She is also assisting in curating the festival stage, and has been instrumental in co-ordinating a mass tai chi demonstration (over 100 people) to

be performed Aug. 31. The Lion Dance, Dragon Dance and Phoenix Dance will also be performed.

Cheng is always looking for artists who can present to the public their unique traditional art form or culture.

"The main objective of the festival is to emphasize the importance of embracing multiculturalism by opening up of minds and our hearts to the beautiful cultures that our world is comprise of," she says. "In Canada, we have adopted a vision where we embrace difference by seeking to preserve language and culture which in turn fosters understanding."

Cheng has considerable experience with festivals. In 2012, with the support of the City of Vancouver, she helped the Vancouver Cantonese Opera launch the first Multicultural Heritage Festival at the CBC Radio Outdoor Stage. In 2013, the City of Richmond accepted an invitation to partner with the Vancouver Cantonese Opera and the Bamboo Theatre became a reality.

Cantonese opera is a unique art form that requires years of training that Cheng is passionate to preserve and promote. in 1995 she started volunteering to teach Cantonese opera singing at Coquitlam Seniors Centre, and also formed the Friends of Vancouver Cantonese Opera and offered free performance techniques classes in Surrey every Sunday.

Cantonese opera is one of the major categories in Chinese opera, originating in southern China's Guangdong



Photo submitted

Rosa Cheng is overseeing the Bamboo Theatre featuring the Vancouver Cantonese Opera at the Richmond World Festival Aug. 30 and 31.

province. It is popular in Guangdong, Guangxi, Hong Kong, Macau and among Chinese communities in Southeast Asia. Like all versions of Chinese opera, it is a traditional Chinese art form, involving music, singing martial arts, acrobatics and acting.

The four skills and five methods are a simple codification of training areas that theatre performers must master and a metaphor for the most well-rounded and thoroughly-trained performers, says Cheng.

"The four skills apply to the whole spectrum of vocal and dramatic training: singing, acting/movements, speech delivery, and martial/gymnastic skills; while the five methods are

categories of techniques associated with specific body parts: hands, eyes, body, hair, and feet/walking techniques," she explains. "The acting acrobat, music and singing, live on stage, are well known as essential characteristics of live performances in theatres.

"The opera today is mainly different in the costumes and setting. Some opera today may involve a lot of the electronic and technical components that were not there in yesteryear."

Reflecting on her earliest and fondest memories of opera, Cheng says the bloopers they made on stage were embarrassing at the moment, "but when we look back it was fun."

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Seizure Soldiers to enlighten others about epilepsy

By **DON FENNELL** @DFSentinel

↑ arika Lopez deals with the un-**V** known every day.

She has no choice.

Experiencing her first seizure at 18 cently held an informonths, then being diagnosed with epilepsy at age three, the Richmond teen must be constantly be aware of her health.

The Grade 12 Hugh Boyd Secondary student also has had to face ignorance surrounding the condition, the fourth most common neurological disorder that affects people of all ages. Public misunderstanding of epilepsy causes challenges arguably worse that the seizures themselves.

But Lopez is a fighter. And not prone to giving up. With the help of friend Danielle Cosco, whom she met last school term in a local youth parliament club, she is bravely moving forward-and determined to be a voice for epilepsy and others similarly battling the ailment.

"My goal is to raise awareness and educate others about the difficulties, while also trying to establish an accepting attitude toward epilepsy," says Lopez.

versity of BC psychology student) are striving to increase awareness by launching Seizure Soldiers. They remation session at the Richmond Public Library Aug. 20.

"It is my hope that through this mission, it will also inspire others who face similar obstatheir stories," says every day. Lopez. "We need to

begin the necessary conversations."

Unfortunate "joking" about epilepsy, brought about by a lack of understanding, convinced Lopez to take

"I decided enough is enough, we need to talk about this," she says. "I hoping we can do a lot more. A lot of people in Canada-0.6 per cent of population-about 180,000 people-have epilepsy, but there's no voice here in Richmond. I want to be that voice."

Cosco says although the region-Lopez and Cosco (a first year Uni- al branch of the BC Epilepsy Society



Photo submitted

Marika Lopez deals with cles to start speak- epilepsy, and the challenges ing up and sharing surrounding the condition,

but helpful, considerably more efforts are necessary to educate people.

"There's and awareness," she says. "Speaking with some friends and family, few us knew what epilepsy was or how it affects the daily life of someone like Marika. Even putting up a poster in elementary or high schools would make a difference.

It's more common that people realize but there's not enough talk about it. That's why it's not understood, or misunderstood."

visible illness."

"Sometimes you can see a person with cancer going to chemo, but if you look at me you wouldn't think I have epilepsy or seizures. Any number of things can cause low blood sugar and cause a seizure. And there's no cure. You can have brain surgery if no other part of your body is affected, but not

has been nothing many do that A lot, like me, hope medications work out."

> An ongoing concern for Lopez is how few people recognize a seizure, or what to do to help.

"It's being taught in First Aid, but not enough education really enforced," she says. "If someone is having a seizure helping is very simple. Turn the person on their side and let the seizure happen, and try to reassure them by saying their name and that 'you're O.K.' If it lasts more than five minutes, be sure to call for an ambulance."

> Seizures can come on unexpectedly, too. But stress, common among students especially when facing a test, can increase the likelihood. And Lopez says anyone can have a seizure, even if they've been otherwise healthy.

"Basically it's a malfunction of the messages being sent to the brain," she says. "It's a short circuit if you like. And Lopez describes epilepsy as the "in- once you've had a seizure there are high chances of having another one."

Adds Cosco; "In 60 per cent of cases, the cause is unknown."

Lopez says it's also been frustrating having to explain to teachers, and others, that while she may seem fine physically after a seizure, she's often still recovering mentally.

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Dragon boat races attract record numbers

By **DON FENNELL** @DFSentinel

Hing some 2,000 paddlers, ripped up the Fraser River Saturday at the annual Steveston tival will benefit the Richmond Dragon Boat Festival.

Generally overcast skies did nothing to deter the enthusiasm of the racers or spectators—numbering close to 20,000—that converged at Imperial Landing Park to take in the competition.

There was plenty of live music, vibrant visual arts, entertainment and children's activrecord 78 teams, featur- ities to enhance the dragon boat races.

Part proceeds from the fes-Food Bank.

> Photo by Chung Chow Racers battled the mighty Fraser River off Imperial Landing Park on Saturday.



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Law career awaits judicious student

By **DON FENNELL** @DFSentinel

n exceptional work ethic, cou-Apled obviously with ability, has served Charlotte Baigent well.

Tireless in her pursuits, the young Richmond woman learned early in life that dedication and a little elbow grease go a long way to helping you realize your dreams. As a youth started working at an early age to help pay for ski racing. She was competitive through high school and university while registered with the International Ski Federation as an alpine ski racer, and remains an avid skier.

But Baigent also successfully pursued another career—law.

Recently earning a clerkship at the Supreme Court of Canada in Ottawa with the Hon. Justice Rosalie Abella, commencing in the summer of 2020, she will first complete a one-year clerkship with the BC Court of Appeal scheduled to start this month.

Baigent was also designated a prestigious Wesbrook scholar and the recipient of the Carl Bradford Robertson scholarship and the Alexander J. Cohen Memorial Award in Law at the University of British Columbia, while completing her law degree in the Allard School of Law.



Charlotte Baigent.

to senior students with outstand- Wesbrook awards are given aning academic performance, lead- nually across all faculties at UBC The Wesbrook scholar is UBC's ership and involvement in student encompassing more than 39,000

students. The Robertson scholarship is awarded to students with good academic standing, and who have demonstrated achievement in sports as well as participation in student and community activities.

Following her second year of law school (where she participated in faculty governance and filled took on various roles from serving as ombudsperson to spearheading a homeless identification project), Baigent also summered at the Vancouver office of McCarthy Tétreault, a leading litigation firm in Canada.

In addition to her studies at UBC, Baigent completed a degree in political science at Concordia University in Montreal where she graduated with Great Distinction, received the Concordia Arts and Sciences Scholar Award each year of her studies, and was a finalist for the prestigious Rhodes Scholarship. And she still found the time to serve as vice-president of the Montreal chapter of Amnesty International.

Throughout this exhaustive journey, Baigent (who attended Tommekichi Homma Elementary and was then enrolled in the Explorations program at McMath) has always found time for her many most prestigious designation, given and community activities. Only 20 friends, contributed countless volunteer hours and participated in extra-curricular school activities.

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Superintendent keen to lend ear to student's voice

By DON FENNELL ● DFSentinel

iving students a greater voice is top of mind for Scott Robinson. "We need to listen to the voices of our youth—find out what matters most to them instead of making assumptions about what they want or need," says Richmond School District's new superintendent.

"Students want to act, not be acted upon, and they have a lot to offer if we actually listen."

Robinson got his feet wet as chair last spring, succeeding Sherry Elwood when she retired. He was previously assistant superintendent here in 2011-12, before becoming associate superintendent and then superintendent in Vancouver in 2015. He returned to Richmond as deputy superintendent in 2018.

Education has always been part of Robinson's life. His parents were both longtime employees in the public education system and developed a strong belief in the power of education.

"I've spent my whole career trying to give back what I was so fortunate to get from the public education system as a child," he says. "I pursued a career in public education (he got his first teaching job in 1992) because I had worked with at-risk youth while attending university, and was fueled by the work of trying to make a difference in the lives of children and youth."

From elementary to middle school teacher, and elementary to secondary school principal, he leans today on all his previous experiences.

"All my roles have contributed to how I approach the job of superintendent," Robinson says. "Because I've taught and been an administrator at all levels of the system, I feel that I have a very clear system-wide view of K-12 education. I've also



Photo courtesv Richmond School District Scott Robinson is Richmond's new superintendent of schools.

worked in three public school districts, so have had the opportunity to work with many wonderful educators and support staff over the years. I try to learn something from each and every person I encounter. I am grateful to have worked with and learned from so many fine educators."

One of the biggest takeaways, he says, is learning the importance of listening and being willing to change his perspective.

"It doesn't matter if I'm working with a parent, a staff member or a student, everyone has a valuable perspective that I need to make sure I consider. We will not always agree, but we do need to take the time to listen."

Robinson believes strongly that good communication is paramount. He says communication is a challenge in any organization as big as the school district, and there is always room for improvement.

"I'd like us continue to examine our communication structures to see what's working well, where the

gaps are, and how we might better communicate with our communitv," he says.

He's also keen to bring people together to share insights, learn from each other, and reach common understandings when it comes to where the board and district should place its priorities.

The district also faces unavoidable challenges, including some interesting enrollment challenges which are being addressed through long range facility planning.

"We have some schools that have very low capacity utilization and some schools that over capacity," as superintendent will be to work with the board to do our best to address those issues, so that we are using our resources most effectively. We also have a large number of schools that require seismic upgrading. Again, part of my role is to work with school communities undergoing seismic work to ensure that we are able to provide as many safe spaces as soon as possible, understanding that this work can in our schools." be highly disruptive."

with people of many different and cultural backgrounds, there are a wide spectrum of beliefs—particularly around certain topics such as those relating to SOGI, says Robinson. He says part of his role is to create opportunities for conversations that lead to better understanding and mutual respect.

"I'm convinced everyone wants what is best for the children and youth of our community," he says. "As adults, we need to examine our own views and listen carefully to those of others, looking for common ground rather than division."

Additionally, equity is educa-Robinson. He says as a public educator he has experienced "far too



many" situations where students arrive to school at a disadvantage for a wide variety of reasons.

"As superintendent, I have a re-Robinson explains. "Part of my role sponsibility to model and expect that, as a school district, we will do everything we can to ensure that each and every student receives what they need in order to be successful regardless of their background and profile. Equity does not mean we treat everyone the same. Some kids come to school with a greater set of needs, and we need to recognize that and provided extra support to ensure their success

Robinson praises the achieve-As a very diverse community, ments of the board and Elwood during her time as superintendent. He says, "Sherry and the board achieved a lot, and she left the district in a very solid place."

> As a district, Richmond has a highly-collaborative culture, he says. "Teachers, support staff, administrators and parents all come together here with the goal of helping every single student be as successful as possible. Many of our parents place a high value on academic success, and our teachers are very focused on professional learning and continually honing the craft of being a teacher."

It all adds up to the Richmond tion is a "huge" area of passion for School District's vision of being the best place to learn and lead.

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A study guide to every student's success

By VIVIAN NGUYEN Contributor

lust like playing sports and exercis-Jing practice makes perfect when it Cafes are cool places to study, but comes to studying.

"The brain is like a muscle, you need to exercise it with studying," says Ann your mind before embarking on a Yap, an instructor at Kumon Math & Reading Centre (Richmond-West).

and disciplined study habits are key to academic success.

Stay organized, she says. Create and stick to a study schedule that stimulates your productivity. A weekly routine also allows a sense of structure and formality because it helps in tracking progress, time management, and develops work ethics.

Yap says before getting settled into your work space, make sure to remove all distractions. This includes avoiding social settings and muting social me-

another room. A distraction-free study space should be established in a quiet area like your own home or in a library. they tend to be noisy.

She also recommends preparing study session. Stay optimistic and positive. This can keep you motivated Yap says maintaining consistent and allow you to concentrate longer.

> And take care of your mental and physical health. To keep you more motivated have a good amount of sleep every night (at least seven hours), keep some healthy snacks and water handy. Exercising also allows for a more energized brain to hash out that study session. Make sure to take breaks after long periods of studying to not burn yourself out.

> Yap also suggests evaluating your headspace. If you're feeling motivated, then begin your study session. But if

up to studying take a nap. A short power nap will boost your energy and keep you alert for studying.

Now that you understand the best ways to go about setting good study habits. Yap offers more advice to make sure you are academically prepared.

"While studying, you need to make corrections and learn from the mistakes you make. Just like life, the journey and the process is what is important," savs Yap.

Understand the goals and expecguidelines for tests and assignments, deadlines and the quality of your work. Knowing the end goal for each assignment is what will keep you motivated in the process.

"If you take a road trip with no knowledge of the destination, then it will be harder to make any progress in getting to the end. However, with a goal

dia. A tip is to leave your devices in you're feeling exhausted or not quite in mind, you will feel encouraged to reach the road signs that get you closer to your destination the end goal," says Yap.

> She also suggests that when taking notes in class or at home, make sure to write concise, direct and important key facts.

> Yap shared a tip. Before each class, read the lessons in advanced. This way, you will reach a clearer understanding of the concepts and lessons taught in class.

Make sure to raise your hand and tations for your classes, such as ask questions for more clarity from your teachers, teacher assistants or peers in order to accomplish your homework without any obstacles or confusions.

> For some extra assistance, don't be scared to hire a tutor, or join a study group or to reach out to a personal academic advisor if you have other concerns.



Know yourself to avoid burnout

By **ELIZABETH SHUSHKOVSKY** Contributor

s a student with school right around the corner, it's easy to slip into the mentality where this year is going to be "the year." You know the one. The year you imagine is coming

your schedule, and get more involved in sports and clubs.

When it's about proving your own self-worth, you can go round and round, repeating patterns that get you nowhere except, perhaps, burned out.

Rick Dubois, the executive director

where you get better grades, balance of Richmond Addiction Services, suggests you deal with this situation by being in tune with yourself.

> "Tune in and get to know yourself in order to prevent things from becoming too much to manage," he says.

> With a healthy attitude, concrete boundaries, and balance you can set yourself up for success in this new

> Dubois says healthy habits can include a wide variety of things, but making sure they include "nutrition, regular and nutritional food intake, exercise, recreation, and healthy coping in both short and long term scenarios," is the key to doing it right. With this in mind, you should be set to prevent normal stress from rearing its ugly head and turning into something worse.

> Burnout manifests itself in many different ways. The Canadian Centre for Addiction and Mental Health defines it as "a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress."

Referred to as a silent epidemic, its cant other. effects often go unnoticed. The cruel too busy to realize. It means the condition often goes untreated.

In order to stop it in its tracks, you need to be self-aware of how you're dealing with it. Dubois says that if you're always distancing yourself, dis-

tracting yourself, numbing out, "You're just letting the problem linger and trying to bury it."

He says people should process their problems, talk about them, learn about them and be curious about them

Look to others to help. Building healthy relationships and maintaining school year and for the rest of your life. them can be used as one of ways to prevent or deal with burnout. He suggests you find people you can rely on when times are tough.

> When others' expectations lead to too much pressure, burnout can rear

According to a study published in the Journal of Child and Family Studies, "Children of parents who put pressure on them by over-managing their lives at school ended up having higher levels of depression, decreased satisfaction with life and lower levels of autonomy and competence."

Be a good friend. Be a good parent. Be a good sibling. Be a good signifi-

Setting healthy personal boundarirony lies in how it happens to those ies—guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them—is a good start. Deciding how you respond when someone passes those limits is another key to preventing burnout.



City Board

Asphalt Paving Advisory June 1 to October 31, 2019

The City of Richmond has contracted Lafarge Canada Inc. to grind and pave the following locations in Richmond from June 1 to October 31, 2019:

Proposed 2019 paving location details

- Westminster Hwy, Willett Avenue Boundary Road
- Westminster Hwy, CN Tracks Oliver Drive
- Russ Baker Way, No 2 Bridge Inglis Drive
- 7000 Block No 5 Road, Granville Ave Blundell Road
- 11000 Block No 5 Road, Steveston Hwy Rice Mill Road
- 12000 Block No 5 Road, Rice Mill Road Dyke Road
- Sharpe Avenue, Muir Drive Cul-de-Sac
- No 6 Road 91 Hwy, Maycrest Way Commerce PKYW
- Saunders Road, No 3 Road Garden City Road / Francis Road
- Shell Road (East), Williams Road House # 10620
- 7th Avenue, Regent Street Georgia Street
- Firbridge Way / Lane, No 3 Road Minoru Blvd. Ackroyd Road
- No 3 Road, McDonald Frontage
- Desmond Rd, Diamond Rd, Barmond Ave, Lamond Ave, Sub- Division
- 8000 Block Alderbridge Way, No 3 Road Garden City Road
- 9000 Block Alderbridge Way, Garden City Road No 4 Road
- Bridgeport Road, Viking Way No 6 Road
- McLean Avenue, Westminster Hwy Oliver Drive

Work hours will be 7:00 a.m. to 8:00 p.m. on weekdays, and 7:00 a.m. to 8:00 p.m. on weekends. Night time work hours will be from 7:00 p.m. to 5:00 a.m. (typically).

Traffic will be reduced to single-lane and there may be temporary lane closures. Delays may occur. The use of an alternate route is strongly encouraged.

This work is weather dependent and dates are subject to change without notice.

The scope of the advertised work may be adjusted or cancelled in line with available funding.

Questions may be directed to Wasim Memon, Supervisor, Engineering Inspections, at 604-276-4189, or visit the City's paving program webpage at www.richmond.ca (City Services > Roads, Dykes, Water & Sewers > Construction Projects > 2019 Paving Program).

City of Richmond | 6911 No. 3 Rd. Richmond BC V6Y 2C1 | Tel: 604-276-4000

www.richmond.ca



Photo from pixabay.com

Experts say a healthy outlook, coupled with balance, can help students avoid burnout.

Translink increases Richmond service

By **DON FENNELL** @DFSentinel

oinciding with a return to classes, Translink is introducing major service increases Tuesday. And Richmond students stand to benefit.

Annual fall service changes take effect Sept. 3 and will include greater capacity and lower wait times for riders aboard SkyTrain and buses. Twenty-four new SkyTrain cars will be rolled out along with 40,000 more annual bus hours across the region. Translink introduces service changes every three months in an effort to reflect seasonal and customer demand.

"We know that the first week of September is the busiest week of the year for commuters," says TransLink CEO Kevin Desmond. "That's why we've timed these increases to do our part in reducing congestion. Whether it's Sky-Train, bus or SeaBus, these changes will help reduce wait-times for our customers all across the region."

Funding for expanded transit service is made possible through contributions from Phase One of the Mayors' Council 10-Year Vision, the Province of British Columbia, and the Government of Canada.

The 480 UBC bus (between Bridgeport Station and the UBC Exchange) provides frequent weekday service between downtown Richmond and the university campus. Service begins at 6:06 a.m. at Bridgeport Station and is every eight to 10 minutes from 6:54 a.m. and 9:30 a.m. and every 10 to 15 minutes through to 5:36 p.m. Bus service from UBC begins at 6:45 a.m. and is about every 15 minutes until 2:53 p.m. when afternoon rush hour service begins. Frequency is about every 10 minutes until 7 p.m.

To help improve late-night connections to UBC, Translink is also offering



Photo courtesy Translink

The 480 UBC bus provides frequent weekday service between Richmond and the university campus.

the campus and until 5 a.m. toward downtown. There is also nighttime service between Richmond and down-

half-hour service until 4:30 a.m. toward town Vancouver aboard route N10. For Richmond students using

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TRANSLINK

From Page 9

transit to attend Langara College, another popular post-secondary destination for many local students, there is more good news.

"The most common way for commuters to get to Langara is the Canada Line (Langara-49th Avenue Station)," explains Translink spokesperson Dan Mountain.

Canada Line service weekdays between Richmond-Brighouse and Waterfront station is every 12 minutes for early mornings and evenings then every six minutes during peak hours and at midday.

"As for ridership of post-secondary students, we don't track exactly how many students use the system because not all post-secondary schools offer the U-Pass to their students and some post-secondary students opt out of the U-Pass," says Mountain.



Photo courtesy Translink

"However, I can tell you that on the average weekday in fall 2018 there were 70,000 unique U-Passes that took trips on our system."

Starting in October, riders in Richmond can also hop on a brand new double-decker bus when traveling through the city travelling between Delta and Surrey. Following a successful four-month pilot, the first of 32 double-deckers on order have arrived to expand the current Translink fleet and replace aging highway coaches—providing a less crowded and more comfortable experience for customers.

The first double-deckers will ser-

vice the 301 Newton Exchange/Richmond-Brighouse Station and the 620 Bridgeport/Tsawwassen Ferry Terminal. The 301 route had 21 per cent more riders last year while the 620 route saw a 14 per cent increase in riders.

Customers travelling on a double-decker will benefit from:

- Almost double the seats of a highway coach
 - Plug-in USB charging outlets
- Panoramic views from the upper
- A wide, well-lit staircase with handrails to maximize safety
 - · A screen allowing customers to

see vacant seats before going upstairs

• Full accessibility with a low floor and boarding ramp on the main floor

"Modern efficient public transit infrastructure plays an important role in building strong sustainable communities," said the Hon. François-Philippe Champagne, federal Minister of Infrastructure and Communities. "These new double-decker buses will help Metro Vancouver meet immediate needs and provide convenient, accessible transportation options that will improve the quality of life for residents today and contribute to a greener future."

Translink's 10-year vision is being rolled out in phases, each timed to the planning and delivery of new projects and services. Starting in 2017 Phase One funded approximately \$2 billion in expanded transit services, transit infrastructure and improvements for roads, cycling, and walking. Phase Two will fund an estimated \$7.3 billion of transportation improvements.

•dfennell@richmondsentinel.ca



richmondsentinel.ca September 2019

News and Information from the City of Richmond

Summer isn't over until the whole world comes to party

It's been a busy summer;, family vacations, daytrips, camps and then all of a sudden back to school. No need to say farewell to the final days of summer just yet. There's one last party before the sun sets on summer. Join a few thousand of your friends and neighbours at the Richmond World Festival, presented by Coast Capital Savings.

- The location, Minoru Park in Richmond
- The dates, Friday and Saturday, Aug. 30 and 31
- The menu, food from around the globe. Your favourites, your new favourites, take your pick from over fifty food trucks.
- The entertainment, one hundred performances across eight different stages.
- Getting there, is easy. It's located a couple of blocks from the Brighouse Canada Line Station
- Best of all, admission is free.

Celebrating its fifth year of music, food and culture, the festival offers a bit of everything for everyone.

With one hundred performances on eight stages over the two days, no matter when you arrive, you will hear and feel the festive vibes. Every vantage point of the Mosaic Main Stage is great, where popular radio favourites The Strumbellas, Bedouin Soundclash, Neon Dreams and Jocelyn Alice will be performing.

Throughout the days, the other festival stages will bring you incredible local acts and international imports, keeping your playlists busy for months to come. Arriving from far away are the talented Veronica Fusaro from Switzerland and Quinta Kalavera, a 7-musician



The Mosaic Main Stage and Bamboo Theatre at the Richmond World Festival.

band from Mexico.

Don't miss the Kid's World and Imagination Stage. Artists include dance performances by Karen Flamenco or the Eire Born Irish Dance Company. The cultural pavilions will entertain with special showcase performances from China, Russia, Taiwan and Africa. The Bamboo Theatre is home to the Vancouver Cantonese Opera, complete with costume and dramatic make-up.

The Culinary Stage will expand your kitchen know-how with tips and tricks to prepare dishes from around the world.

In between snacks and shows, explore the wide

world of sports or take a personal journey inspired by local art. Minoru Arenas will be home to the Antarctica Zone where skating, broomball and rentals will be free. After you've cooled off, stop by the Cinevolution Digital Carnival outside the Richmond Cultural Centre to take a look at this outdoor art exhibit FIRE.

The Richmond World Festival will take place from 4 to 10 p.m. on Friday, Aug. 30 and 11 a.m. to 10 p.m. on Saturday, Aug. 31.

Richmond World Festival brings out the world explorer in everyone.

richmondworldfestival.com

City of Richmond Council Meetings Calendar

General Purposes Committee

4:00 p.m., Tuesday, Sept. 3

Anderson Room, Richmond City Hall

Finance Committee

Following the GP Committee meeting., Tuesday, Sept. 3 Anderson Room, Richmond City Hall

Public Hearing

7:00 p.m., Tuesday, Sept. 3 Council Chambers, Richmond City Hall

Planning Committee

4:00 p.m. Wednesday, Sept. 4 Anderson Room, Richmond City Hall

Council Meeting

7:00 p.m. Monday, Sept. 9, 2019 Council Chambers, Richmond City Hall

Community Safety Committee

4:00 p.m., Tuesday, Sept. 10 Anderson Room, Richmond City Hall

Development Permit Panel

3:30 p.m., Wednesday, Sept. 11, Council Chambers, Richmond City Hall

For meeting agendas and reports visit www.richmond.ca.



Council Meeting Live Streaming







Visit www.richmond.ca to link to live streaming or watch archived video.

www.richmond.ca



Trend suggests 3,000 more students by 2033

But international enrollment forecast to be flat

By **DON FENNELL** @DFSentinel

If demographic trends and projected new residential development is realized, there will be close to 3,000 more students enrolled in Richmond elementary and secondary schools by 2033.

Most of the increase, 92 per cent, will be in the city centre where the majority of the proposed new residential units are under application. says Richmond School District spokesperson David Sadler.

"(The school district) projects that Kindergarten to Grade 12 enrollment will grow between 2018 and 2033 by approximately 2,787 students," he

However opposite that forecast, the number of international students—which went from none in 1998 to 961 in 2018 (169 in elementary and 792 in secondary schools) is projected to be "relatively flat" heading toward 2033.

The city centre area, also known within School District 38 as the North Central Community of



Photo by Chung Chow

Growth in Richmond's City Centre is expected to result in a 92 per cent increase in student enrollment in the catchment area.

Schools Region and including Sea Island, features two high schools: MacNeill (fed by Anderson, Cook, Talmey and Tomsett elementaries) and Richmond High (fed by Ferris, Brighouse and Sea Island elementa-

about 721, MacNeill is expected to grow rapidly due to proposed new housing in the catchment area. The school is currently significantly be-

low capacity but is forecast to reach normal capacity of 1,200 by 2033, with a steady increase of 10 to 15 students per year.

a portion of the city centre area which has a declining trend to 2024, With a current enrollment of is slightly below capacity but is projected to grow rapidly after 2025 due to anticipated future housing. Current enrollment is about 1.097 stu-

Enrollment at Anderson includes both regular and Early French Immersion programs. French Immersion intake has been restricted as a measure to reduce future overcrowding, and enrollment is projected to exceed operating capacity by 2021 as infill densification continues in the schools catchment.

Cook, meanwhile, is currently over capacity and there are five portable on site. A capital seismic project is under construction that will provide enhanced capacity by 2020.

Talmey is approaching capacity, with projected overcrowding after 2022, while Tomsett's enrollment projected to grow rapidly due to urban densification.

Enrollment at Ferris is currently below capacity, but will gradually grow after seismic upgrading is completed in 2020, while the number of students at Brighouse is forecast to grow rapidly due to housing densification. A new elementary school on the Dover Park site may relieve longterm overcrowding.

Finally, Sea Island has accommo-Richmond High, which includes dated K-3 enrollment with students attending Brighouse in Grade 4 to 7. But with enrollment significantly below operating capacity, and only two classrooms occupied in 2018, it appears to be unsustainable for the future.

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New food guide big on fruit and vegetables

By LAURA PRIESTLEY Contributor

anada's new food guide has a lot →to offer families with children preparing to return to school.

The website (food-guide.canada. ca) has many resources available to download including recipes, tips on eating habits and food choices, as well as how to cook with your family. How to maintain eating healthy throughout different stages of life and at different locations, such as work and school, is also included.

Canada's new food guide offers a visual representation of what you eat, says Anne Swann, a public health dietitian at Vancouver Coastal Health.

"At a glance, someone gets the picture of how much of what they eat should be from each grouping of food," she says.

Swann also recommends including a diverse range of colourful vegetables and fruits in your diet.

The old food guide, dating back to

and numbers daily servings.

The new guide also recommends protein foods such as eggs, lean meats, nuts and seeds, fish and shellfish, lower fat dairy products, beans, peas and lentils, and fortified soy beverages. It encourages choosing protein foods that come from plants more often. And make water your drink of choice.

The guide also provides family-oriented tips that include:

- Eat meals together as a family as often as possible
- · Offer meals and snacks at regular times throughout the day; let your child decide how much to eat according to their level of hunger and taste preferences
- Get your kids involved in planning meals and snacks and making their own school lunches
 - Cook together with your kids.

On the food guide website, under Meal Planning, Cooking and Healthy Choices, you will find meal planning ideas and lots of tasty recipes, including school lunches and snacks that

2007, featured specific serving sizes Have plenty of Eat protein foods vegetables and fruits Make water your drink of choice Choose whole grain foods

Photo from Canada Food Guide

are oriented towards the whole family. setting some small, attainable and Don't label foods as good or bad, but rather as foods to eat more of or less. There are some foods you may offer less frequently or in smaller amounts.

Enjoy your food and the social aspects of eating and sharing meals with your friends and family. Start by

realistic goals such as eating more fruits and vegetables with lunch or including more plant-based sources of protein in your meals. Keep in mind that healthy and enjoyable eating is based on variety, balance and moderation.



COMMUNITY COMMENT









DEAR RICHMOND CONSTITUENTS

We are so fortunate to call Steveston home.

It's such a beautiful, quaint and diverse community with an important history. With strong connections to the sea, Steveston has a colourful past being the centre of salmon canning on the Fraser River, bringing people from around the world to settle in this waterfront village.

The present-day Steveston is changing quickly but it's vital to preserve and promote our heritage as it forms the unique character of Steveston. Fortunately, this is exactly what Steveston Historical Society has been doing since 1976.

With programs such as the interactive Walking Tour Vignettes and Songs in the Snow, Steveston Historical Society provides locals and tourists the opportunity to stroll along our historic village and active fishing port while learning about its industries and early immigrants.

As the MLA for Richmond-Steveston, I had the honour this August to present a \$13,700 community grant to Steveston Historical Society to fund its programs. Preserving history is much more than telling stories of the past to keep the culture alive, it offers economic, environmental and social benefits to an evolving Steveston—now a suburban residential and tourism hub, and popular TV and movie filming location.

My sincere thanks and congratulations to Steveston Historical Society for all the work they've done!

> John Yap, MLA Richmond - Steveston Constituency Office #115-4011 Bayview Street, Richmond, BC V7E 0A4 Phone: (604) 241-8452

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Hospital auxiliary awards bursaries

By LORRAINE GRAVES **₩**@LGSentinel

Three students head off to university I this fall with an extra spring in their step and fewer financial worries thanks to the Richmond Hospital/Healthcare Auxiliary.

Preet Kaur, Christine Gee and Hellen Huang have each been awarded a bursary because of their significant volunteer hours at Richmond Hospital. Each is aiming at a career in health care.

Kaur completed her first year in the Health Foundation program at Kwantlen University and has applied to the nursing program. Upon completion, she hopes to become a registered nurse specializing in working with children. In preparation for her future career, she volunteered in the hospital's navigation program, cancer care unit, emergency department and community clinics.

Gee is entering the Bachelor of Nursing program at UBC this fall. She plans to specialize in pediatric nursing as a nurse practitioner. She has volvariety of areas, including cancer care and emergency and at the Bridgeport Lions Manor.

Huang is a third year life sciences student studying human biology and physiology at the University of Toronto. Her vision is to become an endrocrinologist. Currently she is organizing group and planning to organize support groups in local community centres in Richmond. Her volunteer service includes community health care, and most recently, assisting in the emergency ward.

The auxiliary, best known for running the thrift store in the heritage building that was once Steveston United Church, at 3731 Chatham St. It raises over \$300,000 annually that aids health care in our community. The



Photo courtesy Richmond Hospital/Healthcare Auxiliary

This year's bursary winners, from left; Preet Kaur, Christine Gee and Hellen Huang.

funds pay for things that are not normally covered by traditional provincial healthcare funds.

This year, the store has started openunteered at Richmond Hospital in a ing Sunday afternoons from noon to 3 p.m. All proceeds from the sales go to the newly-acquired mortgage and to the restoration fund on this hundred-year old Steveston gem. Sundays fill another need; they provide a fun activity on a day that can be very quiet for those who live alone as there is often coffee and cake in the staff room offera diabetes awareness and welfare ing a chance to socialize while helping our community.

> Sundays often see a half-price sale on a single category of items ranging from tools to footwear, from children's clothing to housewares.

The thrift store relies on donated items and donated time as it is staffed by completely by volunteers and stocked with a panoply of items given by Richmondites. Weekday store hours are 10 a.m. to 3 p.m.

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Icing on the cake for a summer of reading

By LORRAINE GRAVES ©LGSentinel

s the summer draws to a close, so does the Richmond Public Library's summer reading program. The finale, open to the public, is Sept. 7 from 1:30 to 3:30 p.m. at the main Brighouse branch (7700 Minoru Gate) and promises to be a celebration of all things literary.

Libary co-ordinator of innovation and learning development Lee Anne Smith says, "It's been an exciting summer. Over 4,500 Richmond children, teens and adults registered for summer reading clubs this year."

It was also the summer that Richmond readers connected with readers in Xiamen and Qingdao, China through the One Book, Three Cities reading project and had the opportunity to meet author Yann Martel in person.

"Kids and families kept their reading skills fresh all summer long by reading their way through challenges, games and contests," says Smith, showing that libraries are so much more than just books."Teens were engaged and inspired with writing workshops,



Photo courtesy Richmond Public Library

The summer reading finale at the Richmond Public Library Sept. 7 offer speeches, awards and lots of fun activities for all.

digital tech programs and even Escape Rooms."

out the library for families to explore after the medal Public Library Board and community members. and trophy presentations.

The summer reading finale will also feature May-Next Friday's event offers free activities through- or Malcolm Brodie, city councillors, the Richmond

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richmondnightmarket.com

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On the corner of No.3 Road and Bridgeport, one block away from Bridgeport Canada Line Station

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RICHMOND SENTINEL

Fragile organs get new life breathed into them

By LORRAINE GRAVES @I GSentinel

It's not until you can't breathe that you learn how delicate lungs are. They are encased in our rib cage to protect

Like sponges, lungs exchange the life-giving oxygen we need and for the air we breath out. Many things can damage this fragile organ.

It's something Steveston resident Cary Feldstein knows all too well.

Born with a mild form of cystic fibrosis, he did quite well for a long time. Then, 12 years ago, a lung infection got stuck in. The gluey mucus patients with cystic fibrosis produce makes a great place for lung infections to grow and also makes those life-zapping infectious hard to get rid of.

"Just about the time my girls were born, I got a nasty lung infection and everything changed," he says.

Feldstein eventually had to be on oxygen full time and, even then, he could only be up for less than an hour or two.

"I couldn't work well," says the software engineer."You need enough oxygen getting to your brain."

He was on the transplant waiting list for nine months.

Currently, 40 people in British Columbia need a lung transplant to survive.

Cheryl Devalsingh is one of them.

"A transplant will give me a new lease on life. It's my only hope," she says."I'm looking forward to caring for for more testing, some repairs and



Photo by Chung Chow

Cary Feldstein, middle, with daughter Sophie thanks Richmond Hospital's Dr. Matthew Kwok.

my grandson and being a whole person again."

The problem is that the lethal head injuries that leave most organs viable for transplant, often mean injuries too severe for delicate lungs to be transplantable.

Vancouver Coastal Health and BC Transplant has just announced a new program that they hope will increase the number of suitable lungs by 20 per

Vancouver Coastal now has an incubator for donor lungs that improves the changes of them being healthy enough to transplant.

Like an artificial womb, removed donor lungs can be bathed in a clear, nourishing liquid as they are kept breathing by a respirator. This allows

perhaps some healing.

The ExVivo Lung Perfusion program buys time. That extra time allows lungs to live outside the body for up to 12 hours after retrieval. The ExVivo perfusion system is located at Vancouver General Hospital, which is the only hospital in B.C. that performs adult ecutive director at BC Transplant."The lung transplants.

With the new system, doctors can monitor lung improvements then made a decision whether they can be used in life-saving transplant. It buys school time, remember to tell them everyone time.

On the transplant waiting list for nine months, healthy lungs became available because a family agreed to donation when someone they loved suddenly died. All Feldstein knows is that the lungs came from a regional hospital like ours in Richmond.

Six years post-transplant, Feldstein once again works full time at Destiny Media, a firm that does pre-release promo music for the industry.

He enjoys life with his spouse and 12-year-old twins, Sophie and Anna. They are growing up with a father, thanks to the family who donated a loved-one's lungs at a tragic time. With gratitude, Feldstein says, "I live a full life. I work full time. I get the kids to soccer."

Meanwhile, Cheryl Devalsingh waits. It's been 13 months so far.

"People who need lung transplants typically have no other options, so being able to utilize more of these priceless organs will save lives," says Dr. John Yee, a lung transplant surgeon with Vancouver Coastal Health and Director of the BC Lung Transplant Program.

"We are constantly striving to save more lives and provide better care through innovation," adds Ed Ferre, ex-Ex Vivo Lung Perfusion Program offers hope to all those on the wait list."

As families gather over the summer holidays and during the back-tothat one sentence, "I want to be an organ donor." It could save your family some anguish to know your choice. It could also save a life, like Cheryl Devalsingh's.

For more information, go to www.transplant.bc.ca

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A matter of taste



Photos by Chung Chow

While many enjoyed the taste of garlic ice cream at the annual Richmond Garlic Festival hosted by Richmond Sharing Farm at Terra Nova recently, not everyone was in agreement—least of all seven-year-old Ian (left).

Taylor-made for the Grand Prix of Art

By **DON FENNELL** @DFSentinel

adies and gentlemen, boys and girls, get ready to start...painting.

The ninth annual Grand Prix of Art (Saturday, Sept. 21 in Steveston) is fast approaching and Tom Taylor, for one, is stoked.

Born in Dortmund, Germany, he moved to Canada at a young age and lived in Northern B.C. for 14 years where his passion for art was fueled. After graduating from the graphics program at Langara College, and later attending BCIT where he graduated with an architectural design major, Taylor worked for an architectural and engineering firm preparing presentation drawings and concept drawings and later managed many major projects.

While pursuing his business career, he continued to paint and draw at home; mostly gifting his work to family and friends.

Having won several awards for his art, he now dedicates most of his time to painting and drawing working mostly in acrylics and water colour as well as pencil.

Q & A with Tom Taylor

Age: 62

Occupation: General contracting

How would you describe your style

"Impressionistic. I pain at least once a week in the outdoor (plein air) or as I like to call it, free range painting."

Where do you get your inspiration from?

"I don't get inspired. I get on with putting pen to paper so to speak."

What drew you to become an artist?

"At an early age I seemed to have an aptitude towards painting and drawing. I also had an aunt, uncle and cousin who were in the arts."

Relating to being an artist, what is the best advice you have ever received?

"You're not getting any younger, so you had better get out here and paint with us before you die."



Photo by Chung Chow

Richmond's Tom Taylor is looking forward to participating in the annual Grand Prix of Art on Saturday, Sept. 21 in Steveston.

What advice do you have for your artist peers?

"Not to take ourselves too seriouspas."

What do you appreciate most about the Grand Prix of Art?

"The adrenaline rush from the ally...and to learn from our painting faux lotted time frame and the interaction with onlookers. Also being outdoors with other fellow artists."

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Retired Richmond fisherman reels in record lotto haul

Joseph Katalinic has netted the biggest haul of his life, 20 years after the Richmond fisherman retired.

And he plans to "live like a king" after winning the \$60 million Lotto Max jackpot on the July 26, 2019 draw.

Having called Richmond home most of his life, the former commercial angler intends to enjoy the sunny skies of Hawaii with family and visit the town in Europe where his parents were born.

"I scanned the ticket at Seafair Centre where I purchased the ticket," says Katalinic. "I thought to myself that it can't be true... I was so excited, I had to go to two other locations to scan my ticket again just to make sure it was real."

Katalinic's Quick Pick ticket matched all seven numbers to win the largest lottery prize in B.C. history. Previously, B.C. has had three \$50 million Lotto Max winners.

"The first person I told was my daughter," says Katalinic. "She told my son-in-law, and then I told my youngest daughter. There was a lot of hugging and kissing, and a lot of emotions."

British Columbians have claimed over \$113 million in Lotto Max prizes so far in 2019. Watch some amazing lottery winner stories at www.playnow.com/lottery/winners/you-could-be-next.

Lotto Max can be played at all lottery retail locations and online at PlayNow.com, with tickets available until 7:30 p.m. (PDT) on Tuesdays and Fridays.



Photo courtesy BC Lotteries

Joseph Katalinic matched all seven numbers to win \$60 million on the Lotto Max.



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RAPS COMMUNITY REPORT Caring for the animals who care for us



Fate brings dog to safety



Johnson

Brea St. James, a Vancouver actor who has a cool pad in Mount Pleasant, had a dream of spending a summer in a camper, taking her wherever the road may lead. She did not anticipate it to be quite so life-changing for her—or the dog she encountered along the way.

St. James and her Italian Greyhound-Chihuahua-cross, Milly, were hanging around Spanish Banks when she was drawn to a man and a French mastiff walking by. She sees something of fate's hand in what happened next. She started talking to the man and getting to know the dog, Samantha. She noticed a tumour on the dog's head, which the man said he didn't have the money to get removed.

"I was so drawn to this dog," she said."Then I'm noticing that she's very skinny and that she's got patches on her that have no hair. She wasn't well.

"Something broke in me," she said. SShe scraped together \$400 and said to the man, "Hey, what if I gave

you this money and I buy the dog from

He said, "Is that the best you can do?"

St. James said "I can give her a better life. I was trying anything to get her away from him."

After the transaction was agreed to, they went to the man's car, in which he and Samantha were both clearly living, and in which feces and other waste was visible. Incredibly, the man had papers indicating that Samantha was a purebred with papers going back four generations. Eventually, after some more odd twists, the man departed.

"And I burst into a bucket of tears, because I had this huge, beautiful, amazing animal that was so sick," said St. James. "Immediately I put something out on Instagram and said, I have this dog and I don't know what I'm doing. A friend started a GoFund-Me page."

The campaign raised \$3,000 in the first couple of days and now stands at about \$5,000. The goal is \$7,500 to cover all of Samantha's medical needs. Someone suggested non-profit RAPS Animal Hospital. RAPS is now caring for Samantha at deeply discounted

Eyal Lichtmann, RAPS' CEO says, "We wish to honour the amazing gesture of kindness St. James has shown Samantha."



Photo submitted

Brea St. James with Samantha.

"They were so amazing," St. James said. The exam indicated a range of conditions, all of them manageable. "She has a bunch of infections. She was 50 pounds underweight. She's gained 15 pounds in the last two dog in the first place remains a mysweeks."

The extent of Samantha's situation was not clear until she was spayed. It turned out that she had advanced pyometra, an infection in the uterus. RAPS veterinarians had to perform additional surgery. She's going to be

fine...but had Samantha's rescue happened even a couple of days later, she would almost certainly have died. The timing of St. James' fateful intervention was absolutely critical to Samantha's survival.

"It's been a whole village, an incredible, incredible village of people," she

Today the 18-month-old dog is a "bundle of love," St. James said. "But what's so incredible is the community that has stepped up to the plate." She's getting spayed and neutered, getting her tumour removed, her paws and ears cleaned properly, her swelling is way down."

Best of all, she's found a new forever family. A man in Kelowna who has a French mastiff already and lots of space for Samantha to roam has visited her three times already and will adopt her after Samantha finishes her medical treatments.

"It's just an amazing finish to the most intense three weeks I could ever imagine," she said. Why she was compelled to approach the man and the tery even to her, St. James admits.

"Her spirit was screaming at me," she said of that first meeting. Anyone that felt what I did would've done it"

Pat Johnson is communications director of the Regional Animal Protection Society.

MY NAME IS BOLT

Meet two-year-old Bolt, a very handsome Labrador retriever and Collie mix who came to RAPS when his owner could no longer care for him. Bolt is a high-energy young dog who is guite calm and adores being around people. He can be a bit shy at first when meeting new people but warms up quickly when he knows you will give him love. He would love to go on hikes, camping trips, mountain biking, and would also make an ideal jogging partner.



REGIONAL ANIMAL PROTECTION SOCIETY (RAPS)

rapsbc.com | City Shelter: 604-275-2036 Head Office: 604-285-7724





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Storytelling part of Newham's roots and future

By LORRAINE GRAVES ■ @LGSentinel

avid Newham remembers his Richmond childhood well.

Half of the creators and producers for Seven Tyrants Theatre company, Newham along with his producing partner, Dan Deorksen, use their education and culture to further live theatre, stand-up, and jazz in Metro Vancouver.

Newham credits his family's culture, decisions and support for the life he has today.

"We came from Ireland. I immigrated as a child with my mom, my dad and my sister in the mid-80s. We stayed a very short while in Vancouver with distant relatives then moved to Richmond (settling on Steveston Highway)," he says. "I went to a daycare in Steveston. Then later, I went to Thomas Kidd (elementary). It was pink then."

He says it was a great neighbourhood to grow up in.

"I have fond memories of going through the pumpkin patch at Halloween and walking along the dyke. My family really loved that really historic vibe of Richmond."

That historic vibe continues in his theatre company's choice of venue. Based in the historic Penthouse Nightclub, Seven Tyrants uses the private bar, lounge and theatre space the Orpheum. on the top floor.

For years, it broke Vancouver's unwritten colour barrier welcoming all people to mix and perform.

"One of the reasons for that was the generosity of the Filippone family and they had this great night club. At that time a lot of the hotels wouldn't allow some performers (those of African ancestry) to stay at their hotels. This was a real holdover from colonial Canada, and the British Empire." says Newham.

So, the Filippones welcomed many to their after-hours, top-floor private



Photo courtesy Seven Tyrants Theatre

David Thomas Newham and Daniel Deorksen co-produce theatre, jazz, and stand-up comedy at the private lounge and theatre atop the historic Penthouse Nightclub.

performance space.

who performed and relaxed in the private lounge: "People like Sammy Davis Jr, or Ella Fitzgerald or Duke Ellington."

Part of our local history, these famous performers would come through Vancouver on their tour up the west coast of North America, often performing to sold-out crowds at

Newham says that Frank Sinatra refused to stay at what was then the biggest and poshest hotel in Vancouver because they wouldn't allow Sammy David Jr. to stay. The Filiponne house, next door to the Penthouse, still has a bachelor pad named "Sammv's Room" where the famous entertainer stayed when in town. He became a friend of the family.

"In fact, the night that Danny Filiponne, who currently runs the Penthouse, was born Sammy Davis Jr. was there handing out cigars to celebrate his birth," says Newham.

Reviving the tradition a year and Newham lists some of the greats a half ago, the space is once again home to theatre, jazz and stand-up comedy.

> At this intimate locale, redolent I really loved doing." with the smells of history and film once again offers The Summer Lounge Series. Operated by Seven Tyrants Theatre, Vancouver's Jessie Award-winning independent theatre company, Tyrant Studios is located above the historic Penthouse Nightclub and features a studio theatre as well as a it's own full-service bar and lounge stage.

This Jessie Award-winning independent theatre company welcomes all to what was once the purview of a select few, the Penthouse's studio theatre, full-service bar and lounge

"We're so happy to see ordinary folks coming in to have a good time," Newham says.

To see the stellar line up, go to tyrantstudios.com

Newham credits his past for the future he has carved out for himself. including the Irish tradition of story-telling.

"Something that I've always had was an ability to tell a story. My father was always good at telling stories. My grandmother very good at telling stories and, in Ireland, children would often have their party piece. Whatever the child was able to do be it magic, singing, or anything else, they were encouraged to do that at parties."

Newham credits his parents' fore-

"One of the reasons we immigrated to Canada was for the opportunities. Ireland was still war-torn. It was a very poor country. I went back in the eighties and there were children begging in the streets."

Coming from a family of creative people, even though his family came here for a richer life, they gave both Newham and his sister the freedom and support they needed as they grew into adulthood.

"My parents were happy to give me the opportunity to pursue something

After studying theatre at universinoire atmosphere, Tyrant Studios ty, Newham and a fellow actor in his class, Doerksen, teamed up to create Seven Tyrants Theatre over 10 years

> As they prepare to launch their new season of theatre and entertainment at the Penthouse, Newham reflects on his Irish story-telling roots and the path he's chosen to get to where he is today:"I really like the storytelling aspect of the theatre. I am very passionate about it, being able to tell stories. That's why my business partner Dan Deorksen and I founded our own theatre company."

> If the variety of high quality entertainment and theatre Seven Tyrants has offered over the past 11 years is any indication, their future looks bright.

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Sockeyes angling for another successful season

By **DON FENNELL** @DFSentinel

utside Minoru Arenas passersby are basking in the warm glow of the bright summer sun while inside the venerable Richmond rink the boys of winter are going through their paces in preparation for another season.

Though it's late August, the start of hockey season (though it can be argued it never really ends) is fast approaching.

A group of talented young prospects—more than double the 23 players who will start the season—hope to impress the coaching staff that they deserve to be Richmond Sockeyes.

Deciding which players to keep won't be easy for head coach Brett Reusch and his team. And as next Thursday's season opener (7 p.m. Sept. 5 versus White Rock Whalers at Minoru) nears, the dilemma only gets more challenging.

"These guys are already in tip-top shape, ready to go and fight for spots," says Reusch prior to another training camp scrimmage. "It's very competitive."

Welcome to hockey today. Where training camp is a lot different than yesteryear. No longer can players use



Photo by Don Fennell

Richmond Sockeyes prepare for the season ahead.

the time to get into shape.

"It's definitely changed. They're playing hockey all year round now," says Reusch, a former Sockeye player who is beginning his third year behind the bench. "Hockey is their No. 1 priority that's for sure."

In a nation where hockey is a passion, these young players are particularly dedicated. The prospect of suiting up for the Sockeyes, consistently one of the top junior teams in the country, has potentially many merits.

The Sockeye alumni boasts several former NHLers including Jason Garrison, Karl Alzer and Ray Sawada. And while few, if any, of these players will realize the ultimate dream of playing in the NHL, the possibility is clearly there. And even if that goal isn't realized, play-

the Sockeves emphasize character and put considerable effort into helping their players become the best they can be—in life as well as hockey.

"We don't just take the best hockey players," says Reusch. "The Sockeyes are more than just a team. We're a family. I look for character. What kind of goals does this person have, what kind of person is he?"

The script may not be new, but it's the blueprint to the team's success that has netted two Western Canadian championships, six provincial titles and six Pacific Junior Hockey League crowns.

When the exhibition season ends. and it's time for the games to begin for real, Reusch has some definite goals to make this edition of the Sockeyes one that further contributes to a legacy of success. And like last season, a fast start wouldn't hurt.

lost out by four points last—that's two more wins in October. But we also can't look too far ahead. We kind of break up the season into five-game segments, and take it a game at a time within that."

The Sockeyes enter the 2019-20 campaign without two important piec-

ing collegiately certainly is. Above all, es from last year's team. Goaltender Kellway and defeceman and captain Matt Brown have both graduated, meaning others will have to step up to fill the critical roles. But Reusch is optimistic.

> "Every team faces adversity one way or another, and when you battle through those I think it makes you a stronger team," he says. "The league is going younger and so are we. But these guys all want to move on so accountability and being reliable and working hard every game are critical. We've also got to be implement a system to play to the strength of our team."

> Given his choice, Reusch would like the Sockeyes to a fast skating team reflecting the speed that is so prevalent in today's game.

> "The game is so fast, and I don't mean just skating. Everything is done at top speed."

That also makes goaltending—like a "Every game is huge," he says. "We quarterback in football, the backbone of any team's success—an important line of defence. Equally important will be special teams—both on the powerplay and shorthanded.

> "Look at the top four teams last year," Reusch points out. "All of them were also top four on special teams."

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Need some cleats? Check out Richmond FC's swap meet

shin guard swaps.

upcoming session.

Drop-off sessions are planned for Tuesday, Aug.

Prior to kicking off the 2019-20 soccer season, Richmond FC is hosting a series of cleat and at West Richmond Community Centre, 9180 No. 1 Rd. Donors are asked to clearly label their donated If you have cleats or shin guards to donate, or your items with sizes (for example, youth size 12). Pickchild is in need of cleats or shin guards, check out an ups will be Wednesday, Aug. 28 and Thursday, Sept. 5, also from 6:30 to 7:30 p.m. at West Richmond Community Centre.





THE RETURN OF SOCKEYE HOCKEY 2019-20 Home Opener

THURSDAY, SEPT. 5, 7 P.M. MINORU ARENAS

FVFNTS

Richmond World Festival

For the fifth consecutive year, the community comes together to celebrate Richmond's cultural diversity Friday, Aug. 30 and Saturday, Aug. 31 at Minoru Park. Renowned Canadian musicians take centre stage each evening at 8:45 p.m. Rock out the reggae-ska style of Bedouin Soundclash, on the YVR Mosaic Main Stage Friday, and Indie-rock stars The Strumbellas on Saturday. Admission is free to the festival, with a myriad of fun family activities to enjoy and food to tempt your tastebuds.

Walk Richmond

Nature and airplane enthusiasts won't want to miss an opportunity Aug. 29 to explore the north end of the Railway Greenway trail and Fraser River along the Terra Nova dyke trail. The walk begins from the north entrance of Thompson Community Centre, 5151 Granville Ave. at 7 p.m.

Boys and Girls Clubs

The 2019 Club House Gala in support of Boys and Girls Club of South Coast BC, will be held Sept. 20 from 5:30 to 10 p.m. at the Fairmont Hotel Vancouver, 900 W. Georgia St. Learn more at bcgcbc.ca

ESL Cooking for moms

Starting Sept. 6 and continuing through Oct. 11, this free program for immigrant moms with young children invites them to have fun practicing English and cooking with other moms while learning about resources and healthy eating. The program is held

What's Happening in Richmond

Aug. 28 to Sept. 21

the exception of Sept. 20 when there are no classes, at South Arm Community Centre, 8800 Williams Rd. Participants must register by calling 604-279-

Cambie Library Book Sale

Friends of the Richmond Library is hosting a mini sale at Richmond Public Library's Cambie branch (150-11590 Cambie Rd.) on Saturday, Sept. 14 from 11 a.m. to 4 p.m. Quality adult fiction and children's books will be on sale for \$2 each. Cash only. Bring your own bags or boxes. All proceeds benefit Richmond public libraries.

Throwback Thursdays

Don't miss the final patio party of the

BEDOUIN SOUNDCLASH

each Friday from 10 a.m. to noon, with summer Aug. 29 from 4:30 to 7:30 p.m. at Harold's Kitchen & Bar, 7551 Westminster Hwy. Admission is free.

South Arm Country Fair

South Arm United Church, 11051 No. 3 Rd., is holding its 60th country fair Sept. 21. The annual event features many activities and items for sale, from an old-fashioned hayride, carnival games and a cake walk, to home baking, face painting, crafts and a silent auction. Plus, the biggest garage sale ever. Admission and parking is

Kids Only Swap Meet

Find great deals on children's clothes, toys and equipment at this unique swap meet from 10 a.m. to 1 p.m. Sept. 8 at West Richmond Com-



Photos courtesy City of Richmond

Bedouin Soundclash and The Strumbellas will perform at Richmond World Festival.

munity Centre, 9180 No. 1 Rd. Admission is free. To book a table, phone 604-238-8400.

Learn the cha cha

Here's your chance to learn ballroom dancing. A free introduction, covering the basic steps of the jive, cha cha, waltz and foxtrot, will be held from 9 to 10:30 a.m. Wednesday, Sept. 4 at Thompson Community Centre, 5151 Granville Ave

Tee Cup Charity Golf

Here's your chance to hit the links and help the Touchstone Family Association Front Porch Program. From 1 to 8 p.m. Sept. 12, it's the 14th annual Tee Cup Ladies Only Charity Golf Tournament at Country Meadows Golf Course, 8400 No. 6 Rd. Featuring a shotgun start and including dinner, silent auction, 50/50 raffle and prizes, starting at 6 p.m. Register at teecupgolf.com/sign-up-to-play

SPORTS

Sockeye hockey

One of the most successful junior hockey teams in Canada will make their 2019-20 Pacific Junior Hockey League regular-season debut Thursday, Sept. 5 at 7 p.m. versus White Rock Whalers at Minoru Arenas. The two teams faced off in a pair of exhibition games earlier this month.

Ravens Try Hockey

Join the Richmond Ravens and Esso Fun Days from 4 to 5 p.m. Aug. 29 on the Richmond Ice Centre's Pond Rink for a free introduction to female hock-

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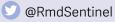
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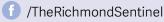
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DOWN

Rx overseer

MID-AUGUST ANSWERS

Eugene Sheffer's crossword

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
			18				19	20				
21	22	23				24						
25					26					27	28	29
30				31						32		
33			34						35			
			36					37				
38	39	40					41					
42					43	44				45	46	47
48					49				50			
51					52				53			

- Singer Rawls
- Ump's call
- Wears away
- Latin 101 word
- Fan's cry
- Pale yellow
- Missing
- 10 "... sting like —"
- Frog's relative
- Derek and Diddley

NOSECOUNT

BEL

CRAPE

Love god

- Hari 21
- 22 Jacob's twin
- 23 Gum flavor
- 24 Airs for pairs
- 26 Spirited steeds
- Bach choral works 27 Air freshener target 44
 - 28 Silent actor
 - 29 Chatters

TUCSON

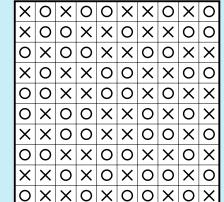
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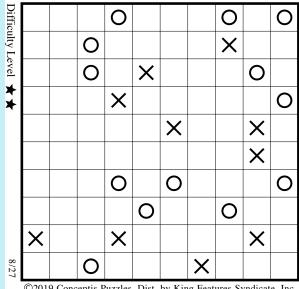
SUDOKU

The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9.

8	3	2			9		7	
			8	6	5		3	9
				3				
	8		5					2
		6				7		
1					6		4	
				9				
6	2		1	4	8			
	9		6			3	1	8

TIC-TAC-LOGIC

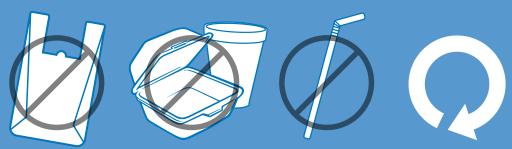
A one player game, the object is to place Xs or Os in the squares grid. There cannot be more than two consecutive Xs or Os in a row or column. Each column/row is unique and has five Xs and Os.



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Let's be leaders!

RICHMOND IS TAKING THE LEAD TO BAN SINGLE-USE ITEMS.

Richmond's proposed Bylaw No. 10000 is being reviewed by the provincial government for approval and would ban:

- Plastic checkout bags
- Foam food service ware
- Plastic straws

Let's stop unnecessary waste and reduce pollution — say no to single-use items. Learn more about Richmond's proposed ban on single-use plastics and other items by visiting www.richmond.ca/singleuse.

For more information: 604-276-4010 singleuse@richmond.ca www.richmond.ca/singleuse

