



VOL. 3 ISSUE 23 **NOT-FOR-PROFIT** 

January 7 - 20, 2020





Community leaders are optimistic about Richmond's future as we begin a new decade.

Art by Florence Liang/Richmond Sentinel



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### The decade ahead: Local leaders share

By **DON FENNELL** Output

Description

Outp

s Richmond enters a new year and decade, a sense of hope fills the

There will be challenges, of course, but opportunities too as a community built on co-operation continues to grow and evolve.

One issue that will continue to be front and centre locally is also a global priority: recognizing climate change and the environment.

As a city, Richmond is already taking action. Richmond is believed to be the

I think we all feel the urgency of more action in terms of climate protection and the environment.

#### - Malcolm Brodie

first city in North America to implement an electric vehicle infrastructure requirement, an initiative that was recognized in 2019 with a Climate and Energy Action Award from the Community Energy Association.

In 2017, Richmond became the first municipality to enact a policy requiring that 100 per cent of new resident parking spaces be equipped with Level 2 electric vehicle charing capacity, featuring a 208-240 volt outlet at each parking stall. This requirement was introduced to help the city achieve its goal of reducing greenhouse gas emissions by encouraging more sustainable transportation options.

With the dawn of 2020, Mayor Malcolm Brodie again stressed the importance of the issue.

"I think we all feel the urgency of



Photo by Don Fennell

Mayor Malcolm Brodie (above addressing a group of youth at the annual Richmond Heritage Fair) is optimistic about the future.

tection and the environment," he says. "We've heard the warnings long and loud that we have to do more...with the ultimate objective of improving the planet"

Brodie expects that this is going to be a dynamic year in Richmond, and will likely include the introduction of ride hailing.

"That will put more cars on the road and affect the use of transit," he says. Those are challenges we're going to have to address."

Housing, particularly affordable housing, will also continue to be a priority. Brodie says he'd like to think the city has done a reasonable job addressing the issue to this point, but says the challenge is only increasing.

The Richmond Sentinel also more action in terms of climate pro-reached out to other community lead-

ers to share their hopes and expectations for 2020 and the decade ahead.

### Dave Frank: **Richmond Community** Foundation



Entering new decade, the thoughts of Dave Frank, president of the Richmond Community Foundation and also executive

director of the BC Aviation Council, revolve around local youth who will form the basis of the community's future. His hope, and priority, is to help ensure there are enough scholarship funds available to encourage and support their dreams after high school.

"That's where our future lies," he says.

### Natalie Meixner: **Richmond Hospital Foundation**



Natalie Meixpresident and CEO of the Richmond Hospital Foundation, says she is excited to know Richmond will be getting a new

"It's been a long time in the works and (it's rewarding to know) that so many people made it possible," she says. "One of the things I love about Richmond is its harmony. Important projects like this bring people togethrichmondsentinel.ca January 7 - 20, 2020 COMMUNITY | 3

## their visions for 2020 and beyond

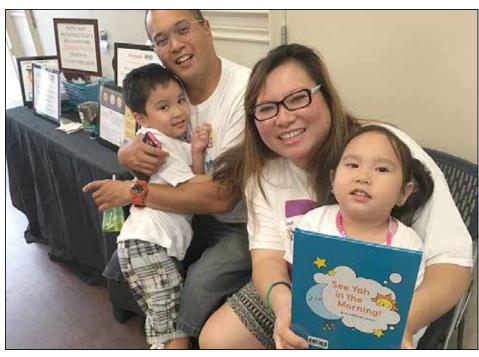


Photo by Martin van den Hemel

Richmond children's author (See Ya In The Morning!) Kaye Liao Banez hopes to see more support for children with different needs.

er and that benefits everybody."

Meixner is optimistic the next decade will bring increased and better access to "great health care," both for the people who call Richmond home and who work here.

"Innovation in health care will be a big part of the future, enabled by technology," she says. "(These advances) will have tremendous local and global impact and Richmond will be there."

### Ken Hamaguchi: Richmond School Board



Richmond School Board chair **Ken Hamaguchi** says his immediate hope and expectation is that the government and the

BCTF (BC Teachers' Federation) come up with a fair agreement that allows all parties to move forward and return all our energy and focus back on students and classrooms.

I hope that everyone
has a great 2020 and
that our district will
keep moving towards
our vision of being 'the
best place to learn
and lead.'

- Ken Hamaguchi

"We also hope/expect that the government continues their financial support in helping with our seismic upgrade projects and building new playgrounds," he says. "As we implement our Long Range Facility Plan, I hope that our students, parents, staff and stakeholders participate in the process by giving us their feedback (i.e. sharing their approval and/or concerns)."

Hamaguchi notes the board has

also begun the process of updating medallist **Igor Gantsevich** continues the district's Strategic Plan. to promote his sport with abundant

"We are most excited about this and are looking forward to hearing everyone's ideas and opinions. And finally, I hope that everyone has a great 2020 and that our district will keep moving towards our vision of being 'the best place to learn and lead.""

### Kaye Liao Banez: Richmond children's author

Local author **Kaye Liao Banez**'s focus is also on the future generation, both in terms of today and tomorrow. Her biggest hope is that the school system—public schools and independent private schools—provides adequate support to students with diverse needs.

"There is still a shortage of support, such as not having enough educational assistants in each school who need one-on-one support," Banez explains. "I am also hoping that the schools invest more on adequate training to teachers and EAs about how to provide appropriate support for children with different needs. For example, investing in professional development for teachers and EAs on evidence-based strategies on supporting children with autism, as the rate in B.C. is now one in 46 children over six years old."

Banez also hopes to see more companies embrace the concept, and practice inclusive hiring and support for employees with diverse abilities.

### Igor Gantsevich: Dynamo Fencing Club



As the fledgling Dynamo Fencing Club enters its third decade based in Richmond, its president and former Pan American medallist **Igor Gantsevich** continues to promote his sport with abundant energy. His ultimate goal is to help deliver Canada's first fencing medal by the 2024 Olympic Games and continue to advance the sport beyond then.

"For Tokyo 2020, we have a number of club athletes eligible to qualify for the (Olympic) Games," Gantsevich says. "Most notable is Richmond's Shaul Gordon, who is ranked in the top 20 in the world rankings and was a finalist at the 2019 world championships."

Aside from working to help the club's high performance athletes realize their dreams, Gantsevich says Dynamo is also focused on building fencing at the grassroots level.

"High performance isn't for everyone, but doing an amazing sport for the mind and body is definitely for anyone," he says. "We want to continue to help young children become the best human beings they can be. We are so proud of all the athletes who have come through our doors over the years and have become successful young people in our community."

### Camryn Rogers: Richmond athlete



When it comes to Richmond's future, one of its most prominent athletes has given the topic a lot of thought.

Camryn Rogers

is currently a student athlete at the University of California at Berkeley and the 2019 NCAA national women's hammer throw champion. The Richmond Kajaks Track and Field product says it's the people that make our community unique and why its future is so promising.

"People are the backbone of every

See Page 6

### Our library reflects on 2019 as it looks to the future

By LORRAINE GRAVES 

The past year, 2019, was a bumper one for books of all sorts, according to Richmond Public Library's Stephanie Vokev.

Our library's One Book Three Cities book club meeting—that joined Richmond and her two sister cities in China—boosted Yann Martel's Life of Pi up to the No. 3 position of the most checked-out adult fiction of the year. Although published 18 years ago, the book club revitalized interest in this Canadian author's work.

So did Martel's visit to the midsummer transpacific, video-linked book club gathering.

Sitting in the No. 1 adult fiction position was the 2018 John Grisham thriller, The Reckoning.

Following on the heels of the blockbuster movie, Crazy Rich Asians, Kevin Kwan's 2013 novel of the same name came in second. His later novel, China Rich Girlfriend, also made the top 10 for 2019.

In the children's category, Dav Pilkey's visually appealing comic-book format won the top position with Dog Man: Lord of the Fleas. He also had a pair of other Dog Man titles among the top 10.

Pilkey, a resident of nearby Bainbridge Island, Washington, writes for those who feel like misfits. Diagnosed with dyslexia and ADHD as a child, his disruptions meant his teacher sat him

in the hall most days. He spent his time there drawing, coming up with stories and creating his original comic books. His highly successful Captain Underpants series, created when he was in Grade 2, was aimed principally at kids who hated reading. Their slightly naughty themes appealed, resulting in massive sales—the series has sold over 80 million copies—and many new readers. Pilkey credits his parents' unwavering support for his creativity as a bedrock of his success.

So far, Pilkey's Dog Man series has sold over 13 million copies worldwide.

The top 10 for children's books is rounded out with three Harry Potter novels, three from the Wimpy Kid series, and one stand-alone, Mo Willems' Waiting is not Easy!, showing that most children love books about children who struggle to belong.

The teen fiction top 10 features dystopian, post-apocalyptic novels, such as The Hunger Games. The two exceptions are Markus Zusak's The Book Thief, about Holocaust-era Nazi Germany, and the teen romance novel with a twist, To All the Boys I've Loved Before, Jenny Han's remarkably well-written story that became a movie in 2019.

In adult non-fiction, Michelle Obama's autobiography Becoming ranked No. 1.

Reflecting our multicultural city, Discover Canada: The Rights and Responsibilities of Citizenship study guide ranked eighth overall and the be launching new 3D printers, expand-



Photo courtesy Richmond Public Library

Yann Martel's Life of Pi was the One Book Three Cities book club choice for 2019.

second-most borrowed book in this ed digital literacy programs and a new category was a learn-to-drive manual in simplified Chinese.

A memoir by a survivalist's child who first went to school at age 17, Tara Westover's Educated took third place. Fourth was a catalogue for stamp collectors.

Self-improvement books rounded out the rest of non-fiction's top 10.

Becoming and Educated also took first and second place in the biographies category. The other eight featured biographies of those who have overcome great odds to lead satisfying lives.

Richmond's public library offers so much more than just books.

"As we kick off 2020, we're excited to

book dispenser at the Seniors Centre, ensuring more librarians will be out and about in our city connecting with community members, and providing easy access to the newest and most popular books of the year," chief librarian Susan Walters says.

There are programs, computers, printing facilities, classes, information in all formats from traditional print to electronic, as well as books, movies, periodicals and languages that represent the true multicultural nature of our city.

Walters says, "We can't wait to welcome you at any of our four branches. Get your free library card and come check us out."

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### Steveston herring sale to support autism

By **DON FENNELL** @DFSentinel

staple food since early times is A staple 1000 since 21 autism.

On Jan. 20, fishers will gather on the shores of Garry Point Park to sell their catch of herring. The proceeds will go to ACT, an acronym for the group Autism Community Training.

Thanks to the sponsorship and generosity of Oceanside Fisheries, the special sale from 8 a.m. to 11:30 a.m. will see herring made available to the public at 10 pounds for \$12 or 20 pounds for \$20. Last January, more than 20,000 pounds of herring was sold.

"Fingers crossed, the weather will be good this year and it will be a very exciting, fun day," says Debra Pugh, executive director of ACT.

Pugh says support for the herring sale for autism was impressive in each of the event's first two years, adding that it's always fascinating how people from various cultures prepare herring dishes—from being eaten raw to cured and smoked as kippers.

"It's a great source of high-quality protein, very high in omega-3 fatty acids and vitamin D," she says.

Thanks to the support of groups such as Oceanside, the plight of individuals and families living with autism is being further recognized. And at ACT, the goal is to provide training and information for families across the province.



ACT's executive director Deborah Pugh with Oceanside Fisheries owner and former ACT board member Anne McCaw.

is building our resources so families are not so vulnerable," says Pugh."(Autism) is a very complex condition that if it isn't treated properly the outcomes can be guite miserable. But with proper support, kids can do so well."

Steveston's fishing industry is renowned for its generous support for those with special needs in the province, but Oceanside Fisheries owners Mike Rekis and Anne McCaw have a special tie to the autism community. "Our daughter is a very able adult now, but we haven't forgotten how important ACT is to the success of children and adults with autism. We are supporting ACT because our family believes that the next generation of B.C. children deserves to have access to ACT's impartial information and train- ATC staff at the 2019 herring sale.

"The challenge for our organization ingresources," explains Anne McCaw, a former ACT board member.

"Three years ago, my husband and I chose to support ACT in another way, as donors, by organizing an annual herring sale through

Fisheries, with 100 per cent of proceeds going to ACT. The success of this event grew dramatically in year two, and we look forward to continuing this fundraising effort. It is only a small contribution to the overall operation of maintaining ACT's online resources, but we feel good about doing our part in helping others access help like we have had for our daughter," says McCaw.

A not-for-profit society that provides the international autism community with free online information and training resources, ACT also hosts live events some of which are web streamed Vancouver base. It gathers reliable resources on autism and other special needs from websites internationally, in multiple languages, and makes them available in a keyword search database.

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John and Joan Young embody Richmond's active seniors population.

### **LOCAL LEADERS**

From Page 3

great city. Those here are what make Richmond so special," she says.

A graduate of Richmond's McMath Secondary School, Rogers is in her junior year at the University of California at Berkeley. She is following in the footsteps of another prominent Kajaks alumni and Canadian track starred in the hammer event.

"It's an honour to talk about our beautiful home," says Rogers, who always looks forward to an opportunity to come back home.

"There is such a system of support here that I can only image it will continue to grow in the next decade," she continues. "Development in Richmond will foster more opportunity as well, especially for kids, as long as it's done in the right way. It's all about community creating a better home for all."

### John Young: Forever Young Club

A lifelong learner and dedicated promoter of fitness for all ages, John Young is perhaps best known as co-ordinator of the Forever Young Club for seniors and founder of the annual Forever Young 8k race held each September in Richmond. Re-

flecting back over the past 10 years, he says we can confidently say that Richmond has changed considerably—a pattern that will continue over the coming decade.

Focused on two points—healthy aging and a healthy community— Young says "those in our senior years must try to be active for a minimum of 150 minutes per week."

"As they say, 'If you're movin' you're improvin.' Find a partner or a group and field star Jennifer Joyce who also and make a regular fitness schedule and set simple goals to achieve. As Richmond's population ages I hope to see more seniors commit to healthy aging."

> Continues Young: "Like many neighbourhoods in Richmond, my wife and I organize a Block BBQ with everyone invited, and asked to bring a dish to the party. And what a diverse and delicious feast we have. We introduce everyone, wear name tags, mix and mingle, and always have a good time as we get to know each other.

At Christmas, we do it all again with a neighbourhood tea at our home. Now, we can greet each other with a friendly wave and call each neighbour by name.

No matter what corner of the world you are from, it is amazing how this has created a healthy community on our street. In the next 10 years, I hope that healthy seniors and healthy communities will continue to make

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### Donors contribute to increasing epilepsy beds

By **DON FENNELL**©DFSentinel

Through ongoing efforts of a Richmond high school student, public awareness about epilepsy is on the rise

Last summer, Marika Lopez, a Grade 12 Hugh Boyd Secondary student, shared her story (www.richmondsentinel.ca/article-detail/2523/seizure-soldiers-to-enlighten-others-about-epilepsy) about having to deal with the unknown every day. Since her first seizure at 18 months, then being diagnosed with epilepsy at age three, the local teen has had to be constantly aware of her health.

It was also last August when Lopez, with the help of her friend Danielle Cosco, introduced a new program called Seizure Soldiers to enlighten others about epilepsy—the fourth most common neurological disorder

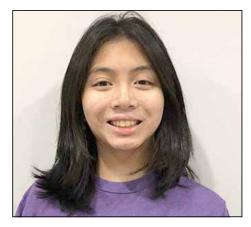


Photo submitted

Hugh Boyd Secondary student Marika Lopez has worked tirelessly to promote awareness about epilepsy.

in the world.

With increasing awareness has also come generous donations, leading to the doubling—from two to four—of the number of epilepsy beds in the province at the Seizure

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

### – Marika Lopez

Investigation Unit at Vancouver General Hospital.

"All of us at the BC Epilepsy Society are immensely grateful to the generous British Columbians who stepped forward to donate their hard-earned money towards epilepsy," said Kim Davidson, executive director of the BC Epilepsy Society.

"We are glad that the underserved epilepsy population in B.C. will be better served with the addition of these two epilepsy beds. However, at least four additional epilepsy beds are needed in the province and while the donors took care of the crisis, it is our hope that the province will take care of the rest."

The BC Epilepsy Society is a provincially-incorporated charitable organization and a federally registered non-profit organization that provides information, advocacy and support to people living with epilepsy in B.C. and their families and seeks to raise the awareness of epilepsy around the world.

To learn more, visit www.bcepilepsv.com or call 604-875-6704.

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### Public asked to comment on proposed financial plan

The City of Richmond is inviting residents to guide civic spending: provide feedback on its proposed consolidated five-year financial plan (2020-2024) Bylaw No. 10119 which aims to meet the service and infrastructure needs of the community for the next five years.

These plans may be reviewed at LetsTalkRichmond.ca or on the city's website at richmond. ca/5YFP. Comments are due on or before 11:59 p.m. Jan. 19 via LetsTalkRichmond.ca or by email to finance@richmond.ca. Written submissions can also be sent to the Finance Department, City of Richmond, 6911 No. 3 Rd., Richmond, BC V6Y 2C1.

Each year, the city approves three budgets to

- The operating budget which funds the provision of general city services and determines annual property tax rates
- The operating budget also includes one-time expenditures approved by council; the capital budget which covers investments in new infrastructure and equipment; and
- The utility budget which supports the provision of water, sewer, diking, drainage, garbage and recycling services.

Once council has approved each of the three budgets, a proposed consolidated five-year financial plan is prepared. The plan is based on the

city's current year budgets along with estimates developed from economic forecasts and other expected impacts on revenues and spending for the following four years. This plan provides a financial road map for the city to manage its resources, revenues and spending to best serve the community. It also ensures the city meets its legal requirement to deliver a balanced budget.

The proposed consolidated five-year financial plan (2020-2024) Bylaw No. 10119 is expected to be included on the Jan. 27 open council meeting agenda for consideration of final reading and adoption. Public delegations regarding this bylaw are permitted at that council meeting.

### Friendly face bids adieu

By LORRAINE GRAVES ©LGSentinel

Caying it is with a broken heart She is letting the community know, Dr. Michele Nielsen sent the following notice: "Dr. Bob Jamieson passed away on Sunday, Jan. 5, 2020 from complications of a the management of the practice, now stroke suffered Jan. 2."

Always cheerful and smiling, Dr. Jamieson practiced dentistry along side Dr. Doug Nielsen for about 40 years near Steveston Highway and No. 1 Road. The walls of his dental office display smiling faces of the grandchildren of some of his original patients.

Jamieson grew up in a rural Saskatchewan community. He met his practice partner at dental college.

Dr. Jamieson had switched to parttime work in the winter to ski. He took summers off to cruise on his boat with his wife Norma. He lived life fully.

The next generation has taken over known as Steveston Smiles.

Michele Nielsen says of her father's former partner, "Dr. Bob was a gentle, kind man; a mentor and a leader in the community. We as a team are grieving as we know you will be as well."

Information regarding a memorial or service is pending.

### Track pioneer Olafsson passes

By **DON FENNELL** @DFSentinel

Dichmond, and indeed the sports Community, lost a legend recently with the passing of Shirley Olafsson.

Born with a deformed left foot, she was determined to overcome the challenge and though she walked with a limp and used crutches until she was 13 (preventing her from competing in team sports) she taught herself the high jump.

With the support of a friend, she joined a track and field club where her diligent practice earned her the opportunity to compete at the 1948 Summer Olympics in London, England where she placed 11th in the women's high jump event.

"I think she was an amazing example of tenacity and leadership as well as athleticism," said Julie Halfnights, a prominent local volunteer.

"I met her while she was a member of the Spirit of BC Committee formed by the city in preparation for the 2010 Olympics here. Shirley was a character, sport-builder and remarkable athlete."

As a member of BC's Spirit of BC Committee, Olafsson frequently visited schools to show children her Olympic torch and get them to run laps with



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### Nitrous oxide: No laughing matter

By LORRAINE GRAVES @LGSentinel

Richmond emergency ward Adoctor is warning of the dangers from breathing in nitrous oxide for fun.

He knows what he's talking about. Dr. Matthew Kwok has seen the damage first hand.

"We're seeing patients in the emergency department with drug-induced psychosis and neurological effects who've inhaled nitrous oxide." Kwok

The gas, commonly called laughing gas, belongs in whipped cream or in an operating theatre but not inside your lungs for fun. And nitrous oxide, when combined with oxygen and administered in a carefully controlled dose by an anesthetist who has over a decade of medical training, can be a safe way to reduce the pain of medical procedures.

When used in a specialized pressurized container for whipped cream, nitrous oxide is safe. The lack of oxygen prevents the milk from souring while whipping up the cream. And the lack of oxygen is good for preserving freshness, but not good for living things.

Vancouver Coastal Health warns that when inhaled recreationally, nitrous oxide can cause problems that range from minor and short term to permanent brain damage to even death. Part of the high can be from depriving the brain of oxygen.



Photo from Wikipedia commons.

Whipped cream dispensers use nitrous oxide chargers like this to preserve and froth the cream.

"People become addicted to this drug. Its non-medical use can be extremely dangerous." Kwok says.

Any time someone takes in deep breaths that do not include oxygen. they deprive their body of this life-giving gas. Nitrogen, helium and other gases do not feed our vital organs the oxygen they need to survive. The heart and brain are often the first ones affected by lack of oxygen. The effect can be temporary, permanent, cumulative or even deadly. High doses of nitrous oxide can cause life-threatening consequences, including seizure, coma and sudden sniffing death syndrome. The latter condition occurs when the heart stops beating during inhalant abuse.

Because no one tracks how many patients come in with problems caused by recreational nitrous oxide inhalation, there is no way of knowing how big the problem is, if there are geographic areas where it's more of an

issue or even which age group is most at risk.

In the December 2019 issue of the BC Medical Journal, Kwok outlines the case of a 20-year old woman with no history of psychiatric or medical illness before experiencing visual and auditory hallucinations. She admitted using nitrous oxide daily. She had recently increased her dosage. When Kwok nitrous oxide may be the cause when and his team attempted to report the case, they found that, unlike opioid overdoses or food poisoning there is no agency keeping track of nitrous oxide overdoses in Canada. So no one knows to look for this problem.

So far, the government only keeps track of defective whipping cream chargers. These mini-canisters of nitrous oxide, or chargers, are often called by one company's brand name, Whippit.

"Our research shows very few reported cases, in part because the nitrous oxide comes from a product marketed

for whipping cream and an adverse report would only be accepted if the canister itself was faulty," Kwok says. "This is a commercially available product that can cause serious adverse health effects, yet there isn't a proper reporting mechanism that adequately reflects (its) magnitude."

He suggests access to the product should be restricted and safeguards added to minimize harm.

If you are cleaning up after a gathering, empty balloons and balloons smelling of strange chemicals could be signs of inhalant abuse.

Metal cylinders, colloquially called crackers, are used to hold nitrous oxide cartridges so they can be punctured for use. These can be purchased legally for whipping cream, but could also be a sign of nitrous oxide abuse.

Kwok also says medical staff and the public need to be more aware that they see someone in medical distress.

"When people present at the emergency department with unexplained neurological symptoms, it's important for clinicians to consider nitrous oxide as a possible cause," he says. "It's also important for users to know that using this product outside a supervised medical setting can cause serious health effects."

Richmond residents can now call a single number, 604-204-1111, to get information and to connect with all mental health services in the city.

•LGraves@richmondsentinel.ca



### RAPS COMMUNITY REPORT Caring for the animals who care for us



### Joy in adopting a senior dog



Pat Johnson

↑ Jendy Peaker knew her relationship with Puddy would not be a long one. But it was a deeply loving one. She and her husband Tim adopted Puddy when the Maltipoo was probably about 10 years old. He had lost his elderly man in a fire that Puddy managed to survive. He came to the RAPS City of Richmond Animal Shelter in pretty bad shape.

"He'd been in a fire and he looked a bit goofy," Wendy recalls. "He was old - or older than most people adopt. But we had also just lost our previous dog a few months earlier and I'm looking in the backyard and thinking the backyard needs a dog. So when we saw Puddy we thought, we're used to having an old dog, so this is good."

His name was actually Putz, but Wendy changed it partly because of her affection for the goofy Seinfeld character.

It was only about a year after Puddy came to his new home that the first signs emerged of what was probably lung cancer. He was becoming more wobbly and the effects of cataracts

also affected him.

There are a lot of people who would walk." hesitate to adopt an elderly dog. The pain of the inevitable loss is certain to come sooner. But Wendy has no re-

"I'm a caretaker at heart," she says."I loved having the experience of being able to be with him because he needs

Eventually, Puddy passed in December, less than two years after he came to his new home.

"We've had so many good days with him," she says. At the beginning, she said, Puddy would approach older men, looking to find the one he had lost."Then he realized that he was with us and he started being way more joy-

Coming from a townhouse, it took Puddy a while to realize that the enormous backyard at the new house was all for him.

"But after three or four months he thought, OK, this is my yard, I'm going to go check it out."

Puddy was an outgoing dog who loved people and other dogs, a sharp difference from Wendy and Tim's previous dog, who was very reactive, which could make walks tense.

Puddy was totally the opposite, she savs, a calm, beautiful soul.

"He's been a super dog," says Wendy. "He taught us to trust dogs again, to be able to relax on a

"We've had pets all of our lives and we've had to sav goodbye to a lot of them," she reflects. "We always do a little ceremony at the end. It's a precious thing that we get to share our lives with them. And I'm always heartened by how many people reach out when your pet's going or has gone. People want to comfort you. It's really, really nice."

In so many jurisdictions, a dog like Puddywouldn't have got a second choice. Because RAPS is a no-kill animal-serving organization, we ensure that even difficult-to-home an-

possible. This is possible only because of families like Wendy's that we can keep this promise. But Wendy doesn't see it as a one-way street. The joy she and Tim got from their short time with Puddy was worth it.



Adopting an elderly dog like Puddy may bring years of joy.

"He's just brought so much joy to us imals live out their lives as happily as and even though it's only been a couple of years, I love him," she says. "He filled a spot in my backyard and in my heart."

> Pat Johnson is communications manager for the Regional Animal Protection Society.

### **MY NAME IS** SAPPHIRE

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





### RAPS ANIMAL HOSPITAL

rapsanimalhospital.com 604-242-1666 The RAPS Animal Hospital and Animal Ambulance are supported by Applewood Nissan



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### Recycling with ease and with a purpose

By LORRAINE GRAVES

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Richmond Freecycle has been George Pope's baby for many years.

This Yahoo user group, with the motto "Don't feed the landfills," is volunteer social network that allow people to rid themselves of unwanted items or to fill a need for free.

An international, volunteer-run movement to reuse and recycle, Freecycle.org has grown to more than nine million members in over 5,300 groups worldwide.

Recycling's in Pope's blood. He learned it from his mom, long before it became fashionable.

"She had to take cleaned, flattened cans up to the recycling centre herself," he says.

This was long before curbside recycling and blue boxes.

"She washed off aluminum foil and reused it, ditto for plastic bread bags—my lunch kits—and sandwich/snack bags," he says.

Pope's first experience with Freecycle was finding a lamp made from books. He still has it. He also made friends with the fellow in Delta who listed the lamp on the Yahoo user group.

Pope says making friends is an extra bonus for Freecycle users.

"I've made new friends I've had for many years now through giving and picking items up," he says.

Over time, Pope became the moderator of the Richmond group (which has existed since 2004). He says he has a pretty laissez-faire attitude, and acknowledges some people are obviously using the group to just get free stuff.

"No worries. Eventually they'll be over-cluttered and will know exactly where to go to pass it all on again," Pope says with a smile.

Exemplifying the saying, "One person's junk is another person's treasure," Freecycle has little trouble get-

ting rid of stuff of all sorts in all kinds of condition from pristine to severely-loved.

Pope recalls he once offered a scuffed dresser (on Freecycle) with several broken drawers. A young woman living near Kwantlen Polytechnic University picked it up.

That's another benefit to listing on Freecycle, Pope points out.

Later, the new owner of the dresser sent him a picture.

"She'd worked on (the dresser), beautifying and fixing it It was incredible," Pope says."I didn't recognize it."

Pope says it became a work of art instead of becoming firewood.

"I thought she did a great job of upcycling it," he says.

From baby clothes to hot tubs and kitchen chairs to the proverbial kitchen sink, this free Yahoo user group offers as is, where is objects.

They just ask that you donate your Freecycle finds when you no longer need them because it would be unethical to sell a donation.

Participation is easy and lists the steps:

- You have a Yahoo account (but you can have group emails go to any email you prefer, not only your yahoo one).
  - Join the group
  - Post either an offer or wanted email
  - Reply to an offer or wanted
- Make arrangements for picking up the item.

So, if you are looking to declutter after the holidays or to get rid of the old stuff now that Santa's left you newer versions, Freecycle's for you. You can belong to more than one community's Freecycle but you have to be prepared to go pick up any items you want. All items listed are to go to the most deserving not necessarily the first person to respond.

Nothing is too weird to list. At worst, no one will want your genuine toothpick model of the Eiffel Tower or your cast of your long-gone cat's paw print. But it is surprising what goes.



George Pope says it's sick how much perfectly good stuff gets discarded.

One woman in the Nanaimo group ripped out all her well-worn, olive green wall-to-wall carpet and listed it on a whim on her local Freecycle group. Someone picked it up to use under the soil on her green roof. It spared the giver a trip to the dump and saved the recipient money. Truly the definition of a win-win.

Pope even saw a house listed on a near-by community's group. The catch was it had to be moved away.

"Even if you think something might be garbage, it may have value to someone, even if only for craft supplies," he says.

He harkens back to a December day in 2007. Newly married, with money tight, Pope's coffee maker's glass carafe smashed into the sink.

"I love my morning coffee, so this was painful," he says.

A new one would cost more than

the entire coffee machine. He knew it was a long shot but he posted a "wanted" listing. By bedtime "we had the right carafe and were ready to go for morning coffee."

Asked about his "wanted" now, Pope says "I'm looking for an enthusiastic person to be a volunteer co-moderator."

With his search for more paid work, Pope's time has become tighter. He says the co-moderator will have to invest a couple of hours each week.

"It's a chance for great skills development for a student or an interesting hobby for a retiree."

Pope also hopes to be able to put up Freecyle Richmond signs at our community's recycling depot. Looking ahead to warmer weather, he says he'd love to have a float in the Salmon Festival Parade to help get the word out.

•LGraves@richmondsentinel.ca



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**PHARMASAVE** 

### Richmond artist creates colourful coral-inspired pieces

By **HANNAH SCOTT** 🧡 @richmondsentinel

ichmond artist Fanny Tang is Kinspired by the ocean—and the plastic that ends up in it.

Tang was born on Nauru, formerly known as Pleasant Island, which is part of Micronesia. The island is surrounded by a coral reef, an image frequently featured in Tang's art.

Her most recent exhibition, "Round Sky and Square Earth," closing Jan. 8 at the Lipont Gallery, includes a number of different artistic media.

Tang studied at the University of Calgary and the Central Academy of Fine Arts in Beijing.

"I used to study oil painting when I was back in university," she says, adding that now she prefers acrylic and likes to use it in a watercolour form.

The small pieces lining the walls, Tang explains, are on wooden panel frames.

"I really like colourful things, mixing colours, contrast," she says. The first painting in the series was inspired by a piece of coral.

When asked what her pieces represent, Tang says: "It's kind of a self-awareness, thinking of getting less and less to nothing. But in this show, I tell people it's from nothing to



Photo by Hannah Scott

Richmond artist Fanny Tang with her Lipont Gallery collection, "Round Sky and Square Earth."

something; it's reversed."

According to Tang, "Round Sky and Square Earth" represents" Ancient Chinese thinking of the shape of the earth and the sky."

In addition to the small, colourful paintings on the walls, the exhibition's centrepiece is a large multimedia piece. Tang says it has no name or description and she prefers to let audience members interpret it for themselves.

The piece has two sides. One is colourful, made of soft fibre and adorned with a string of lights. The other is

white, made of items that might end up polluting the ocean. Tang explains that the white side represents coral that has died due to ocean pollution. She used foam apple pear wrappers and other packaging items to make it.

Tang's interpretation of the piece asks a thought-provoking question: "Do I want to destroy the world using a lot of plastic things?" She leaves it up to the audience to answer and interpret further.

Accompanying the large piece is another smaller piece made out of many different plastic items. One side

is black and the other white: Tang savs she was inspired by the tai chi vin yang.

Finally, the large windows of the gallery are covered with colourful window clings. Tang says these are made from acrylic paint and pouring medium; they were also inspired by the ocean.

"Originally, I wanted them to be jellyfish, swimming in the ocean, just like my life. I was travelling around quite a lot and wandering around. It's just like

Although Tang has her own interpretations of her artworks, she encourages audience members to interpret for themselves and draw their own conclusions.

While Tang's art was originally inspired by the ocean, she says: "Gradually now it's more abstract than before." She sees this progress as self-improvement, saying"I feel boring doing one thing."

When asked about her future works, Tang says she may work with more mixed media: "For next time, I will have some wood, metal, wire, and then also some recycled things."

And what are Tang's plans for the upcoming Chinese New Year? She prefers to eat traditional Chinese food, and says: "I'm learning Tai Chi right now, so I'm going to have a tai chi performance near Chinese New Year."

### Fresh, local meal is celebratory in Steveston

By **HANNAH SCOTT** 🧡 @richmondsentinel

In search of a tasty and locally sourced birthday dinner, I took a friend's recommendation and visited the Steveston Seafood House.

I was cautiously optimistic about the availability of vegetarian options, having been told that their head chef was vegetarian. But the menu lists only one vegetarian entrée: "Our a Richmond craft beer. chef's daily creation."

options: a fresh vegetable pasta or a stuffed pepper. I chose the pasta and was amazed by the flavours in the sauce. I was also delighted to find that the portion size was ample. The vegetables were used as a staple of the dish rather than a garnish.

The menu is varied and the wine list lengthy. I had a glass of Malbec with my meal, while my companion chose

Seafood is fresh and local, with However, when I inquired about Steveston Fisherman's Wharf just

today's dish, our server gave me two minutes away. My companion had half a dozen freshly shucked oysters and the seafood linguine, praising ev-

> The service was luxurious yet unpretentious. Staff gladly brought our tiramisu with a birthday candle in it. We discovered during dessert that three other patrons were also celebrating birthdays.

> At many restaurants, this would be a non-event. In this case, we all wished each other a happy birthday and remarked on the peaceful and neigh-



bourly ambience.

The Steveston Seafood House currently has a special offer on the Richmond Sentinel's CouponZone (richmondsentinel.ca) for two or four people to enjoy a four-course prix fixe menu.

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Photo courtesy City of Richmond

The 790 square metre state-of-the art Minoru Centre for Active Living Fitness Centre opened Jan. 1. One of the many registered fitness classes offered includes working out with the Queenax Functional Training strength machine.

### Minoru fitness centre now open

With fitness always a favourite access to the expansive fitness new year's resolution, having centre, complimentary fitness a new place to work out seems like an ideal way to kick off 2020.

The City of Richmond has opened its door to the new state-of-the-art Minoru Centre for Active Living Fitness Centre. The spacious 790 square metre (8,500 square feet) fitness centre features a full complement of cardio, strength and stretching equipment with an added focus promote active aging, performance and fun. The centre has a large 176 square metre (1,900 square feet) fitness studio overlooking the track area that will host a variety of group fitness classes.

Admission to the Minoru Centre for Active Living will include

centre, complimentary fitness orientations, and over 50 dropin classes per week. These include Core Conditioning, Dance and Tone, High Intensity Interval Training, Circuit classes, Yoga and more. Personal training and specialty programs such as Zumba, Barre, TRX Suspension Training and Queenax Functional Training classes are also available.

With the seniors centre locaton functional training pieces that ed within the same facility, the fitness centre has equipment and specialized classes targeting those aiming to keep active, mobile and healthy in their senior years. Classes such as Joint Moves, Stay Steady and Exercise for People with Parkinson's are in place to meet the diverse needs of the community.

Access to the fitness centre will be available on a drop-in basis as well as with monthly memberships and 10-visit cards. Regular hours are Monday to Saturday from 7 a.m. to 9 p.m. and Sunday and statutory holidays from 8 a.m. until 5 p.m.

All told, the Minoru Centre for Active Living is a 10,220 square metre (110,000 square feet) community facility that includes a multi-pool aquatic centre (due to open later in 2020), a two-storey seniors centre, a full-service cafeteria and bistro, and three outdoor public plazas.

For details about all programs, fees and services offered at the Minoru Centre for Active Living, visit the facility website at www.minorucentre.ca or call 604-233-6225.

### Clement to receive Order of Canada

A much-admired member of the BC Sports Hall of Fame is one of the latest recipients of the nation's highest honour.

Co-founder with her husband, Dr. Doug Clement, of the Richmond Kajaks Track and Field in 1961, Diane Clement was recently named to the Order of Canada.

Renowned in track and field circles. Diane began a decorated career running for the Moncton Olympic Club in her native New Brunswick.

Her prowess as a runner led to her representing Canada as a sprinter at the 1956 Melbourne Olympics.

Since retiring as an athlete, Diane along with Doug has continued to be active in track and field in various capacities and continues to be an ardent advocate for sport at all ages.

—By Don Fennell

### Sockeyes push Pack to max

ichmond Sockeyes closed out the fifth annual Winter Classic Sunday with a solid showing. But they were still unable to find the formula to defeat the North Vancouver Wolf Pack.

North Vancouver, which has still lost just once in 33 games, managed to skate off with a 3-2 victory over the Sockeyes at Minoru Arenas.

Richmond, which hosts arch-rival Delta Ice Hawks this Thursday at 7 p.m., earned an impressive 10-2 come-from-behind victory over Abbotsford Pilots last Friday. The Pilots scored the first two goals of the game. Garrett Wicks and Ryan Watson each had four point games for Richmond which is third in the Tom Shaw Conference with 47 points (third-best in the Pacific Junior Hockey League).

—By Don Fennell



### **UPCOMING HOME GAMES**

Thursday, Jan. 9, 7 p.m., vs Delta Thursday, Jan. 16, 7 p.m., vs Abbotsford

**AT MINORU ARENAS** 

#### **EVENTS**

#### **Walk Garry Point**

Kick off the new year while shedding some of those unwanted holiday pounds. Join the first Walk Richmond event of the year Jan. 11 from 10 to 11 a.m. around Garry Point Park and along the West Dyke trail while taking in the spectacular views of the Gulf Islands and Coastal Mountains. The team will meet up at the concession stand at the park, 12011 Seventh Ave.

### **Summer Employment**

Get a head start on finding a summer job by signing up as an environmental programs leader at Richmond Nature Park, 11851 Westminster Hwy. Applications are being accepted from Jan. 16 to March 31 at the nature park.

### Fitness Open House

Check out all things fitness on a tour of the new state-of-the-art fitness area at Minoru Centre for Active Living on Jan 11, 10 a.m. to 2 p.m. Learn more about programs and services, and sign up for a free fitness orientation.



### Herring Sale for Autism

To kick off fundraising in 2020, the Autism Community Training (ACT) group will benefit from a Herring for Autism Sale, sponsored by Oceanside Fisheries, Jan. 11 at Garry Point Park. The sale is from 8 a.m. to 3:30 p.m. Last January, more than 20,000 pounds of herring was sold to support ACT.

# What's UPI

### Happening in Richmond, Jan. 7 to 20

#### **Brain Health**

Learn how to adapt to, and embrace, personal and life changes with each unique chapter in life. This free session offered by RASS and Vancouver Coastal Health is Jan. 16 from 1:30 to 3:30 p.m. at Minoru Centre for Active Living.

#### Galleria Photography Exhibition

Visibility by Ya-Wei Lin, a free photo exhibit, will be held Jan. 14 through Marc. 2 at Richmond City Hall. The exhibition can be seen from 9 a.m. to 5 p.m. weekdays. Imagines in this exhibition document the artists' observation of the urban landscape experienced on a daily basis. Visibility is an ongoing series of observational photographic images that reflect and contemplate on the meaning of the world "visibility" in the broadest sense.

#### Winskill Mainland Swim Meet

This Lower Mainland regional swim meet will be held Jan. 18 through Jan. 19 from 8 a.m. to 6 p.m. at Watermania, 14300 Entertainment Blvd.

### Fishing the West Coast

Don't miss this unique exhibit tracing the development of fishing on this coast at the Gulf of Georgia Cannery, 12138 Fourth Ave. Compare fishing technology with help from the historic Columbia River skiff and expe-

rience life in a modern wheelhouse. The exhibit is on daily from 10 a.m. to 5 p.m.

### Frauds and Scams Workshop

A free workshop for those aged 55 and over will be held Jan. 15 at Minoru Centre for Active Living will review several ways to avoid common scams, counterfeit bank notes and financial abuse. This session is led by an RCMP officer. Registration is required for either the daytime (1 to 2:30 p.m.) or evening session (7 to mond Sockeyes junior hockey club 8:30 p.m.) at 604-233-6225.

#### Chinese New Year Gala

Join the Rotary Club of Richmond to celebrate a year of good health, good fortune and happiness Jan. 18, 6 to 9:30 p.m. at the Continental Seafood Restaurant, 11700 Cambie Rd. Enjoy a 10-course gourmet Chinese dinner, lion dance, entertainment, silent auction, photo booth, lucky draw, games, raffle and prizes. Proceeds will support the Richmond Boys & Girls Club and St. John Ambulance BC & Yukon. Tickets are \$98 and available from Rotary members or treasurer@richmondrotary.com.

#### General recital

The Richmond Branch of the BC Registered Music Teachers Association will hold recitals starting at 1:30 p.m. on Feb. 23 at South Arm United Church, 11051 No. 3 Rd. A variety of audience-pleasing selections will be Oval, 6111 River Rd.

performed by students. Tickets are \$2 per person or \$5 per family at the door. For more information, call 604-268-9559, visit www.bcrmta.com or email info@bcrmta.com.

#### SwingCouver 2020

SwingCouver, Canada's largest West Coast swing event featuring the top lineup of pros, DJs and attendees, will be held Jan. 9 to 12 at the Sheraton Vancouver Airport Ho-

### New Year Marketplace

Bodhi Meditation in Richmond is hosting a Chinese New Year Marketplace Jan. 18 and 19, from 11 a.m. to 4 p.m. This free event features vendors, items for Chinese New Year, hair cuts (by donation), tea house, photo booth, wishing wall, oracle reading, food trucks, entertainment, and so much more. www.vancny.org/

### **SPORTS**

### Sockeye Hockey

Catch the fish this month. Richhas home games scheduled for Jan. 9 versus arch-rival Delta Ice Hawks and Jan. 16 versus Abbotsford Pilots. Both games begin at 7 p.m. at Minoru Arena.

#### **West Coast Classic**

Ringette takes the spotlight Jan. 9 to 12 at the 2020 Richmond Ringette West Coast Classic. The tournament at the Richmond Ice Centre is the longest running in the Lower Mainland, with 60 teams from BC and Alberta. Participants range from U10 to Masters.

### Snowflake Cheer Champs

One of the most anticipated cheer events of the season will help kick off 2020 and a new decade. Presented by Pinnacle Cheer Events, the fifth annual Snowflake Cheer Championships are set for Jan. 18 from 10 a.m. to 6 p.m. at the Richmond Olympic

#### **ACROSS**

- Corn throwaway
- 4 Brilliant stroke
- 8 Wee songbird
- 12 Exist
- 13 Oscar-winner Moreno
- Suffix for million 14
- California campus 15
- "—Wonderful Life" 17
- 18 Dead heat
- Fizzy water 19
- Angry rant
- **CBS** logo 24
- Oklahoma city 25
- 26 Witnessed
- Upright 28
- 32 Repair
- Spanish aunt
- 36 Winter blanket
- Nasser's successor 37
- Capote nickname 39
- Biz bigwig 41
- 42 Clear the tables
- Puffy sky sights
- 46 Weep
- 50 **URL** ending
- Taylor of "Mystic Pizza"
- 52 Fall month
- 56 One-named supermodel
- Done with 57
- Shade tree 58
- 59 Hunger indicator
- Rules (Abbr.)
- **Director Howard**

#### **DOWN**

- Taxi
- Tramcar contents

#### **MID-DECEMBER ANSWERS**

### Eugene Sheffer's crossword

	т. —	r -			I _	Ι.				Ι.		T
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				54	55
56					57					58		
59					60					61		

- Philosopher Russell 21
- **Doctrines**
- 5 Black gold
- Salt Lake City team
- 7 Check recipient
- 8 Servers
- Cracker name
- 10 Celtic tongue
- 11 Close
- Sportage maker
- Caustic solution

P H A L A N X E S

AONE

- 22 Notion

P H A N T A S M S

S G T

||G|L|

- Consume
- 27 Humorist
- 29 Weigh down
- Not single-sex

Skye caps

- 31 **Pairs**
- 33 Applying gently, as
  - cream
- 35 Curved line
- Vat

- 40 Stomach woes
- Man of La Mancha
- 45 —-pah band
- Radar image
- Peru's capital — Bator 48
- Wander
- 53 Be a couch potato
- "Evil Woman" gp. 54
- 55 Pres. after LBJ

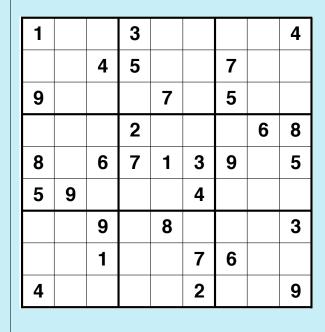
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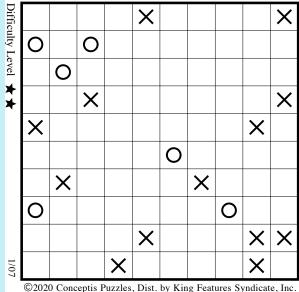
### **SUDOKU**

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.



### **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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Welcome to a new year and a new decade. May you find these '20s to be happy, healthy and prosperous.



Thank you, Richmond, for your continued support.







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