

VOL. 4 ISSUE 2 NOT-FOR-PROFIT FEB. 19 - MARCH 2, 2020

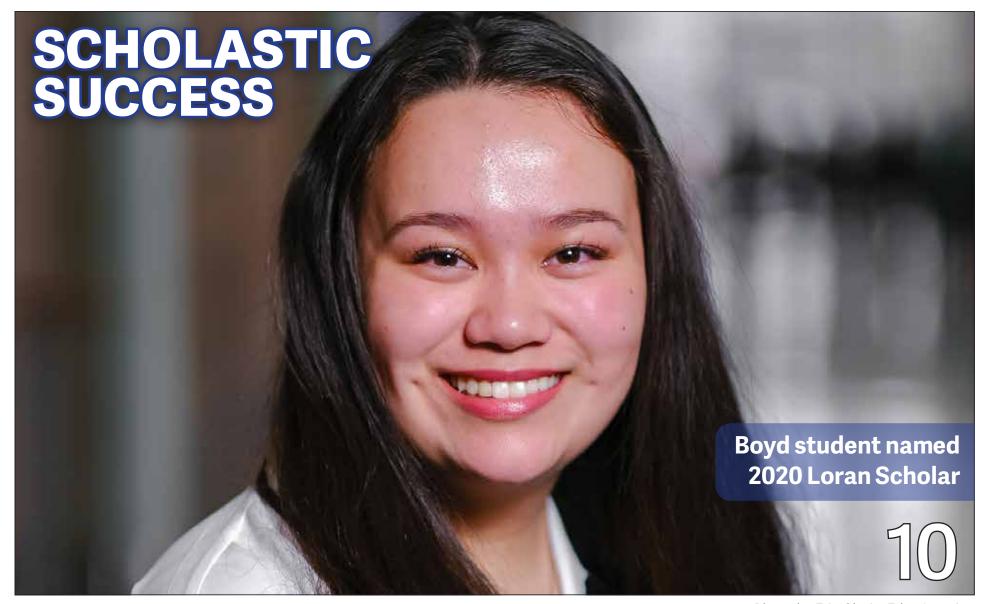


Photo by Eric Choi – Edge Imaging

Leilani Pearson, a Grade 12 student at Hugh Boyd secondary, is one of only 36 high schoolers across Canada to receive a Loran Award, valued at approximately \$100,000.



rapsanimalhospital.com

From one non-profit to another, Dogto Levi congratulations on your 25th anniversary!



40% OFF
DENTAL SCALE
& POLISH*

VIP CARD

AND 25% OFF
VETERINARY SERVICES IN 2019*

*Restrictions apply. Please see rapsanimalhospital.com/vip-members and rapsanimalhospital.com/dental-special for full details.

2 | CITY NEWS February 19 - March 2, 2020

City set to begin next phase of flood protection strategy

Richmond is set to begin its next phase of construction and upgrades to its dike network and flood protection system, as part of its ongoing Flood Protection Management Strategy and Dike Master Planning efforts.

The city is undergoing continual upgrades and improvements to address climate change-induced sea level rise.

Dike improvements begin soon along the north dike, between Nelson Road and the west edge of the train trestle near 21200 River Rd. Approved by city council in the 2020 capital budget, this work will continue to maintain and enhance the city's current flood protection service levels.

In preparation for this upgrade, staff will plant nearly 1,000 trees to replace 324 that will need to be removed to facilitate ground stabilization and erosion protection work required to reinforce and protect the dike in this location. The trees that need to be removed are largely cottonwoods on the water side of the dike. These trees are being undermined by erosion and present a safety hazard to both road and Fraser River users.



Photo courtesy City of Richmond

Richmond has 49 kilometres of perimeter dike and 39 drainage pump stations that provide the city with flood protection from ocean storm surges and freshets.

bert Road and No. 3 Road Pier—is now complete. Upgrades included raising and widening approximately 650 metres of dikes and the construction of an improved multi-use path to enhance the safety and accessibility of pedestrians and cy-The South Dike raising upgrade—between Gil- clists. In addition to these upgrades, 1.6 kilometres rdws/dikes

of dikes were re-armoured with 11,400 tonnes of foundation stone (rip-rap) as part of the City's Dike Maintenance Program in 2019. Future dike raising locations include the South Dike between No. 3 Road and Finn Slough

Richmond's drainage pump stations continue to be upgraded to accommodate growth and climate change. Construction of Shell Road North Pump Station and No. 7 Road South Pump Station is underway, and construction of Horseshoe Slough Pump Station is nearing completion.

Through capital improvements and investment in preventative maintenance programs, the city is able to proactively prepare and respond to flood related concerns, as its Flood Protection Management Strategy aims to raise dikes and establish a world-class flood protection standard.

The city will continue to engage key stakeholders and the public on climate change, flood protection, and area-specific considerations through the use of social media, open houses, presentations and other platforms.

To learn more, visit www.richmond.ca/services/





richmondsentinel.ca February 19 - March 2, 2020 CITY NEWS |

Mayor prefers tunnel for Massey crossing

By **DON FENNELL**@richmondsentinel

Tunnel or bridge. The question persists.

I Following an information session on the future of the George Massey crossing recently in Richmond, Mayor Malcolm Brodie said he is "convinced from an operational point of view the tunnel option would give us all the advantages we are looking for, and would move us well into the future."

Richmond city councillors Carol Day and Harold Steves were also among the more than 100 people who attended the public session, hosted by the Ministry of Transportation and Infrastructure. The ministry introduced plans for the first phase of the crossing project, which will help alleviate congestion on either side of the existing Deas Island

The tunnel option would give us all the advantages we are looking for.

- Malcolm Brodie

Tunnel.

The open house session also provided opportunities for further public feedback, noted Lina Halwani, Director of Planning and South Coast Region Major Project Lead.

She said ongoing engagement with Indigenous communities, as well as task force recommendations and further technical work, will all be considered by the ministry before a final decision on the preferred option is made in the coming months.



Photo by Hannah Scott

More than 100 people attended an information session on the future of the George Massey crossing recently at the Richmond Olympic Oval.

The hope is to have the business case completed by this fall.

South Coast Region Major Project Lead. "Once the business case is completed, we are going to seek funding partners, and then an environmental process would start," Halwani said.

It could take up two years to complete an environmental assessment for a bridge crossing and up to three years for a tunnel. Once funding is secured, an additional five years will be needed for the construction phase.

Halwani said a lot of technical work and traffic modelling has been done for either a bridge or tunnel. The conclusion is that either option would meet the demands of the future.

Either a proposed bridge or tunnel would have eight lanes, with six for general traffic and two reserved for transit—one in each direction. Incorporating pedestrian and cycling facilities has also been supported.

•dfennell@richmondsentinel.ca

Key considerations for either option include:

Immersed Tube Tunnel Concept

- separated and covered multi-use pathways
- similar grade as bridge
- low property impact
- improved connectivity within Deas Island Regional Park
- in-river impacts during construction
- potential for in-river habitat enhancement
- ventilation system designed to modern standards
- emergency systems designed to modern standards, including fire detection, response and communications
- shorter crossing, compared to bridge
- comparable cost to bridge

Long-span Bridge Concept

- separated multi-use pathways
- similar grade as tunnel
- land-side property impacts, including Deas Island Regional Park
- no piers in the Fraser River, however piers required in Deas Slough
- long-term noise, light, visual and shading effects
- local construction expertise
- longer crossing, compared to a tunnel
- comparable cost to immersed tube tunnel

Estimated Schedule

- 1-2 years for environmental review
- 5 years for construction

January snowfall was well past normal

Dichmond received more snow in used 746,000 litres of salt brine—equal January than it would normally get to over 4,950 average bath tubs. in an entire winter.

And spring doesn't arrive until 8:50 p.m. Pacific Time March 19.

According to data from Vancouver International Airport's weather monitoring station, Richmond received 34.6 centimetres of snow from Jan. 10 to 18. That's more than the annual snowfall received each winter since 2008 (with the exception of 2017, when the city saw 43.4 centimetres).

Despite the extensive snow dump over such a short period, the city says crews worked around the clock in back-to-back 12 hour shifts to keep up with evolving weather conditions. Between Jan. 10 and 18, city crews covered 22,818 kilometres clearing and treating Richmond's roads; dispersed 1,434 tonnes of salt—the weight of almost three Airbus A380 aircraft: and

"While the January 2020 snow event saw long hours and a seemingly endless war against Mother Nature, the City of Richmond is aware of the challenges winter weather brings to residents, their daily activities and safety," said Mayor Malcolm Brodie. "That's why the city has a snow strategy in place to focus on keeping main roads and major transit routes open as a priority, with arterial roads and residential streets to follow."

The city appreciates and thanks residents for doing their part to shovel sidewalks and keep street storm drains clear. They also recognize the patience many showed while snow clearing occurred, and for following and providing input on the regular weather updates and safety information posted through the city's Twitter



Photo by Don Fennell

Winter is far from over and already the city has received more snow than it typically gets all season.

and Facebook feeds.

cate the average high in Metro Vancouver in January is just below 7 degrees Celsius, while the average low being 18 centimetres in 1969.

just under 1 degree Celsius. The great-Environment Canada records indiest single day snowfall was 7.4 centimetres in 1961, with the most snow on the ground (between 1955 and 2013)

Richmond Cares, Richmond Gives receives provincial grant

By HANNAH SCOTT

Local Journalism Initiative reporter

ichmond Cares, Richmond Gives (RCRG) has re-Ceived a BC Community Gaming Grant to help support their programs. The money will support their Christmas Fund, information centre, and seniors community support services.

"We've received community gaming funds for several years," explains RCRG president and CEO Ed Gavsie. "For this fiscal year, (the amount) is what we requested, and it's being used for the areas that we asked for the funds for."

This year, RCRG received \$86,200. "(This funding) allows us to further provide services to our residents," Gavsie says.

"The community grant is huge for the Christmas Fund," says Richmond South Centre MLA Linda Reid."They handed out 11,000 toys this year."

Reid praises the community support provided by RCRG."I think we all have a responsibility to give a hand up every now and then. They've got the heart of Richmond at the top of their mind."

As a former teacher, Reid knows the importance of children's needs."I'm happy to do anything I can to make sure they get those dollars each and every year," she says.

Reid reminds potential supporters that the Christmas Fund needs help year-round: "Don't wait until November."



Photo courtesy Richmond Cares, Richmond Gives From left: RCRG president and CEO Ed Gavsie, Richmond South Centre MLA Linda Reid, and RCRG chair Richard Vetter.



Published by RICHMOND SENTINEL NEWS INC.

200-3071 No. 5 Road, Richmond, B.C., V6X 2T4

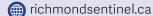
Advertising & Sponsorship

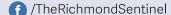
marketing@richmondsentinel.ca 778-325-1297

Newsroom

newsroom@richmondsentinel.ca 778-297-5005

Editor - Don Fennell dfennell@richmondsentinel.ca





@TheRichmondSentinel

@RmdSentinel

@RmdSentinel



Download our app

from the App Store or Google Play Store.

Funded in part by the



COMMUNITY COMMENT









Photo courtesy Pacific Coastal Airlines Daryl Smith, who founded Pacific Coastal Airlines nearly 40 years ago, has died at the age of 80.

Airline founder Daryl Smith passes at age 80

By LORRAINE GRAVES @richmondsentinel

Then you think of giants of BC V business, you're unlikely to think of a second generation logger from Powell River who started an airline that is now a major employer in Richmond.

Daryl Smith's original goal was to be a flying salesman for the family logging business.

"But," says Kevin Boothroyd, communications director for Pacific Coastal Airlines, "He also became a taxi service."

People would ask Smith to take a ward Smith's kindness. package or drop off a letter to a remote community he was flying into. And so, an airline was born.

That airline is still owned by the Smith family—one of the few still privately owned and operated.

Over half of the company's 600 employees work at the airline's Richmond base. The airline flies to 15 BC destinations and, when all flights are combined, has the third most takeoffs and landings at Vancouver International Airport (YVR).

One of Smith's operating principles was the notion of giving back to com-

munities. He called it his 'learn, earn and return' philosophy.

"It's become a culture of giving that's embedded, supported and embraced by our employees," says Boothroyd, who praises the Smiths' generosity.

"I come into this firm and my mind is blown. For instance, they don't tell you about flying the Kentucky Fried Chicken and donuts to Bella Bella for a kids' tournament for free. The whole flight up, the passengers wondered why the plane smelled like KFC," Boothroyd says with a chuckle.

The sales at the tournament funded the community's dry grad, paying for-

Smith made a host of community donations including to the Special Olympics and BCSPCA. His legacy of giving is a continuing ethos of the entire company.

The Powell River United Church will host a service and reception in Daryl's memory on Feb. 14.

In lieu of flowers, those wishing to honour his life and work are invited to make donations in his name to Canuck Place at www.canuckplace. org/donate/ or BC Children's Hospital www.bcchildrens.ca/donate.

LGraves@richmondsentinel.ca

DEAR RICHMOND CONSTITUENTS,

BC Early Hearing Program

I was delighted to celebrate a significant milestone on February 7, 2020 with the original Steering Committee of the BC Early Hearing Program. 500,000 BC newborn babies have been successfully screened in our province. This world class program has done remarkable work. Please join me in thanking these amazing professionals for the work they do to support BC families.

The BC Early Hearing Program (BCEHP) is a province-wide program for early hearing screening and intervention. Babies start to learn speech and language from the moment they are born. If your baby can't hear well, he or she may have problems learning to talk and develop language skills.





About one of every 300 babies is born with a hearing loss in one or both ears. This number increases for babies who require special care at birth. It is not easy to identify that a young baby has a hearing loss by simply watching his or her behaviour. Without early screening, many babies with hearing loss go undetected.

While you are in the hospital you will be offered a hearing screening test for your baby. A BCEHP-trained hearing screener conducts the test. The test uses quick, simple and safe methods to check the hearing of newborn babies. If your baby is not screened in the hospital, screening can be done at your closest public health hearing screening clinic.

For more information about the BC Early Hearing Program, visit the BCEHP website at www.phsa.ca/earlyhearing or call 1-866-612-2347.

Linda Reid, MLA

Richmond South Centre Constituency Office: 130 - 8040 Garden City Road, Richmond, BC V6Y 2N9 Tel: 604-775-0891 www.lindareidmla.ca

McRoberts student leads youth into civic engagement

By **DON FENNELL** @richmondsentinel

The future of local government is in the hands of youth, and this spring they'll have the chance to share their foresight.

Beginning in April, Richmond will introduce the Youth Civic Engagement Program. Growing out of a delegation of local students, led by Annie Lai, it will provide a free registered education-to-action opportunity for youth aged 15 to 23 to participate in three civic affairs courses in 2020.

"I initially wanted to start this program after I attended the youth parliament session," says Lai, in Grade 12 at Hugh McRoberts Secondary."I realized that there was potential for interest in civic engagement and politics. I have spent the last two years leading a youth-focused non-profit organization, so I have had the chance to chat with students across the district."

During the eight-week Youth Civic Engagement Program, up to 12 youth will learn about local government, how city decisions are made, and have the

interest and present to a mock council.

"The city sees this as an opportunity to do more than just encourage youth to understand local government and how it impacts their community," says Clay Adams, director of communications for the City of Richmond. "It is hopefully an opportunity to build interest in municipal affairs and develop a future generation of engaged citizens."

Lai says city staff did a "fantastic job" of taking a holistic view of the program, ensuring all aspects of the original presentation last June by a delegation of students—led by Lai—were addressed. But rather than initiate a youth city council as requested, city council instead approved the creation of the Youth Civic Engagement Program, a part of which will be a mock council session.

"I believe that youth are going to enjoy the handson experience while gaining knowledge about local government and procedure," Lai says. "The Youth Civic Engagement Program offers a platform for youth to debate about issues they really care about, such as climate change. Nowadays, we can see that

opportunity to co-design projects that spark their so many students are getting involved in affairs that they are passionate about, and this program will support them in their journeys as change-makers. I believe that youth provide a different perspective on municipal affairs and that this insight is valuable to city councillors. At the end of the program, students are required to create a final proposal to present to council. My hope is that this offers council an opportunity to connect with youth more often and take into consideration our opinions."

> Lai says she is personally looking forward to learning just as much as everyone else.

> "I love to debate and listen to different peoples opinions and perspectives, and it is always valuable to understand the basis of politics," she explains. "My goal in my involvement in this program is to gain a better understanding of what a city councillor does and help spread awareness about the importance of civic engagement to others. I am unsure about seeking office anytime in the near future, but it is definitely a possibility. I like to keep my options open so that I can explore different interests."

> > •dfennell@richmondsentinel.ca

Education Week promises to be chockablock

By DON FENNELL erichmondsentinel

Dublic education is in the spotlight Feb. 24 to 28 as the Richmond School District celebrates Education Week.

It is a time to celebrate teaching excellence and student achievement, and to highlight individual, classroom, school and district accomplishments.

This year, Education Week is chock full of unique and interesting events sure to engage onlookers and to encourage thought.

Always a popular attraction, rolling art boards are an Education Week tradition. They showcase artistic talent from a variety of Richmond elementary schools. Check out the boards daily during mall hours Feb. 24 to 28 at Aberdeen Centre.

Also Feb. 24, from 6:15 to 8 p.m., be sure to drop in on the junior board meeting at the Richmond School District administration building.



Photo by Lorraine Graves

Science Jam is always a popular event at Education Week, Feb. 24 to 28.

Feb. 25 features a pair of events. From 4:15 to 6 p.m. at Aberdeen Centre, Science Jam is the biggest non-competitive science fair in BC. Students will display their projects, which explore the science curriculum and environmental sustainability.

Later in the day, from 7 to 8 p.m., head over to Richmond High for Bannock and Jam, an event that celebrates the 2017 signing of the Richmond School District's second Aboriginal Enhancement Agreement. The event features student displays, pow-wow dancing and a drumming ceremony.

Feb. 26 will be highlighted by a fine arts fair from 12:30 to 2:30 p.m. at Aberdeen mall. The collection of artistic performances from Steveston-London Secondary encompasses music, drama, visual arts, dance and media.

Students will engage in a national multi-trade and technology competition. Scheduled for Feb. 27 from 9 a.m. to 3 p.m. at Kwantlen Polytechnic University, Skills Canada also seeks to raise awareness about skilled trades and technology sectors to all Canadian youth and influencers. The BC regional competition for Richmond will feature seven different competitions including spaghetti bridge building, a gravity car race, potential energy vehicles, graphic design, web design, public speaking and fashion technology.

The week winds up Feb. 28 with Footloose. From 6:30 to 10 p.m. at Palmer Secondary, Footloose 2020 will feature four showcase performances and 31 competitive dance teams from all over the Lower Mainland. Since its debut, close to \$40,000 in post-secondary scholarships have been provided to graduating dancers. Tickets will only be available at the Palmer office weekdays for \$10 each.

•dfennell@richmondsentinel.ca

February 19 - March 2, 2020 EDUCATION | 7 richmondsentinel.ca

Spul'u'kwuks students win major technology prize



Photo courtesy Spul'u'kwuks Elementary

Spul'u'kwuks students recently received the first of their technology prizes, which have a total value of \$27,000.

By **HANNAH SCOTT**

Local Journalism Initiative reporter

Deing well versed in current af-Dfairs has earned students at Spul'u'kwuks Elementary a deserving

Spul'u'kwuks has been named the most informed school in Canada as part of a Chatterhigh contest.

The prize is \$27,000 worth of technology, including cameras and speakers that allow for video conferencing, an interactive digital whiteboard, and software for content creation and sharing. The items are from Cisco, Compugen, and Viewsonic.

This news comes after two teams of Spul'u'kwuks students attended a UBC"Let's Talk Science" day that saw them compete against peers from other BC schools. One of these teams won first prize.

This success motivated a search for more opportunities for academic challenges outside the classroom. That's when they found Chatterhigh. com. The website, started in BC, sends participating students 10 quiz questions per day. Teachers can compete

in virtual challenges to collect points, donate to charities, and find out who has the "Most Informed" class.

For the Spul'u'kwuks class, this was an opportunity to build research skills-the website motivates students to research correct answers for double points rather than accepting an incorrect answer and moving on. Ultimately, the site also challenges students to think about their individual interests and potential career choices through a link to the Education Ministry.

When the class found out about the technology grand prize, they doubted they could win. But as they challenged and encouraged their fellow students, other classes at Spul'u'kwuks were inspired to join in the initiative.

Parents and staff from the greater school community joined the efforts to help Spul'u'kwuks keep their lead. On the last day of the contest, Dec. 6, they found out they had won the grand prize.

Having competed against students from across Canada, many of whom were high schoolers, Spul'u'kwuks students were shocked.

On Feb. 6, the Viewsonic screen was presented to students, several of whom spoke at the assembly presentation. One student generated her own personal attributes through the Chatterhigh site, later learning what engaged in creating projects." future jobs might be well-suited to her.

The screen allows video conferencing to other schools. The students in the winning class are very capable, says their teacher, but lack confidence when speaking in front of each other.

"They worked really hard. We have such an incredible group of students at this school," their teacher adds.

Through the new conferencing technology in their classroom, the students will be able to prepare questions on pre-assigned topics. They will then speak on those topics, which their teacher hopes will "help them to get rid in front of their peers."

"They'll be able to use the board to

create their own content, I'm hoping we'll be able to use it to create videos or online projects. They can create, basically, interactive Powerpoints. It's a very interactive way to get students

Half of their technology prize has yet to arrive: a microphone that feeds through the classroom's ceiling and connects to a soundboard with a camera and speakers. Once this is installed. the students will be able to participate in large-scale video conferences.

Spul'u'kwuks opened in October 2000 and currently has 431 students, half of whom are English Language Learners. They are the only school in Richmond that schools in the summer, with one-month breaks in December, April, and August.

For more information on Chatterof some of those jitters when speaking high's services, visit their website at chatterhigh.com.

•hannahs@richmondsentinel.ca





604-207-9966

WWW.CALLMARIO.CA

Indoor garden sprouts new opportunities for MacNeill students

By HANNAH SCOTT

Local Journalism Initiative reporter

↑ acNeill secondary students have a new way to grow vegetables and herbs-thanks to funding from their school's Parent Advisory Council (PAC) and the dedication of science teacher Neill McCallum.

Previously, explains McCallum, the school sprouted seeds in a small indoor garden, then later transplanted to an outdoor plot. Now, they have an aeroponic garden tower.

Aeroponic systems hold plants in small pods so their top halves can be exposed to light. Inside the tower, nutrients are misted onto the plants' exposed roots, mimicking conditions found underground.

"Our green team wanted to expand and grow full-sized plants year round, as our outdoor gardens are not worked on much over the winter monthsand this is a substantial portion of the school year," says McCallum.

Together with foods studies teacher Lauren Valiquette, McCallum-who is also the school district's teacher sustainability consultant—supported the idea of an aeroponic tower at Mac-Neill. After seeing these towers used



Photo courtesy Neill McCallum

The MacNeill green team poses with their new aeroponic garden tower.

successfully in other schools, and testing one last year, they wanted one of

While the majority of the funding was provided by the PAC, green team students also chipped in.

"Students, parents and teachers are all responding very well to the tower," says McCallum. "It really grabs your attention, and gets everyone thinking about sustainable food resources and innovation."

McCallum explains the tower pri-

marily grows leafy greens, which are typically challenging to cultivate in the winter. These include lettuce, rainbow chard, kale and basil.

For students, growing produce in the aeroponic system provides a hands-on learning opportunity, Mc-Callum says.

Students work on every aspect of the project—from tower assembly, planting, and harvest to cleaning the tower between growing cycles. Foods students use the produce for their

cooking classes, as well.

"Students get to see the different stages of plant growth over time, as they mature from seeds to plants and later something delicious on a plate," he explains.

"It is a great addition to the school because it does not just make gardening more efficient, it teaches others about the process of gardening," says a green team student "By having a tower, (we) can get involved, so (we) can get a better understanding of how to live a sustainable lifestyle too."

Aside from its ability to generate what McCallum calls "cross-curricular content" between the science and foods departments, he also appreciates the tower's potential for student growth.

"It helps keep the kids interested in gardening during the winter so that we can focus our efforts on the traditional outdoor garden beds during the warmer seasons. The freedom of growing something at any point during the school year is tremendous," he says.

For more on the type of tower installed at MacNeill, visit the company's website at www.towergarden.ca/tg.

•hannahs@richmondsentinel.ca

U-Pass BC program renewed until 2025

By **HANNAH SCOTT**

Local Journalism Initiative reporter

here's good news for the many post-secondary students whose only way to campus is on transit. Students from 10 Metro Vancouver public universities and colleges have voted to extend the U-Pass BC program for five years, according to a Transportation Ministry release.

The U-Pass BC program began in 2010. It is a partnership between the province, TransLink, and participating post-secondary institutions. With a U-Pass, students tap their card, which can be reloaded monthly, to travel by bus, SeaBus and SkyTrain. They also receive discounts on the West Coast Express.

The U-Pass costs \$41 per month and covers travel in all zones. In comparison, a one zone monthly pass

on a regular adult Compass Card costs \$98. Two and three zone passes are \$131 and \$177 respectively.

A current Langara College student, who lives in Richmond, spoke on the program.

"I think it's good for students who use it. Most of my friends use transit to get to school, so they use their U-Pass," Athina Nourali said.

Local post-secondary institutions that use the U-Pass BC program include:

- University of British Columbia
- Simon Fraser University
- Capilano University
- Kwantlen Polytechnic University
- Langara College
- Douglas College
- Vancouver Community College, including the TransLink's total journeys. Native Education College

- Emily Carr University of Art and Design
- Nicola Valley Institute of Technology (Burnaby) Campus) and
- British Columbia Institute of Technology.

In 2019, student associations at these institutions voted on the five-year extension of the U-Pass BC program. All 10 schools passed the referendum with sweeping support.

The cost of the U-Pass BC rate will increase to \$42.50 on May 1. There will be further annual increases from then until May 2024, when the rate will be \$46 per month. It will remain at this cost until the five-year agreement ends on April 30, 2025.

In 2018, U-Pass BC students took a combined 35 million TransLink trips, about 13 per cent of

•hannahs@richmondsentinel.ca

Richmond students fix bikes to give back

By **HANNAH SCOTT**

Local Journalism Initiative reporter

New immigrants to Richmond—including refugees—often struggle to integrate themselves into communities when they first arrive.

The Richmond School District's Settlement Workers In Schools (SWIS) program strives daily to offer assistance. During the course of a year, they help about 2,500 clients in Richmond alone, says SWIS manager Rebeca Avendano.

"We've had this program supporting newcomers—not just refugees, but all kinds of newcomers—for over 10 years now," says Avendano.

She says the more people learn about programs like this, the more they want to contribute. Schools often sponsor families in need during the holidays, but other times of the year as well. They are anonymous.

"Culturally, there's a lot of shame associated with not having things and being given things," Avendano explains. "It's very important that we do this with dignity."

For the last five years, a Richmond teacher and his students have helped to ease the transition. While governments provide refugees with initial sti- Nowak and his students have fixed 19

pends that covers basic needs like furniture, they are often missing other necessities such as transportation.

Simon Nowak and Inas Elmenbbawi (a staff member with SWIS) initiated a project to repair old bicycles while working together at McNair Secondary in 2015. Now teaching technology at Steveston-London, Nowak's classes continue the undertaking. Previously, retired Richmond High teacher Fred Dietrich oversaw a similar project.

When Nowak began teaching Power Mechanics to Grade 9 and 10 students at McNair, he fig-

ured it would be a good introduction to mechanics for students—and a way to give back to the community.

"At the time, Richmond teachers had a buy and sell forum and put up a couple of messages asking for bikes, regardless of if they were ridable or not, or even any bike parts," explains Nowak. Now, they source bikes from students or around the city.

Since he reinitiated the program,



Photo submitted High school students learn how to fix bikes that are then donated to new immigrant and refugee families in Richmond.

bikes. He says the learning opportunitv is a useful one.

"Working on bikes helps (students) understand how to use tools properly. It also teaches them problem solving skills needed as we move forward with the course and more advanced units like small engines and automotive," says Nowak.

Adds Avendano: "They're not just room. learning the technical skills of fixing

a bike-which is important-but they're also giving back to their community and helping newcomers."

Thanks in part to Nowak and his students, new immigrants and refugees are finding their way into new communities. Students are able to give back while encountering handson learning opportunities in the class-

•hannahs@richmondsentinel.ca

A great Place to live... A great Way to live...



Seniors Independent Living in Beautiful Steveston



604-277-4519

themapleresidences.com

Hugh Boyd student named 2020 Loran Scholar



By HANNAH SCOTT Local Journalism Initiative reporter

Richmond's students have a history of shining in Canada-wide scholarship competitions. Leilani Pearson is the latest.

The Grade 12 Hugh Boyd secondary student has been named as a 2020 Loran Scholar.

The Loran Scholars Foundation has been in place since 1988. Over four years of undergraduate study, each Loran Scholar receives funding valued at \$100,000. This includes an annual stipend, tuition at one of 25 Canadian universities, mentorship, summer internships, and networking opportunities with other Loran Scholars.

More than 5,000 students across Canada applied for the prestigious award, 500 were interviewed, and 88 made it to the National Selections process. 36 finalists have recently been named 2020 Loran Scholars. The selection committee looks for students who exhibit qualities beyond academic excellence.

Since 2015. Richmond has seen three other students become Loran Scholars: Palmer's Bonnie Zhang in 2015 and McNair's Cole Langer and Leon Picha last year.

"When I first filled out my application, I had originally thought it was just another scholarship, but Loran is so much more than that," says Pearson. "It's a major program that involves continuing to play an active role in the community, maintaining high grades in a full course load, summer jobs in three sectors, and so much more."

While Pearson is thrilled to be recognized, her journey hasn't been without these wonderful people from all over difficulties.

"I think the most challenging part was actually motivation. Each step of



Photo by Eric Choi – Edge Imaging

Leilani Pearson is the latest Richmond student to be named a Loran Scholar.

the way I felt like what I was doing was realized that because we were all in pointless," she says.

Pearson describes having impostor syndrome—doubting her own accomplishments and feeling fraudulent but says these fears were quelled by interacting with other finalists at the recent national selections weekend.

"I never would have thought that it would actually go anywhere, so for much of the journey I would end up putting myself down. It wasn't until I actually met everyone at nationals that I realized we were all here for a reason," says Pearson of the eye-opening weekend.

"Getting the chance to meet all of Canada that have been doing such amazing things, it was exhilarating. I was overwhelmed at first, but I soon

the same situation it was remarkably easy to talk to anyone.

"I found that I could sit down with a total stranger and have no trouble at all talking to them," says Pearson.

At Hugh Boyd, Pearson is involved with several clubs, including the First Responders and the Greenthumbers, of which she is a co-president.

"Not only has it given me the chance to get more involved within the school, it has also allowed for me to meet others in the school that I've never really spoken to before," she says.

Noting Pearson's commitment to school programs, Boyd teacher Renukha Ramanathan was "thrilled" when she learned Pearson had made the list of Loran finalists.

"As a First Responder, she has had

many exciting calls and challenges this year that she has handled really well," says Ramanathan.

Ramanathan believes that Pearson will make a difference in the world after high school, encouraging Pearson to "enjoy the ride."

"There will be hard times and easy times, but it is essential to learn from it all and to enjoy it," says Ramanathan.

As Pearson nears the end of her high school years, she has been thinking about what might come next for her.

"I really want to study biology because it's one of my greatest interests. I have always been curious about the world and the way it works so if I get the chance to further explore this passion it would mean a lot to me," she

After researching schools that she believes fit with her needs and interests, Pearson has applied to both the University of Toronto and Queen's University.

When she's not busy studying, Pearson works at Dairy Queen and has been learning Polynesian Dance for 11

"I really enjoy volunteer work but I've also been really trying to learn more about myself as an individual, and so some of my methods for staying involved combine both my love for volunteering and staying involved, and my passions and interests," she says.

Leaving her family and home behind is a daunting prospect.

"I'm really excited, but also scared about the chance to be independent. I've never really been away from my family before," says Pearson.

Speaking to the Sentinel before the results were released, Pearson clarified:"Regardless of the outcome of the interviews, post-secondary (education) will be a great opportunity for me to really get to know myself and truly explore what the world has to offer."

Now, as a 2020 Loran Scholar, she can explore to her heart's content.

•hannahs@richmondsentinel.ca

Expert gives advice on sleep apnea

By LORRAINE GRAVES @richmondsentinel

ichmond sleep specialist Dr. Sherri Caswell loves complicated things.

Caswell started her medical career in internal medicine and critical care, tending hospitalized people with life-threatening conditions. Then she turned to sleep medicine.

"This is an area that has so many facets to it. I can help people and help prevent problems. It's great," she says.

While Caswell looks at many sleep disorders, a common and under-treated one is sleep apnea-when a person stops breathing during sleep, often multiple times a night.

Clues of sleep apnea include snoring, waking unrefreshed, feeling tired all the time, and a history of waking up recurrently in the night.

"Getting up to pee often through the night, so many think, 'It's my prostate.' They refuse to consider it might be sleep apnea," says Caswell.

When you stop breathing, your body gets a surge of stress hormones. "(Then) your brain wakes for three seconds and you take a breath," says Caswell. Each time you stop breathing in your sleep, your oxygen level drops.

Stress hormones and decreased oxygen can be hard on your heart and brain. If you have a blockage in your



Photo by Lorraine Graves

Dr. Sherri Caswell specializes in sleep disorders.

heart, apnea can interrupt the healthy rhythm of your heart or even cause it to stop momentarily.

"I've had young people who've had big six-second pauses in their heart rhythm. When they had their apnea treated, that went away," says Caswell.

Apnea can also affect your brain due to its association with strokes and memory impairment. Caswell says some people with sleep apnea are more likely to have inflammation and blood clots.

Caswell says 80 per cent of diabet-

ics have apnea, often undiagnosed. People with congestive heart failure, lung issues or high blood pressure may also be at risk. General fatigue, falling asleep on the couch or excessive sleepiness are all indicators to get checked.

Sleep apnea can be diagnosed that's what he died of." through screening by respiratory therapists. But they have to be careful that patients don't have other conditions, Caswell cautions: "For example, some young people with brain tumours have apnea."

Caswell says she uses a sleep ap-

nea diagnosis as an opportunity to educate people on other risks, including atrial fibrillation—irregular heart rate—and stroke.

The good news is that straightforward apnea is treatable. A continuous positive airway pressure (CPAP) machine applies just enough pressure on the airway to keep it open. There are also dental appliances that prevent airways from shutting. Mask fit is crucial with these kinds of apparatus.

Caswell outlines other treatment options: "Always look at weight loss, exercise, getting off medications that you might be able to get off," she says. In some cases, just sleeping on your side can keep your airway open.

Sometimes an ear, nose and throat specialist can help. Surgery may be necessary if enlarged tonsils are closing a patient's airway, but overall Caswell isn't a big fan of apnea surgeries.

She's an advocate for medical care because she knows the cost of undiagnosed apnea: "My grandfather was never diagnosed but I'm pretty sure

Caswell says that there is still much to do. While family physicians know so much more about apnea than they did 10 years ago, there is even more education required for both medical professionals and the public.

•LGraves@richmondsentinel.ca

New book dispenser broadens borrowing potential

By **HANNAH SCOTT**

Local Journalism Initiative reporter

Valentine's Day was the perfect opportunity for the Richmond Public Library to celebrate a love of books.

A new book dispenser was introduced Feb. 14 at the Minoru Centre for Active Living. The dispenser, located on the second floor of the seniors centre, was funded by the City of Richmond and unveiled by Mayor Malcolm Brodie and council members.

Books will be replenished regularly, so stop by to see what's new. They can be checked

out seven days a week during seniors centre hours (7 a.m. to 9 p.m. Mondays through Saturdays and 8 a.m. to 5 p.m. Sundays), providing a borrowing option outside the library itself. Users can unlock the door with a Richmond Public Library card.

"This dispenser provides an innovative service to better meet the needs of local seniors, their families and their caregivers," said Susan Walters, Richmond Public Library chief librarian. "We are excited and we hope you are too. Come try out the new book dispenser soon and see what it holds for you!"

•hannahs@richmondsentinel.ca



Photo courtesy Richmond Public Library The Richmond **Public** Library's new Minoru book dispenser was unveiled on Feb. 14.

12 | FOOD February 19 - March 2, 2020 RICHMOND SENTINEL

Richmond restaurants

The Sentinel is proud to serve up news on Richmond's unique and interesting dining options. Each edition will profile local eateries of all kinds, from established locations to new spots. If you own a restaurant or other food establishment, and would like to be featured, feel free to contact us at newsroom@richmondsentinel.ca





Photo courtesy Big Star Sandwich Richmond The interior of Big Star Sandwich's new Richmond location.

Big Star Sandwich

How long have you been in business, and what is your restaurant's history?

I've been in the business for 16 months now—we are a franchise. (Editor's note: Big Star Sandwich Co. opened its first store in New Next resistant in 2012 and pay has a super least in a super least in the least in

Westminster in 2013 and now has seven locations across the Lower Mainland. The founder, a longtime tradesman, had been dissatisfied with the sandwiches he'd had over the years. Big Star stores pride themselves on high quality meats and guarantee heartiness. Sandwiches are served on fresh Filone bread, which Big Star describes as a ciabatta-baguette cross. The Richmond location opened in late 2018.)

What's special or unique about your restaurant?

We make our meats in house and many of our sandwiches are based around roast beef and pulled turkey. We roast the beef overnight for 13 hours (slow cook at 350°F), and our turkey breast has been cooked for seven hours and pulled by hand.

What's your specialty or best-selling item?

The most popular and best-selling sandwich is No. 4 on our menu: roast beef with mayonnaise, deli mustard, bacon, cheddar cheese, tomato, lettuce and hickory sticks.

Do you have any new menu items?

Yes we do—we have a couple of new vegetarian sandwiches and a couple of new turkey sandwiches.

What's your favourite item on the menu?

My favourites are No. 18 (turkey, sriracha mayo, cranberry sauce, bacon, tomato and lettuce) and No. 27 (roast beef, sriracha mayo, garlic aioli, provolone cheese, tomato, lettuce, fresh onions and crispy onions).

Stevo Bursac, owner of Big Star Sandwich Richmond



Photo courtesy Lamajoun Bakery

BBQ chicken and grilled red peppers on freshly baked lavash flatbread.

Lamajoun Bakery

How long have you been in business, and what is your restaurant's history?

My wife Anna and I started our company in 2011 with a very small operation: a commercial kitchen in Surrey that we rented on an hourly basis. We both worked full time at a software company, so we baked at 4 a.m. every day, then sold to our community members at two Armenian Churches, Lamaioun (a thin layer of yeast-free dough baked with beef sauce) was in high demand. Some of our products, including our lavash flatbread, became very popular. Hundreds of customers ordered them via direct delivery, as well as many resellers—including popular store chains—in Vancouver, North Van, Richmond, Surrey, Victoria and the USA. In 2017, we opened up our own production location on River Road. Our main goal is to produce, cater and wholesale our products, but we also have a small seating area with four tables. We have become very popular, attracting customers from as far away as Whistler and Seattle.

What's special or unique about your joun Bakery

restaurant?

We prepare our food the same way as we would prepare it for our children: everything from scratch, using only the highest quality all-natural ingredients, premium meats, and local market greens and vegetables. All of our products are palm oil free, margarine free, preservative and MSG free.

What's your specialty or best-selling item?

Chicken BBQ (marinated in yogurt and garlic) with grilled red peppers in freshly baked lavash flatbread, plus Jumbo Khinkali dumplings.

Do you have any new menu items?

Sometimes we offer dolma (ground beef rolled in grape leaves) with homemade tzatziki sauce and beef soup with pearl barley and potatoes (our grandma's finger licking recipe).

What's your favourite item on the menu?

Lamb shoulder BBQ in lavash flat-bread—mouth watering!

Serge Maranjyan, president of Lamajoun Bakery

February 19 - March 2, 2020 **FOOD | 13** richmondsentinel.ca

Vegan baking delights customers—including non-vegans

By **HANNAH SCOTT**

Local Journalism Initiative reporter

lave you ever tried a cookie or brownie, enjoyed it, and then been shocked to learn it was vegan—made without egg or dairy prod-

Vegan baking is a growing commercial industry, part of a larger-scale push to cater to customers with dietary restrictions or allergies.

For some bakers, vegan recipes are a challenge. For some, they have become a hobby.

For Richmond baker Monica Tang, vegan baking is a career. Tang quit her job last July to focus on baking full-time. She currently bakes out of her home, but along with a business partner—who owns a local matcha tea company—is planning to open a storefront in Vancouver's Mount Pleasant neighbourhood.

"Because I'm partnering with her, we're sharing the workload of having to get permits and a budget and a business plan and everything. We're doing that together, so it's a lot better than if I was just doing it myself. We're learning together," Tang says of her partnership with Kimmy, owner of Whisk Matcha.

"A lot of my customers, I know they aren't vegan, but they might have a child who has a dairy allergy or an egg allergy and they can't go and get a cupcake from another bakery. Having a vegan bakery in the community a food allergy," says Tang.

Tang began vegan baking as a

"I went vegan, and my friend who's an. vegan as well wanted me to make her a birthday cake," she says. After making that cake, she advertised her goods on a Facebook group geared towards local vegans, and her business took off through word of mouth.

Tang offers a variety of cakes on

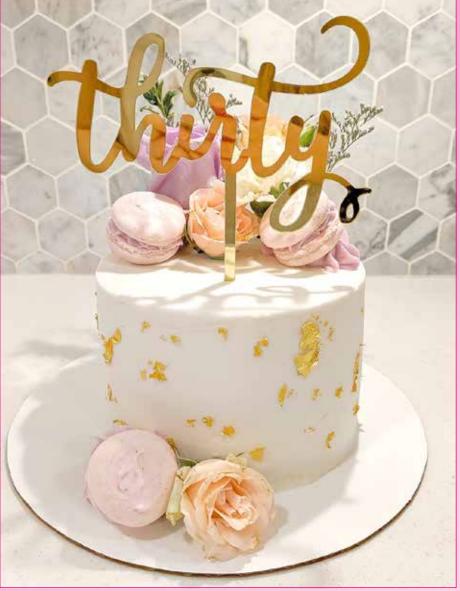


Photo courtesy Monica Tang

One of Monica Tang's vegan cakes, which she sells as a full-time career after leaving her job six months ago.

her website. Each one is fresh and is very beneficial for those who have custom-made, and some can also be made nut-free or gluten-free. She also makes vegan macarons in more than 10 flavours. All her baking is veg-

> The biggest challenge, says Tang, was replacing butter with a vegan substitute called Earth Balance. However, Earth Balance doesn't have the same hardness as butter, so can be something of a challenge.

"When you're making icing, (Earth

Balance) melts really easily compared to butter," she says. "That's a huge challenge that's really hard to overcome in the summer. You don't really need eggs when you're making sponge cake, and also there are other alternatives like aquafaba, which I use for my macarons," Tang explains.

Aguafaba is the term for the water in which legume seeds-for example, chickpeas—have been cooked. Due to its viscosity, it makes a good substitute for eggs in recipes that require frothy or whipped egg whites.

"It took me a while to have my recipe finalized for my vegan macarons. I would use different amounts of the aguafaba versus the almond flour, and it's a completely different bake time compared to traditional French macarons," says Tang.

Compared to traditional macarons, which use eggs and cream, Tang says her vegan creations take longer to bake.

"With eggs it takes 20 minutes, with aquafaba it takes two hours (to bake)," she says.

Tang's best-selling item is her tiramisu cake, which she sells wholesale to several retailers. It is made out of vanilla cake soaked with coffee, and then the icing is coconut cream.

Despite initially venturing into vegan baking as what she calls a "side hustle," Tang has made it her fulltime passion.

> Having a vegan bakery in the community is very beneficial for those who have food allergy.

- Monica Tang

"People liked what I made and I'm good at it, so that brought me here," she says, referring to the success and future storefront of her business.

"My favourite thing is when I receive a text, an email, and they say they love the cake that I made them and they're going to order again for their grandma or something like that," says Tang.

To learn more about Tang's baking or to support her kickstarter, visit her website at levelvbakery.com.

•hannahs@richmondsentinel.ca

14 | February 19 - March 2, 2020 RICHMOND SENTINEL

In their own words...

Our Olympic story: A unique legacy for future generations



Malcolm Brodie Mayor

It was July 2003, when we cheered loudly as the President of the International Olympic Committee announced that the 2010 Olympic Winter Games would be awarded to the City of Vancouver. This, we knew, was the start of a very exciting journey.

Richmond had been the only City to financially support the Olympic Bid. We expected to play a modest role with plans to build the International Broadcast Centre on the Garden City Lands. But an opportunity arose to become the Venue City for long track speed skating. We were confident that an iconic building would draw the world's attention and showcase our City to the world. The 2010 Olympic Winter Games would ultimately prove to be far more than a once-in-a-lifetime sports event, but an opportunity to create a unique legacy for future generations.

The Richmond Olympic Oval is an active – and growing – legacy of the 2010 Winter Olympics. Situated on the banks of the Fraser River and opposite the airport, the award-winning Oval stands as one of our most prominent and identifiable landmarks as well as an Olympic success story. During the Games, we saw the awarding of many Canadian

speed skating medals, several of them Gold.

Richmond's success during the Games was enhanced by our wish to be a true Venue City and not merely a City with a venue. Before the Games, over 100,000 people skated on the ice, while over 300,000 walked through its doors. Thousands of residents signed the last roof panel for the building. Excitement in the days leading up to the start of the Games was unlike anything our City had ever experienced. The colour red was displayed everywhere. Hundreds of media came to Richmond before opening day when the "NBC Today Show" called the Oval "The crown jewel of these Olympic Games". Richmond was recognized as being an exciting, vibrant and culturally diverse community building for the future.

Do you remember the Torch Relay when we welcomed the final torch-bearer, Rick Hansen, to the celebration in Minoru Park? The O Zone, anchored by the legendary Holland Heineken House, spread from City Hall to Minoru Park. With nightly concerts, an innovative outdoor skating rink, ice sculptures, BC Streets and more, the O Zone entertained over 500,000 people during 17 days of celebration.

Hundreds and hundreds of committed Richmond volunteers played an immeasurable role throughout the Games. Along with our partner, Volunteer Richmond, the City recruited, trained and organized an army of volunteers who gave tens of thousands of hours for events ranging from countdown celebrations to Richmond's memorable O Zone.

Now as we mark the 10th anniversary of the Games, we recognize some of the lasting impacts on our City. The Canada Line, a TransLink success story,



would not have been built without the Games and the support of the City along with dozens of regional non-profit groups. Growth and development in our City Centre has been enhanced by that transit vision.

Today, the Richmond Olympic Oval continues to serve as a focus by providing a wide spectrum of sport and recreational programs for all, from novice to elite levels. It hosts dozens of provincial, national and international events annually, along with training for several national athletic teams. The spirit of the Olympics is vividly displayed in the Olympic Experience Museum. It all demonstrates how an Olympic venue can provide a lasting legacy which adds immeasurably to the fabric of a City.

The 2010 Winter Olympic Games will long be remembered for the excitement, drama and celebration generated by the events. For us, we are proud the legacy continues – a symbol of our community spirit and the commitment of our volunteers – for our future generations.

City of Richmond Council Meetings Calendar

Feb 24 | 7:00 p.m. **Council Meeting** *Council Chambers*

Feb 25 | 4:00 p.m. Parks, Recreation & Cultural Services Committee Anderson Room

Feb 26 | 3:30 p.m. **Development Permit Panel**Council Chambers

Mar 2 | 4:00 p.m.

General Purposes Committee and Finance Committee Anderson Room

Mar 3 | 4:00 p.m. **Planning Committee** *Anderson Room*

Mar 9 | 7:00 p.m. **Council Meeting** *Council Chambers* Mar 10 | 4:00 p.m.

Community Safety Committee

Anderson Room

Mar 11 | 3:30 p.m.

Development Permit Panel

Council Chambers

Mar 16 | 4:00 p.m. **General Purposes Committee** *Anderson Room* Mar 16 | 7:00 p.m. **Public Hearing** Council Chambers

Mar 17 | 4:00 p.m.

Public Works &

Transportation

Committee

Anderson Room



Council Meeting Live Streaming



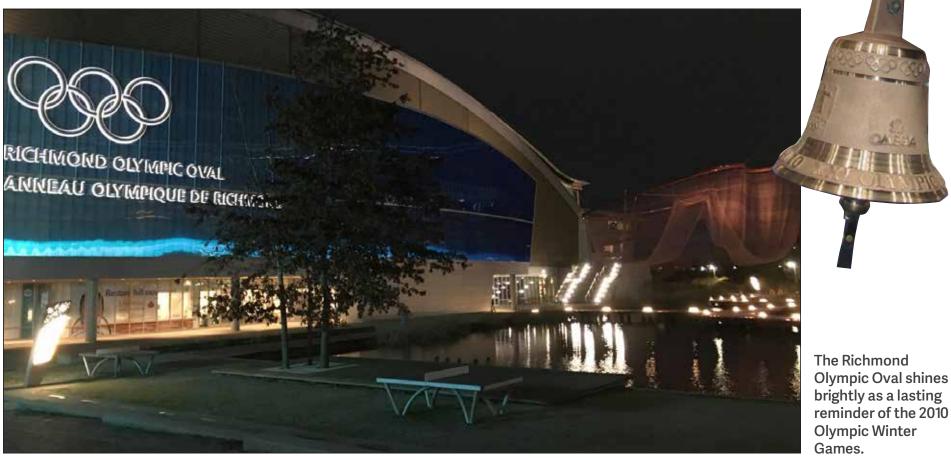


Visit www.richmond.ca to link to live streaming or watch archived video.



All meetings at City Hall, 6911 No. 3 Road. For meeting agendas and reports, visit richmond.ca

2010 OLYMPIC LEGACY REFLECTIONS OF THE GAMES



Olympic Oval remains a lasting legacy of the 2010 Games

By DON FENNELL @richmondsentinel

hey were 16 days that helped shape a nation. Ten years ago this week, the Olympic Winter Games were playing out in Vancouver/Whistler, evoking a sense of pride uncommon among typically reserved Canadians.

Richmond was also front and centre during the 2010 Games. A spectacular new Richmond Olympic Oval hosted the excitement of long track speed skating, at which Canadians enthusiastically mingled with—and among—fans from around the world. An orange wave—replete with Dutch oom-pah bands-helped to set the tone before each race.

It was thought that Vancouver's low altitude (a mere three metres above sea level) and high humidity would mean no records would be set during the speed skating competitions, which took place

at the oval between Feb. 13 and 27, 2010. But Dutch star Sven Kramer (favoured to win three gold medals) quickly quashed that theory when he strode to victory in the 5,000 metres in an Olympic record 6:14.60. He also crossed the finish line first in the 10,000 metres, only to be disqualified for incorrectly changing lanes during one of the later laps.

Haralds Silovs of Latvia became the first athlete at a Games to participate in both short track and long track speed skating, and the first to compete in two different disciplines on the same day. He competed in the 5,000 metre skate and then raced across town to the 1,500 metre event held at Vancouver's Pacific Coliseum.

For Canadians, speed skating at the oval was a consistent opportunity to cheer our athletes to medal results. Christine Nesbitt led the parade to the podium with a gold-medal performance in the women's 1,000 metres, while Kristina Groves emerged with both a silver (1,500 metres) and

bronze (3,000 metres). Legendary Clara Hughes wrapped up her decorated Olympic career which included her becoming the first Canadian to also compete in the Summer Olympics in cycling—with a bronze at 5,000 metres.

The men also contributed to Canada's medal haul, with Mathieu Giroux, Lucas Makowsky and Denny Morrison combining for gold in the team pursuit.

The Games may have been 10 years ago, but the Richmond Olympic Oval remains as vibrant as it was back then. Thanks to visionary thinking, the venue has been converted from a speed skating rink to a multi-sport complex that includes two Olympic-sized ice hockey rinks, two running tracks, a climbing wall, and areas designated for basketball, volleyball, indoor soccer, table tennis and a myriad of other activities. It has truly become an Olympic legacy.

•dfennell@richmondsentinel.ca

I was asked by the City of Richmond to be the "Do you Believe" spokesperson for the CTV commercial that highlighted the Richmond O Zone stage. (Former news anchor) Pamela Martin interviewed me for the spotlight.

As well, my mother-daughter band The Jardines performed at the opening ceremonies at the O Zone Main Stage, which was a dream come true—as was sharing the stage with world-renowned performers.

The main stage showcased music for 17 nights. One of the evenings was "Musical Expressions," the running concert series I produced for seven years. The entire experience is one that I will never forget.

-Cherelle Jardine is an accomplished locally-based recording artist



For 10 weeks I was a volunteer VANOC VIP Driver. I worked from the end of January to the middle of March for both the Olympic Games and the Paralympic Games.

On the day of the Olympic gold medal hockey game, I was staged across from the hockey rink. Near the end of the third period, I had to drive a guest downtown. On my return trip I got stuck because of the crowd marching after Canada's

During the Olympics, I probably drove about four dozen different committee members. Some interesting characters. On one trip I had a couple of NHL officials in my car.

-A longtime community volunteer, Bob Jackson currently chairs KidSport Richmond.



It's hard to believe it's been 10 years since Canada hosted the Winter Olympics. As a 10 year old, I remember watching the hockey games at my elementary school.

I was honoured to be one of the 3,500 elementary school students who performed at our own Richmond O Zone at Minoru Park. We sang at the pre-opening ceremony to open the Games in these beautiful red and white outfits.

It was so much fun, and having everyone come together to celebrate and cheer on Team Canada was an unforgettable experience. It truly takes the support of everyone to make amazing events happen and to lead our Team to victory. Hopefully this year, I will be able to take all those feelings of excitement I had watching the Games into the competition with me.

-Camryn Rogers is one of Canada's top prospects in the women's hammer throw.



Olympic speed skater Christine Nesbitt is

It was the chance of a lifetime to be a Blue Coat volunteer at the fabulous Vancouver Olympic Games.

We experienced spirit, pride, and patriotism for Canada. We heard spectators singing O' Canada with great emotion. We witnessed it spontaneously sung by passengers on the new Canada Line as we travelled to Vancouver. We were immersed in the excitement, fun, happiness and joy of Vancouverites and visitors from all over the world. We wished the Games and the sense of joy it brought could go on forever.

We'll always remember watching the





flanked by Joan and John Young.

Speed Skating competition—especially the Canadian team, listening to the roar of 8,000 spectators as the skaters raced around the track, seeing the colours, flag waving, and spectators of the many different nations.

Before the Games began there were a lot of naysayers and complainers. It was great to see them swallow their comments and backtrack as the success of the games unfolded.

-John and Joan Young are longtime volunteers and the founders of the popular Forever Young running club. Though my memories are a bit blurry since I was just eight-years-old at the time, I remember going to the Richmond Olympic Oval to watch speed skating, which I remember was fun, I also remember attending a few hockey games at Rogers Arena.

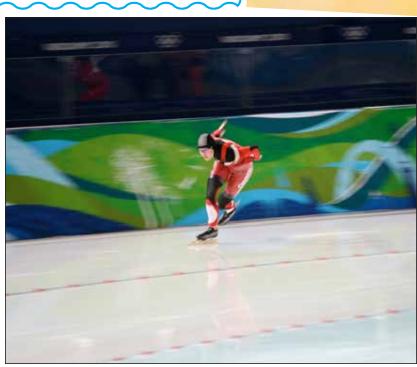
The best and most memorable memory of the Games was watching the men's final hockey game, Canada versus the US. It was such a big deal for me and my family, and we were all crowded in our living room. I'll never forget the moment when Sidney Crosby made the "golden goal" that sent my dad five feet in the air with excitement. Other than that, remember how everything revolved

Other than that, remember how everyining revolves around the Olympics and national pride around that time. Everyone wore red, white and black, everyone was excited to see things unfold, and I remember meeting a few of the athletes here and there.

-Carson Bradley is now on the road to hopefully being an Olympian himself one day as one of Canada's top young runners.

What we remember most from the 2010 Winter Olympics is the Richmond City Hall pond flooded with cranberries. My kids were still toddlers then, so we didn't watch live events. We went to the O Zone and on the ferris wheel with an aerial view of the Olympic rings and the maple leaf made up of cranberries. We also went to the Oval when it opened. We watched the events on tv and followed the slalom and half pipes, which are my favourite events.

-Lanie Man is a proud Richmondite and dedicated member of the Richmond Kajaks Track and Field Club.



Many of the photos are courtesy of John Young and Lanie Man, from their personal collections.





It's hard to believe 10 years have gone by. I was able to take in an Olympic curling event, multiple concerts, and the Paralympic hockey gold medal game. Everywhere you went there was a sea of Canadian pride as we proudly wore our flag, maple leaf emblem, and red mittens! There was such a sense of community—both locally and nationally.

I loved coming to work in the heart of the Richmond O Zone. For library staff, one of the best parts of working during the Olympics was meeting countless new people, sharing information about Canada and cheering on athletes with our community and visitors while the games played on large screen tvs. Interactions with world class athletes were common with Holland Heineken House right next door.

The legacy of the Games continues to give back to our community with the Richmond Olympic Oval idents and visitors alike.

-Susan Walters is Richmond Public Library's enthusiastic and dedicated chief librarian.

The Olympics was a very exciting time in Richmond. Holland House (in Mi-

Being half Dutch, seeing the Dutch speed skaters was very exciting, as noru Park)—if you could get in—was so much fun. well as many great Canadian speed skaters. We were at the event where

Sven Kramer was disqualified for an incorrect change of lane. The one moment that really stands out for me was being at the Richmond O Zone in Minoru Park the evening The Tenors sang "We are the Champi-

Through the ticket lottery we got tickets for the opening night ceremonies. ons" and everyone waved their red mittens.

Feb. 12 is my wedding anniversary, and it felt like they threw a party for us. We also got tickets through the lottery for curling, speed skating and women's hockey. My daughter went to the women's hockey and loved it. We really enjoyed the speed skating—there was such an energy and vibe in the oval. -Linda McPhail is a longtime Richmond city councillor.

Doug and Diane Clement have been around the Olympics all their lives, both having competed at the 1956 Summer Games.

So what stands out most about the 2010 Games? "The community spirit was overwhelming, with so much excitement."

They were able to see many events live, notably cross county skiing-particularly the para events, which they felt were spectacular. Plus, the speed skating events at the Richmond Olympic Oval.

Their biggest takeaway? "The legacy of the subway and the Oval."

-Much admired around the world, Doug and Diane Clement started the Richmond Kajaks Track and Field Club in 1961.

I have tons of good memories. The biggest honour for me was being part of the mayor's torch relay task force and being on the inside, helping to select torch bearers, and keeping some pretty big secrets. The other highlight was being part of the organization for the celebration of the torch relay through Steveston. I'll never forget the emotions and pride I felt (and still feel).

I also got to watch some of the speed skating at the oval.

-Janice Froese is the business development manager at the Richmond Curling Club



My Olympic experience was a thrill, from the opening of the oval to the last day of the Games.

I was a bit of a skeptic as it was being rolled out, but was asked by Ted Townsend (from the City of Richmond) if I'd be interested in helping local speed skate volunteers in putting on their first event at the newly-opened oval. The speed skate folks had all the experience on the technical and skate side, but hadn't managed the volume of spectators and media, nor did they know Richmond as we did.

I was appointed to the Richmond Spirit of BC Committee, along with other community leaders and former Olympian Shirley Olafsson. She was a character and worth the work to get to know. She and I and a few others went out to community events with her Beijing torch and, eventually, a model of the 2010 torch, to allow people to see it and have their photos taken with it. This was all in a bid to raise understanding and excitement about the Games. Shirley also took her torch to many local schools and provided children with the opportunity to run a lap around the gym or field with her torch. I was also appointed to the Richmond Olympic Torch Committee, another interesting exercise.

What stands out for me? The Torch Relay, as it went across the country. Spirits switched from somewhat negative to full-on excited. To see Rick Hansen bring it into Minoru was amazing. Our Spirit Committee was fortunate to be 'corralled' with Canadian Olympians from former Games. We got a sense of their national pride and heard just enough about the work it takes to compete at that level to be humbled.

As a 'team lead' at the oval, VIPs who stood out for their kindness were Donald Sutherland, Wayne Gretzky and the Dutch Royal family. My absolute highlight was on the last day, when I 'caught' Clara Hughes discretely having her photo taken with some of 'my' volunteers (we had been told 'absolutely no photos while on duty'). Clara is the epitome of Canadian kindness, humility and thoughtfulness, and immediately took the blame for getting them 'in trouble'. In previous interactions with Clara between races and after she won her bronze medal, she always went well beyond expectations to thank people with a smile.

The last day of the Olympics I went to the O Zone at Minoru. I sat with a crowd of people watching the men's gold medal hockey game—a perfect end to my two weeks of 'vacation' spent volunteering at the Olympics.

-Julie Halfnights has volunteered since childhood. She continues to be a pillar in her community.

arts & culture



Fitting denouement missing in Straight White Men

By **HANNAH SCOTT**

Local Journalism Initiative reporter

The set is beautiful and the acting high quality. But I was still left confused.

In a deliberate attempt to unsettle audiences, the pre-show environment of Young Jean Lee's Straight White Men (which opened last week at Gateway Theatre) includes loud music and coloured lights. While this setting is later explained, it is initially perplexing. Conversing with your neighbour is practically impossible over the drone of the background music.

Kim Villagante and Raven John play the two 'People in Charge': queer, non-binary people of colour who introduce themselves as "not straight white men."

John and Villagante act as the show's framing device, which creates a story within a story and makes the main plot seem like a manipulation rather than an enactment of reality. The People in Charge are puppeteers who position the other (straight, white, male) characters into place as though they are merely props in an engineered setting.

At the beginning of the play, Villagante and John ask audiences a question: did they feel like their needs weren't being taken into account when they entered the theatre? The play intends this discomfort to help audiences understand what it's like to be anything other than a straight white

Lunderstand the intent behind this method. But its execution is too forceful, and it comes too early in the show to achieve its goal.

The play succeeds in other ways, however. Some elements are masterful. Shizuka Kai's set centres around a massive picture frame, which adds to the feeling that audiences are watching a kind of simulation. And Lee's script is filled with snappy, conversational dialogue that seems straight out of a real-life family get-together.

As the three grown brothers, actors Carlo Marks, Daniel Martin and Sebastien Archibald de-



Photo by Tim Matheson From left: Carlo Marks. **Daniel Martin** and Sebastien Archibald play three brothers in Gateway's 'Straight White Men'.

velop an easy, familial banter. Playing their father, Peter Anderson adds a welcome gentleness.

There is plenty of humour. The brothers often turn to song and dance to express their emotions. A custom-made version of Monopoly called 'Privilege' also garners some early laughs, although I wish the script lengthened this game to explore the full potential of the questions it raises.

All six actors are entirely dedicated to their roles, delivering performances that are physically and emotionally engaging. They clearly enjoy what they do, but never seem kitschy—even in a play that calls for over-the-top drama and reactions.

After a lively first half, the show's second half drags a bit—it runs at 90 minutes without an intermission. With a mid-show break, the People in Charge could reappear to remind audiences what to watch for, but instead the main issues get lost in the characters' arguments and aggression.

When the lights went down to signal the end of the scripted show, my companion and I turned to each other. Was that the end of the show? Surely not, since the last five minutes had raised a handful of new questions.

Unfortunately, that did turn out to be the end of the play. However, the directors have added a 30 minute 'Talk Forward' segment as the play's second act. Each night, a different featured speaker joins cast members and a facilitator to discuss the ideas of straightness, whiteness, and maleness.

On opening night, one audience member's lengthy personal analysis—after the presenters had ended the session—erased some of the efforts of Lee's show. Ultimately, I left the theatre feeling underwhelmed and disappointed.

The show encompasses a lot of serious guestions and ideas, but its plot lacks a climax or denouement. Where the brothers should be reaching a conclusion, they raise their voices, addressing their privilege but never resolving their issues with it. I'm not sure what I was meant to learn from Straight White Men, a play I entered with a long list of questions and left with few answers.

Straight White Men plays at Gateway Theatre (6500 Gilbert Rd.) through Feb. 15. For tickets, visit Gateway's website at tickets.gatewaytheatre. com or call 604-270-1812.

•hannahs@richmondsentinel.ca

Ex-Steveston resident shares insight into his theatrical career

By HANNAH SCOTT

Local Journalism Initiative reporter

This was Greg Rogers' neighbourhood.

Although he recently moved to Coquitlam, for years Rogers was rooted in the Steveston community as the owner of a restaurant across the street from the Steveston Hotel.

"I used to shoot pool in there, actually. My moniker was 'Hollywood'," says Rogers." I knew all the fishermen, all the locals."

Comparing the community to his native East Coast, Rogers honoured his heritage when it came to serving food."There was a seafood store right next door, and they had lots of lobster that they brought in from the East Coast. One of our specialties was the lobster dog, which was lobster in a toasted hot dog bun," says Rogers.

The Steveston Pizza Company now occupies that space, which is on the corner of Third Avenue and Moncton Street. The small window on Third Avenue was cut by Rogers in order to serve Mario's Gelato in the summer.

In addition to his love of the coastal fishing town, Rogers was also an ongoing supporter of the arts—especially theatre, which has been his passion for decades.

For the first 30 years of his career, Rogers worked as a theatre and radio director. For the last several decades, he's also been acting in film and TV. He played a villain on the TV show Arrow over the course of a few seasons.

Rogers also created the drama department for The Arts Connection. Although he hasn't worked there for many years, he still has close ties to the organization.

"After 30 years, I was back there last vear, and I coached a student to get into the musical theatre department at Capilano (University)," says Rogers. The student was ultimately success-



Photo by Tracy-Lynn Chernaske

Greg Rogers, who directs Metro Theatre's latest play, was a longtime Richmond resident.

Seine Net Loft at Britannia Shipyards National Historic Site. He thought that it would make a good theatre venue.

"I used to direct and produce radio drama for CBC, so I have a pretty good idea about sound," says Rogers. Ultimately, the Net Loft was saved and still stands today—although it hasn't hosted any plays vet.

Later this month, Rogers directs the black comedy The Gazebo for Metro Theatre. He hasn't directed in more than 20 years.

"It's very much like riding a bicycle, and rewarding in seeing the relationships evolve and come to fruition (onstage)," says Rogers. "(Directing a show) was an opportunity for me to give back to the community."

Of his most recent show, Rogers Rogers also fought to save the says: "It's been very rewarding in the

fact that the actors have been extremely trusting and they've made themselves available to jump on the rollercoaster, so to speak, and go for the ride."

Having been involved with theatre at many different levels, on-stage, onscreen, and behind the scenes, Rogers is a believer in its power.

"Involvement with theatre as a kid helps you understand your own (emotion)," says Rogers. "I think it makes a that all dribbles down. That's what young person stronger."

connotation around so-called 'amateur' theatre is unwarranted."The word 'amateur' means 'to love to do'," he explains. Professional actors, by comparison, "have to do it whether (they) like it or not. Money's involved," says 266-7191. Rogers.

"They work every day and they have the passion and desire to come out and put their heart and soul into something," says Rogers of his current

It's clear that they're a hardworking bunch. Rogers compares their dedication to that shown by members of sports teams.

"If you have a good skipper on the boat or a captain or coach of the team, makes the core, is that leadership and In fact, Rogers says the negative trust and being a team member."

To see Rogers' directing philosophy in action, check out The Gazebo at Metro Theatre from Feb. 20 through March 7. Buy tickets at tickets. metrotheatre.com or by calling 604-

•hannahs@richmondsentinel.ca

Sheppard becomes Branscombe House artist-in-residence

ou Sheppard is the fifth with communities and with ist-in-residence.

Sheppard's practice and plans for their upcoming residency will include collaboration and dialogue with musicians, performers, birders, environmental and wildlife groups and members of the community.

Sheppard is a Canadian artist working in interdisciplinary audio, performance and installation based practice. Of settler ancestry, Sheppard was raised on unceded Mi'Kmag territory, and has relocated from Halipractice, Sheppard uses processes of translation and metaphor to interrogate structures of power and performativity in data and language. Their work often leads them to collaborate

Branscombe House art- musicians, visual artists and performing artists.

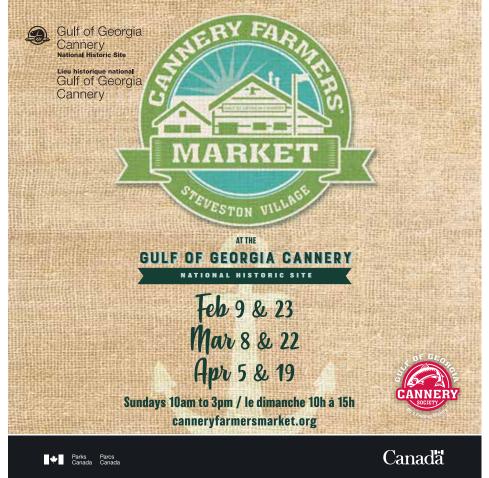
> During their Branscombe House residency, Sheppard will develop a choral score based on bird species at risk in the area, to be sung by an all-voices choir of community members. They will also research other projects reflecting our shifting climate and impacted species.

The Branscombe House artist residency takes place in a restored Edwardian-style house in the residential area of historic Steveston. Bransfax/K'jipuktuk. In their current combe House is located at 4900 Steveston Hwy, and is one of the earliest homes built in the area. Details about the current residency can be found at www.richmond.ca/branscomberesidency.



Photo courtesy City of Richmond

Lou Sheppard, an interdisciplinary artist, becomes the fifth Branscombe House Artist-in-Residence.





18 | PETS February 19 - March 2, 2020

Share photos and stories of your beloved pet

Richmond Sentinel is pleased to present PETS. In each edition, we'll share readers' stories and photos of their lovable companions. Send your submissions to newsroom@richmondsentinel.ca

Moby: dog park singer

By KATHERINE LEE

love Moby for how he enjoys singing us the song of his people whenever we drive to dog parks. I love how he always greets me at the door when I came home from work. And his beautiful smile and charming personality doesn't hurt either.



Feb. 20 is Love Your Pet Day

By **HANNAH SCOTT**

Local Journalism Initiative reporter

n Feb. 20, celebrate your cat, dog, or other animal companion. Love Your Pet Day was created to encourage pet owners to spend quality time with these important members of their

"(Pets) add unconditional love, comfort, and peace of mind," says Dr. Michael Schaufele, veterinarian and owner of the Richmond Animal Hospital.

And they can even offer health benefits—"often lower(ing) blood pressure and lower stress," he adds.

If you're considering adopting a pet, do some research first, advises Schaufele.

"Make sure the pet you're considering is one that would fit with your lifestyle," he says.

Schaufele also recommends speaking to a veterinarian for pre-adoption

counselling to ensure your chosen pet will be a good match for your family.

If you're already a pet owner and are thinking of pampering your furry, feathered, or scaly friend this week for Love Your Pet Day, Schaufele has some suggestions.

"Take (your dog) for an extra long walk or hike somewhere fun," he says. For all kinds of pets, he suggests special treats—but not human food, which could make them sick or lead to health complications.

After nearly 30 years of veterinary experience, Schaufele has seen all kinds of pets come through his doors.

"Sometimes (dogs) come in and they're so excited to see us that they're basically leaping up and down trying to give us kisses," he says. "We have some little Frenchies that come in and they're basically slamming you in the face, which is quite entertaining.

•hannahs@richmondsentinel.ca

Penny: 'mysterious cat-itude'

By **TANYA WALKER**

adopted Penny from RAPS in November 2017 when she was just seven months old.

She was a feral kitty, had already given birth to a litter of kittens, and was found in a dumpster in Richmond. She was eventually captured in a warehouse and brought into RAPS. She was there for a month, and I believe people just looked past her due to her being scared and wanting to hide.

Penny was so full of fear, but needed a good home and someone with patience.

She has come out of her shell and lives the best life. She is spoiled with love, treats, and loves her window perch to watch the birds and squirrels them the life they deserve.

in the trees. She has brought me so much joy and laughter with her quirky, mysterious cat-itude.

I think everyone looking for a pet should look at RAPS first as it's an honour to rescue an animal and give



Buddy: forever an inspiration



By ALISA VERWOERD

have always loved animals and adopted my first cat Buddy from the SPCA in 2005.

During his 11 years with me, he battled with hepatitis, and later, kidnev disease.

The veterinary team took such great care of him that, even after I had to say goodbye to him, I was inspired to do what they did to care for him (and myself) in the best way possible.

RAPS COMMUNITY REPORT Caring for the animals who care for us



A book full of happy endings



Pat Johnson

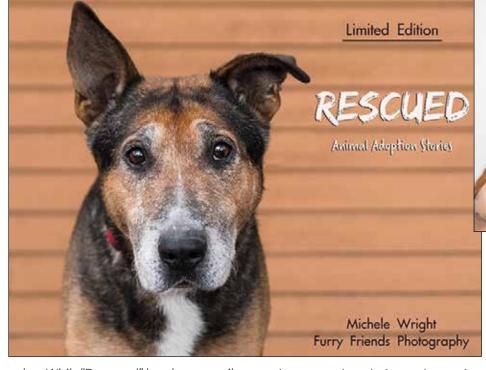
If you've visited the RAPS Animal Hospital and fallen in love with any of the enormous photos of beautiful animals on the walls, or if you have a Regional Animal Protection Society calendar, you are familiar with Michele Wright's work.

Wright is an animal photographer and the proprietor of Furry Friends Photography. She captures the whimsical, quizzical, adorable and sometimes awkward faces of all range of beasts.

Now, her work is being offered in the form of a monumental coffee table book. Rescued: Animal Adoption Stories features two-page spreads and moving individual tales—depicting each animal's transition to a forever home.

"I started it in September 2018," says Wright. The book is part of a fundraising project for rescues. More than \$1000 has already been raised for RAPS from photo session fees and part of the book's revenues will also go to the organization, says Wright.

And those are only pre-launch



sales. While "Rescued" has been available on Wright's website, the book has not officially been offered to the public. A book launch will be held in the coming weeks.

"I've been into photography for years but doing it professionally for probably just three years," she says. While taking photos of animals has some parallels with photographing children, it has its own challenges and charms.

"You have to have a lot of patience," she says, laughing. Keeping their attention is tough. She uses noisemak-

ers, because the obvious alternative —dangling a favourite toy or an orange ball, which may well keep their attention—can also have unintended consequences.

"I try not to use their favourite toy or they'll look like they're absolutely crazy," says Wright.

Some of the subjects in the book passed away during the making of ume. the project and Wright has included touching memorial pages for them.

In addition to raising funds for rescue organizations, including RAPS, Wright says she has a message she mal Protection Society.



Michele and Gracie.

hopes the book conveys.

"I want people to realize that rescued pets are amazing," she says. "They are not broken. They need a second chance. They get a second chance just through being rescued and loved."

The book is available at a reduced pre-launch price at furryfriendsphotography.com, or on Wright's Facebook page, where you can also check for updates on the book launch.

She is already planning her next vol-

"I'm hoping to do another one just on greyhounds," she says.

Pat Johnson is the communications manager for the Regional Ani-

Who doesn't need a little Serenity? This sweet, playful and gorgeous girl is looking for a forever home. Could it be yours?

If your family is considering adopting a new member, consider this gem. Call the Shelter at 604-275-2036.



REGIONAL ANIMAL PROTECTION SOCIETY (RAPS)

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





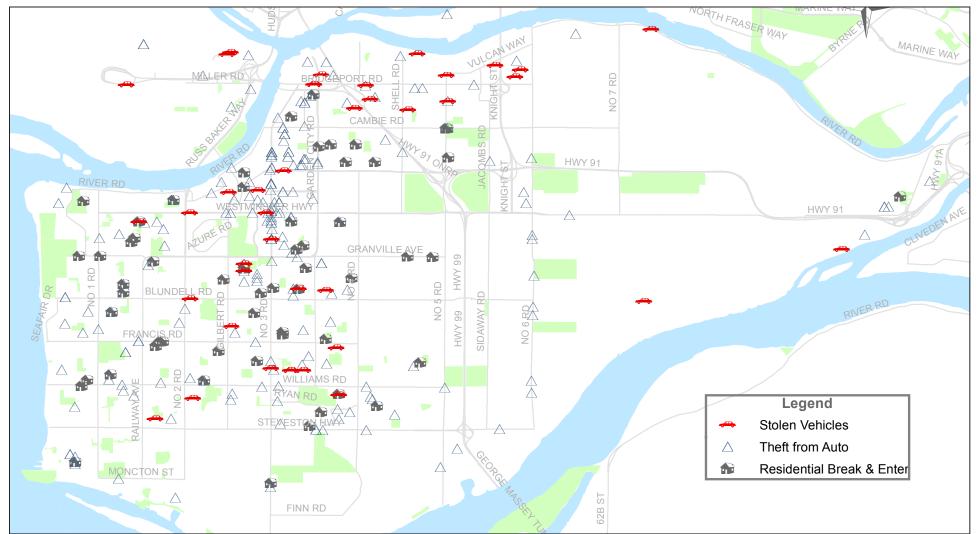
HOSPITAL

Applewood

RAPS ANIMAL HOSPITAL

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





Protect yourself from telescammers

ichmond RCMP is reminding the public to The aware of telephone scammers, after a recent incident in Richmond that involved someone posing as a police officer.

These alleged fraudsters can and do change tactics to trick people into giving them money. This includes posing as government officials, such as police officers. In a recent Richmond file, the victim reported receiving a call from a male alleging to be a police officer. During the conversation, the male even provided a fake name and badge number.

Whether it's through pressure, for example insinuating the potential victim is in trouble or playing to their sympathy by pretending to be a ey. family member or friend in need of money, the end goal is the same; the fraudster wants mon-



Photo from Pixabay.com

"These fraudsters are clever and are good at adapting and changing their approach," says

Cpl. Adriana Peralta. "Recently a family member of one of our officers would have fallen prey had it not been for an astute employee at a local business."

In regards to payment, the fraudsters often ask for payment in the form of gift cards or bitcoin. The Richmond RCMP want to remind the public that no government agency, including the police, call asking for, or demanding money.

To protect yourself, the Richmond RCMP advises to just ignore the call or hang-up.

For more tips and information regarding current scams and how to protect yourself visit the The Canadian Anti-Fraud Centre (CAFC) web-

To report a suspected fraud, contact your local police of jurisdiction.

Community partners instill values for KidSport

By **DON FENNELL** @richmondsentinel

In team sport, those who work best together usually enjoy the most suc-

In fact, the core values of co-operation are equally important, and necessary, in most facets of life.

Working collaboratively is a basic tenet taught from an early age. And, fittingly, it's this mindset that several local groups and individuals employ as a guide to giving back.

Every year, the Richmond chapter of KidSport holds a banquet to ensure children are not left on the sidelines; this year's event will happen on Feb. 28. Many local businesses embody the old cliche that suggests it takes a village to raise a child. Each has gone beyond expectations to support Kid-Sport Richmond.

"We are so very grateful to our presenting sponsor, the Hilton Vancouver Airport Hotel, for their significant contribution to our fundraising efforts," says Steve Valenzuela, chair of Kidsport Richmond's Creating Community Champions Gala. "We do our best to also control our costs so as much money can be directed towards Richmond kids as possible. We couldn't do

this without an amazing group of community-minded sponsors."

The Hilton Vancouver Airport Hotel donates the room, food, and staff for the evening.

Bench 1775 Winery generously donates wine for the evening, and has been "a strong, valued partner of our for the past sev-

eral years. Without hesitation they always step up to help us support the kids," says Valenzuela.

"We've also been really grateful to have Fitch Photography volunteer



Photo submitted

KidSport Richmond's annual Creating Community Champions fundraiser always attracts an impressive group of celebrities from the athletic world. This year's event, again at the Hilton Vancouver Airport Hotel, is Feb. 28.

their time to capture the key moments of the evening. They really make a difference for us being able to spread the message about KidSport through our social media platforms. Anyone who uses Fitch Photography for any event would be totally amazed at what they

> can do." Platform Properties has sponsored the gala since its debut seven years ago. The team at Platform has always graciously donated high-value items to gala auctions and are always asking if they can

help in other ways, Valenzuela says."They are there for us no matter what. They give us the support we need to push ahead and help local kids."

Valenzuela says there are many other organizations that step up to make this evening work.

"With the cost of living continually going up as well as the cost of sport, it's harder and harder for families to afford to have their kids involved in sports," he says. "KidSport Richmond is trying to ease that burden by making sports more affordable for young families and it's only through our sponsors that we're able to make this happen."

been a huge advocate for KidSport.

A former BC Lion, who grew up in Richmond and still calls it home, Singh is the honourary chair of Creating Community Champions. He is largely responsible for lining up an impressive list of celebrities each year.

Singh says his goal is simply to bring as much exposure as possible to the event—and the cause.

"I think we've done an outstanding job and we are so blessed to have an outstanding committee led by Steve Valenzuela," he says. "We want to provide an outstanding event for our guests, keep them entertained while interacting with a variety of professional athletes, and raise as much money

as we can."

Singh's sincerity has enabled him to forge strong friendships with other pro athletes. As a result, he's always been able to ensure Creating Community Champions features an impressive list-from Kirk McLean to Geroy Simon to Jyrki Lumme to Travis Lulay.

"This year, I'm super-excited to have From the outset, Bobby Singh has some of my fellow 'Hogies' (offensive linemen) like Kelly Bates and Sherko Rasouli join the party,"

Singh says. "On top of that, Lions' guard Sukh Chungh will attend. I've already called the kitchen staff to make sure we have enough beef for my three lineman brethren."

Singh says the most common comments he receives from the former pro athletes afterwards is how much fun they have.

"We've always been lucky to have great Olympic, Canuck and Lions/CFL alumni and one of the reasons is the Hilton and their entire staff. There's always ongoing banter with (Hilton general manager) Sanjeet Sadana."

•dfennell@richmondsentinel.ca

Students explore nations through hockey World Cup

By **DON FENNELL** @richmondsentinel

The upcoming CARHA Hockey World Cup will offer Richmond students a unique educational opportu-

gram, teachers are encouraged to lead classes in selecting a team (or teams) and then spend class time learning about its country and culture.

Teachers will have access to les-

with fun, interactive activities that are linked to each grade's curriculum. Activities will relate to social studies, literacy, arts, physical education and mathematics.

One idea for Grade 4 to 7 students is As part of the Adopt-A-Team Pro- to create a travel pamphlet highlighting a country's leaders, government styles, religions, geography, national and youth sports and history.

> An overall history of hockey is also suggested, exploring a country's pro-

son guidelines, which provide them fessional leagues, where its first games on what they learned, their favourite were played, national team Olympic appearances, NHL/professional players, and its youth hockey program.

> ning a dream trip to the country of their team is also proposed. Students may create a travel itinerary highlighting and explaining cities they would like to visit and attractions they would like to see—all while working with a budget.

from Grades 1 to 7 are also encouraged to research and participate in activities and sports originating from their team's host country. For example, floorball and hockey from Swe- the largest international recreational den, rugby and soccer from England. or kikpar and kumis alu from Kazakhstan. Students would write game rules and then oversee a gym class.

On the conclusion of the 2010 CAR-April 5 in Richmond), participating students will also write an essay reflecting

part of the event, and how their team played.

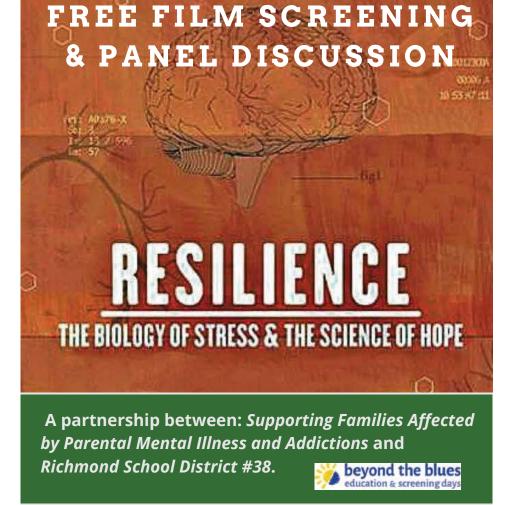
Longtime Richmond teacher and Additionally, researching and plan- administrator Don Taylor helped spearhead the local school outreach program, after the concept was shared with him by a team in Ontario.

> "I gave lots of suggestions, so my role is best described as a consultant," he savs.

At the end of the day, the goal of Relating to physical health, students the program is for students to have a strong understanding of language, customs and traditions of their select team's home country.

The CARHA Hockey World Cup is hockey tournament in the world. This tournament will bring together teams and spectators from all over the globe to share their love for hockey. Fifteen countries, 148 teams and more than HA Hockey World Cup (March 29 to 2,500 participants will be at the Richmond games.

•dfennell@richmondsentinel.ca



FEB 2020

WEDNESDAY

STEVESTON LONDON SENIOR SECONDARY (IN THEATRE)

RSVP at https://tinyurl.com/ub84v2o



Photo courtesy CARHA Hockey

Richmond students are encouraged to engage with the CARHA Hockey World Cup through the Adopt-A-Team Program.

Winter Spirit grant encourages getting active

People facing barriers to sport participation will benefit from a onetime grant program.

The 2020 Winter Spirit Grants builds on the legacy and community spirit of the 2010 Olympic and Paralympic Games. By expanding winter sport experiences for a new generation of British Columbians, especially those who face barriers to participation such as lower-income families, Indigenous peoples, people with disabilities, women and girls, older adults, and newcomers to Canada. This will give them more opportunities to try out accessible winter sport activities in their com-

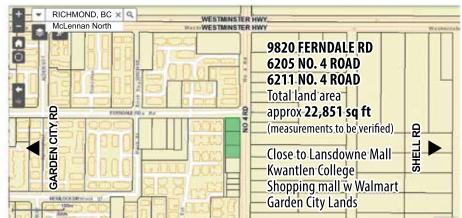
Administered by viaSport, the grants are funded through the joint provincial-federal BC Sport Participation Program (BCSPP). The program has a total value of \$50,000.

"The 2010 Games ignited a sense of pride and inclusion throughout the province, uniting people from all backgrounds to cheer on our athletes and celebrate Canada," said Lisa Beare, Minister of Tourism. Arts and Culture. "These grants are meant to channel that Olympic spirit and give more people the opportunity to feel the power of sport."

Community organizations can apply for funding of up to \$2,010 to provide new or adaptive winter sport experiences that promote unity and inclusion through sport. These might include try-it events or mini- camps to introduce youth to a sport, or friendly inter-community tournaments to remind adults of the winter sports they used to love. Applications may be submitted by Feb. 29, 2020. Events and activities must take place by March 31.

LAND ASSEMBLY **FOR SALE**

3 Properties - Exclusive Listings - Not on MLS







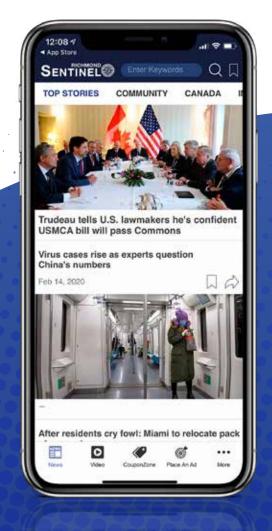






Connecting you with our community. Download our app and take us with you.

CONVENIENT • PORTABLE • MOBILE





Download our app from the App Store or Google Play Store.





Cohen committed to the net

By **DON FENNELL** @richmondsentinel

sport.

of summer soccer, and a few skating lessons for the-then precocious five-year-old.

Today, the Grade 8 McNair Secondary student is equally busy juggling a demanding academic schedule with playing on her school's volleyball and basketball teams, suiting up with Richmond Ravens' Midget female ice hockey teams, and playing ringette. Lots of ringette.

Tayler will backstop the Zone 5 (Vancouver-Coastal) team at the upcoming BC Winter Games Feb. 20 to 23 in Fort St. John. She has played goal in Richmond for six years—and for the last two has played up (U16) in Delta which has an"A" team.

"We got involved with ringette through the city works yard open house in 2012," explains her mom, Diane. "Richmond Ringette had a booth set up with a net and sticks for the kids to shoot rings. (It) teaches skating and the game all in one shot. She was six years old and has played ever since."

Tayler was the player that would bring her street hockey gear to try out during practices. From a young age she was drawn to the net, and by her second year was committed to being a goalie.

Dedicated to ringette, and keen to continue anan Tien-Vidal playing the game at a competitive level, she's

already garnered considerable experience. She recently played in Richmond Ringette's annual West Coast Classic that featured more than 75 Tayler Cohen has always had an affinity for teams, and has participated at the Esso Golden Ring in Calgary (the largest ringette tournament In the beginning it was mainly swimming, a bit in the world with more than 2,500 participants) and last year in both the Western (Edmonton) and provincial (Prince George) championships.

Tayler hopes to pursue scholarships for ringette and try out for the National Ringette League. However, because ringette is not an Olympic sport, she's also looking at advancing her hockey career—with the ultimate dream of wearing the maple leaf.

"She loves the rink and winter, a perfect combination for a goalie to grow," says Diane.

• Also representing Richmond at the BC Winter Games will be:

Archery: Kin Luk (coach) and Sam Riter Badminton: Samantha Cham, Bobby Chen, Megan Wu, Mia Wu and Adrian Zhou

Wheelchair Basketball: Hamza Elburai Diving: Alan Hungerschafer (official)

Figure skating: Louie Fukuda-Wu and Nayali Liu Gymnastics: Naomi Tsang

Judo: Ethan Cajigas, Owen Hou, Ryu Tamayose and Cynthya Tan (coach)

Karate: Haruki Mori and Toshi Uchiage (coach) Speed skating: Daniel Liu, Nathalie Stewart (official), Scott Stewart (official), Quinn Teh and Ro-



A multi-sport talent, Tayler Cohen will play goal for •dfennell@richmondsentinel.ca Zone 5 at the upcoming BC Winter Games.

Steelers have Sockeyes bewildered, again

By **DON FENNELL** @richmondsentinel

The Grandview Steelers continue to be an Achille's heel for the Richmond Sockeyes.

Particularly in the post-season.

Even after the Sockeyes posted a convincing 5-1 victory in the opening game of this year's first round Pacific Junior Hockey League playoff series last Thursday at Minoru Arenas, the Steelers rebounded for 4-1 and 5-3 leads in the next two games to take a 2-1 series lead heading into Game 4 action Feb. 19 at Burnaby Winter Club.

Game 5 will be played back in Richmond Feb. 20 at 7 p.m., with games 6 and 7 if needed Feb. 23 in Burnaby and Feb. 24 in Richmond respectively.

Craig Schouten scored twice and assisted on another goal to lift the Sockeyes to their opening game win. Michael Araki-Young and Ryan Watson each had two assists in the game and Andrew Kemp a goal and two

But only affiliate Paulvir Dosani was able to score for Richmond in Game 2, while Jason Lin, Watson and Wilson scored for the Sockeyes in Game 3.

•dfennell@richmondsentinel.ca



Photo by Don Fennell Richmond's Chad Lore is hoping to help his club find its way past the Grandview Steelers.

FVFNTS

Summer Employment Opportunity

Applications are now being accepted for the position of environmental programs leader this summer at the Richmond Nature Park. Successful candidates will have an interest in the environment, outdoor education and will enjoy working with children. Apply by March 31 by sending your resume and cover letter to 11851 Westminster Hwy, Richmond BC, V6X 1B4 or at nature@richmond.ca

Free Income Tax Clinic

Richmond Multicultural Community Services is hosting free income tax clinics for low income families—by appointment only-through May 8 at Richmond Caring Place, 7000 Minoru Blvd. Individuals with less than \$35,000 income, and couples with less than \$45,000 income. Phone for 604-279-7160 or email info@rmcs.bc.ca



Photo from Wikimedia Commons

Hummingbird Homecoming

Learn how to attract birds to your own backyard by understanding what helps them survive. An event for all ages is planned for April 19, from noon to 2 p.m., at Richmond Nature Park,11851 Westminster Hwy.

Armchair Travel

Learn travel tips and hear tales of interesting places around the world at this free event for those aged 55plus March 2 from 1:30 to 2:45 p.m. at Thompson Community Centre, 5151 Granville Ave. Participants are asked to bring a donation for the Richmond Food Bank. Registration is required

What's

Happening in Richmond, Feb. 18 to March 3

(barcode #2756837) by calling 604-238-844 or logging online https:// www.richmond.ca/parksrec/centres/ thompsoncentre/thompson.htm

Living Well with Dementia

Every Monday (from 10 a.m. to noon) through March 16, connect and keep active with other seniors experiencing early to mid-stage dementia through brain games, trivia, arts activities and exercise in a safe, social setting at Minoru Centre for Active Living, 7191 Granville Ave. Caregivers welcome.



Photo by Ya-Wei Lin

Galleria Photography

Visibility by Ya-Wei Lin is a free exhibition at Richmond City Hall through March 2. The images document the artist's observation of the urban landscape experienced on a daily basis.

Self-Care for Mental Health

A free workshop will be held from 5 to 6 p.m. Feb. 19 at Thompson Community Centre. The engaging, handson session includes creating a personal wellness toolkit and encourages

youth to consider different strategies for managing life's ups and downs. Registration is required.



MomChoir: It Takes a Village Concert

Spend an evening where parenthood, post-partum and pre-partum are shared through music and storytelling Feb. 29 from 7 to 9 p.m. at Gateway Theatre, 6500 Gilbert Rd. Held in partnership with Richmond Public Health and Vancouver Coastal Health, the event from youth, adults and seniors features MomChoir, directed by Katy Cadman and Sweet Scarlet, an all-female, award-winning local a cappella ensemble. The cost is \$30 per person.

Community Movie: Lilo & Stitch

Enjoy a free indoor screening of the popular movie starting at 7 p.m. Feb. 20 at City Centre Community Centre. It's part of the Community Movie Series. Everyone is welcome.

Seniors Music Show

Loads of Music offers up favourite melodies from the South Delta senior's band from 1 to 2 p.m. March 12 at Thompson Community Centre. Registration required.

Brain Health: Music In Motion

Improve memory, co-ordination, self confidence and brain health by simply dance steps in this therapeutic session presented by RASS and VCH from 1:30 to 3:30 p.m. Feb. 20 at Minoru Centre for Active Living. Registration required.

SPORTS

Richmond Rapids Mini Swim Meet

Richmond Rapids Swim Club has several mini swim meets planned between now and June 14 at Watermania. 14300 Entertainment Blvd. All introductory swim meets for preschoolers aged five and under and children aged six to 12, these events are free. For more, contact the Rapids at 604-275-7346.

TrailblazerHER Hockey

Richmond will play host to the TrailblazerHer-Women's Para Hockey Showcase Feb. 18 to 24. The project, an initiative to grow female para hockey, is funded by the Hockey Canada Foundation with a focus on inclusion, coach education, female mentorship and new fan engagement for the sport. As part two of the project, a three-game series of the Canadian Women's Para Hockey Team versus the USA Women's Para Hockey Team at the Richmond Olympic Oval.

U16 Western Nationals Swim Meet

Watermania (14300 Entertainment Blvd.) is hosting a U16 Western Nationals Swim Meet April 17 to 19. The event is for youth swimmers aged 13 to 18.

News of upcoming Richmond events may be submitted to the Richmond Sentinel by emailing newsroom@richmondsentinel.ca

ACROSS

- Georgia or Cal
- Satchel
- 8 Story
- Lotion additive
- Unsigned (Abbr.)
- Forrest Gump portrayer
- 16 -European
- 17 Secreted
- Conical homes
- 20 Skiers' mecca
- 23 Ale variety
- 24 Humdrum
- 25 Noise from a pigpen
- 28 Enervate
- 29 Shipboard beds
- 30 Chit
- 32 Moves out
- 34 Inkv stain
- 35 Melodies
- 36 Concert venue
- 37 Nap
- 40 Language suffix
- Help a hood
- 42 Polite refusal
- 47 Occupy
- 48 Seriously embroiled
- Being, to Brutus 49
- "Mayday!"
- 51 Electronics giant

DOWN

- Body art, for short
- "Evil Woman" band
- URL suffix

VOL 4—ISSUE 1 **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			

- Sneaky laugh
- Flex
- Noah's craft
- 7 Fuel containers
- Asian capital
- Diarist Frank
- Mine find
- 11 Seth's son
- 13 Futile
- **BPOE** members
- 20 Sit-up targets

HANDSOMEDEVIL

ANGELFOODCAKE

- 21 Pole, e.g.
- 22 Dad
- 23 Fragrant trees
- 25 Rates higher than
- Egyptian river
- Thug 27
- Lure
- 31 Tony-winner Hagen 45 Documentarian
- Rook 33
- 34 Bakery loaves
- 36 Tennis legend

- Arthur
- 37 Ump's call 38 Heron's cousin
- 39 Congers
- 40 Summers in Paris
- Yoko from Tokyo
- Prefix with natal
- 46 CIA operative

Burns

0 x x 0 x 0 x 0 0 0 × 0 0 × × 0 0 × × 0 X 0 0 X 0 X 0 X X \times \circ \times \times \circ \circ \times \times \circ \circ \times \circ \circ \times \times \circ \times \times \circ 0 x x 0 x 0 0 x x

|0|X|X|0|0|X|0|0|X

0 × × 0 0 × 0 0 × ×

XXOOXOXXOO

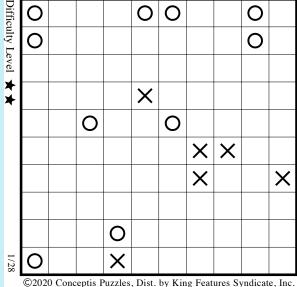
SUDOKU

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.

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



©2020 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

| February 19 - March 2, 2020 RICHMOND SENTINEL

