



## RAVENS REFLECT



With provincials cancelled,  
hockey team reminisces

20

*Photo submitted*

Ashley Specht and her Richmond Ravens' teammates were able to celebrate winning the playoff title recently. However, the global coronavirus pandemic denied the Midget girls' hockey team the chance to add a provincial banner, with the cancellation of the BC championships planned for this weekend in Richmond.

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# More water meters coming to Richmond

By **HANNAH SCOTT**  
Local Journalism Initiative reporter

If you live in a multi-family building you may be next to get a water meter.

After successful implementation in single-family homes and commercial properties throughout Richmond, multi-family dwellings are next to be metered.

Water meters track how much water is actually used by residents. This means that residents pay only for the water they use, rather than being billed on a flat-rate system.

"In the face of rising water rates, Richmond residents wanted a more equitable way of paying for their water use," says city spokesperson Kim Decker.

As of 2019, 46 per cent of multi-family dwellings in Richmond have meters.

Last year, 98 per cent of metered multi-family complexes saved an average of 48 per cent over the flat rate

cost. Over 80 per cent of single-family homes saved money compared to the flat rate.

"Water metering helps residents become aware of their water use, encourages water conservation and helps identify leaks to reduce water wastage," says Decker. She adds that the city offers rebate programs for toilets and washing machines, as well as free water conservation kits.

Additionally, Richmond offers a subsidy program to those wanting to install water meters in their complex. Existing multi-family complexes can have up to \$1,200 per unit or \$100,000 per complex subsidized through this program.

By allowing property owners to take control of their water bills, the city has seen reduced overall water consumption, saving money and valuable resources.

While the population of Richmond

has increased by 18 per cent since the start of the water metering program in 2003, the total water consumption has decreased by 11 per cent.

Owners, strata councils, residents and property managers of multi-family dwellings—including apartment buildings, townhouses, and strata-managed residential buildings—are invited to learn more at drop-in open houses.

The city offers three such open houses on multi-family water metering. City staff will be in attendance to provide information and answer questions.

- Tuesday, March 17 at South Arm Community Centre, 8880 Williams Road
- Thursday, March 19 at Cambie Community Centre, 12800 Cambie Road
- Tuesday, March 24 at West Richmond Community Centre, 9180 No. 1 Road

All sessions take place from 4 to 6:30

p.m. The first 25 attendees at each session will receive a free water conservation kit.

Additionally, all attendees who register for LetsTalkRichmond.ca and complete the feedback form will receive a reusable grocery bag.

Those who are unable to attend one of these open houses can find information and submit a feedback form on LetsTalkRichmond.ca until Sunday, April 5.

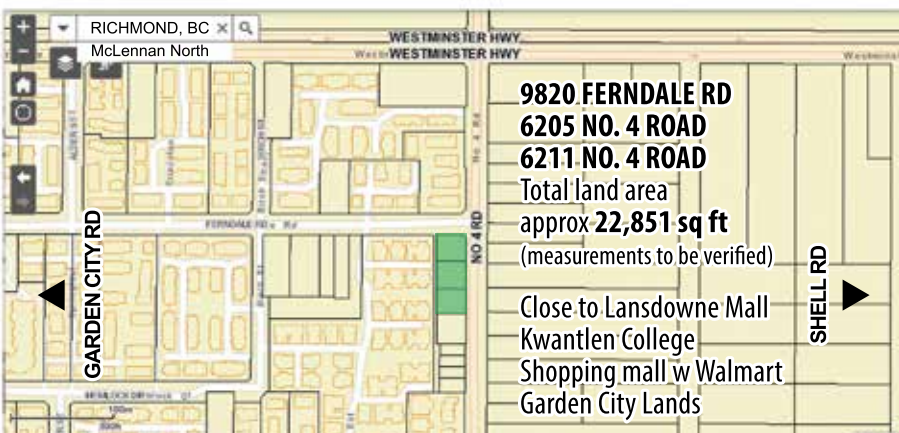
"Water meters are one of many water conservation strategies that benefit us as well as the natural environment," says Mayor Malcolm Brodie. "Our multi-family volunteer water meter program further supports our commitment to offer a fair and equitable way for residents to pay for water use."

For more information, visit [www.richmond.ca/savewater](http://www.richmond.ca/savewater), email [SaveWater@richmond.ca](mailto:SaveWater@richmond.ca) or call 604-276-4179.

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# COVID-19 cancels major sports events

By DON FENNELL

[@richmondsentinel](#)

Another major sports event planned for Richmond has been cancelled because of the global coronavirus pandemic, COVID-19.

The 21st Pacific International Cup (PIC), an annual curling event drawing recreational curlers from around the world, was scheduled to be held at the Richmond Curling Club from April 15 to 19. Organizers look forward to being able to welcome curlers back in 2021 after the health crisis has passed, said PIC chair Jim Schuman.

Schuman said it was after careful consultation with local and provincial health authorities, and the curling governing bodies, that organizers determined it was in the best interest of all to cancel the 2020 event.

"The decision was the most difficult we have had to make in our 21-year history, but the health and well-being of our participants, volunteers, the host club staff and our guests remains the top priority," he explained.

News that this year's PIC event is a no-go coincides with the cancellation of the women's world curling championships, which were scheduled to begin this weekend in Prince



Photo by Don Fennell

**The 21st Pacific International Cup, planned for April 15 to 19 in Richmond, is now a no-go.**

George.

Earlier, efforts to prevent further spread of COVID-19 have led to the cancellation of this coming weekend's BC Hockey Midget girls' provincial championships in Richmond.

The Richmond Ravens' 23rd annual Ice Classic that was planned for this weekend has also been called off.

On its website, the Richmond Ravens posted a memo from its board of directors. It reads, in part, "We are very sorry to share with you that we have cancelled our Ice Classic tournament and Midget provincials, and our season is now officially ended as required by Hockey Canada and BC Hockey. We are committed to the safety and well-being of all our

players and families and know that we all want to do what we can to prevent further spread of COVID-19."

A statement on the Hockey Canada website says, "Without question, this an unprecedented period of difficulty for the sports world. The health and safety of all participants in sport, including players, coaches, staff, officials, fans, family, volunteers and the general public, is of the utmost importance to Hockey Canada."

Hockey Canada says it was after much consultation with members, its chief medical officer and public health officials, it made the decision to cancel all Hockey Canada-sanctioned activities, including national championships, until further notice, effective March 13.

Late Wednesday, the Canadian Adult Recreation Hockey Association announced the postponement of the 2020 CARHA Hockey World Cup that was scheduled from March 29 to April 5 in Richmond. Organizers are working with partners in hopes of solidifying new dates in 2021.

CARHA said postponing the 2020 World Cup was necessary in light of the large number of international travellers involved in the tournament, and the worldwide uncertainty with regards to COVID-19.

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## All BC casinos directed to temporarily close

The BC Lottery Corporation confirmed Monday that an orderly shutdown of all casinos, community gaming centres and bingo halls across the province was underway.

This shutdown was expected to be completed by 11:59 p.m. March 16.

The temporary closure of all gaming facilities follows the directive issued by Attorney General David Eby and announced by Provincial Health Officer Bonnie Henry.

The BC Lottery Corporation (BCLC) conducts and manages lottery, casino, bingo and online gambling

on behalf of the province for the benefit of British Columbians. In BC, private sector service providers operate gambling facilities under contract with BCLC.

Together with its service providers, in anticipation that a directive was likely imminent, the industry came to a consensus on March 15 that casinos should suspend operations. BCLC then began working with service providers to plan an orderly shut down.

BCLC put the health of players, employees and communities at the forefront and took measures over the last number of days, informed by ongoing

recommendations from the Provincial Health Officer. Most recently, the industry had been phasing in a reduction of service, creating greater social distance in the casinos by turning off every second slot machine, removing seats at table games and stopping all casino marketing.

BCLC thanks all of the service providers and their employees who have collaborated during this unprecedented time.

Facilities will re-open only once BCLC receives government direction that this is safe and appropriate.

# Spring Break activities in Richmond

By HANNAH SCOTT

Local Journalism Initiative reporter

With most Richmond students on Spring Break for the next two weeks, there are activity options on offer throughout the city.

Event opportunities range from full-day themed camps to one-day events. Many activities are free, but camps require registration and payment in advance.

Full-day camp offerings include an art and animation camp, a museum-based camp featuring behind-the-scenes field trips, and an interactive camp for teens that delves into video game strategies. For more information on full day camps, visit [www.richmond.ca/camps](http://www.richmond.ca/camps).

Minoru Arenas invites students to Cosmic Skating, where you can skate in the dark under special lighting. Or, try drop-in child and family hockey programs with supervised ice time.

For more active play, Watermania's large water slides are open daily from 12 to 9 p.m.

Richmond Nature Park has Sunday afternoon walks with a naturalist, who will teach participants about plants and animals that live there.

The Terra Nova Adventure Play Environment offers ziplines and swings, plus other imaginative options, for kids of all ages—and adults.

Britannia Shipyards National Historic Site features costumed heritage interpreters who will engage visitors to help teach them about the site's stories.

For indoor fun, check out the Steveston Museum & Visitor Centre, the Richmond Art Gallery or the Steveston Tram.

The Richmond Museum features the "City at Work" exhibit, which showcases the inner workings of the city including pumping stations, traffic lights, and recycling.

For a full list of city activities and events, visit [www.richmond.ca/springbreak](http://www.richmond.ca/springbreak) or call 604-276-4300.



Photo courtesy City of Richmond

**Swimming at Watermania or Aquatic Centre is just one of the 20+ Spring Break activities available to students between March 14 and 29.**

Additionally, the Richmond Public Library partners with a number of organizations to offer more than 20 free programs for kids of all ages.

"It is so important for literacy programs to be accessible within the community," says author Amy Takeda. "We see the children in our writing programs thrive in a creative setting and their confidence grows in tandem with their writing skills."

Several originally scheduled programs have

since been cancelled, so check the library's guide for a full list of program information: [http://rpl.yourlibrary.ca/sites/default/files/pdf/spring20\\_proguide.pdf](http://rpl.yourlibrary.ca/sites/default/files/pdf/spring20_proguide.pdf). All programs are free, but many require registration in advance as spaces are limited.

The Richmond Public Library website has more registration details: <http://rpl.yourlibrary.ca/>.

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# Nominations open for 2020 Volunteers Are Stars Awards

By DON FENNELL  
@richmondsentinel

**V**olunteer. Just the word conjures up the image of an individual who gives selflessly for the service of others.

They are the backbone of every community.

Richmond has a proud history of volunteerism, a legacy that grows annually.

Richmond Cares, Richmond Gives (RCRG) is now accepting nominations ([www.rcrg.org/vas](http://www.rcrg.org/vas)) for the 2020 Volunteers Are Stars Awards, which is scheduled to be held April 16 at Pacific Gateway Hotel.

The event is Richmond's largest celebration of volunteerism, honouring the many individuals and groups who give their time so our community can shine.

"As Richmond's volunteer centre, our job isn't just to encourage volunteerism, but to highlight its everyday impact, and the people who make it happen," says Ed Gavsie, president and chief executive officer of RCRG. "We can tell that story through Volunteers Are Stars."

You can submit multiple nominations across four categories, recognizing individual, group,



Photo courtesy RCRG

**Thirty-four star volunteers were recognized at last year's gala. This year's awards scheduled to be held April 16 at Pacific Gateway Hotel.**

and youth volunteers, as well as non-profit leaders.

In all, seven awards will be handed out, but all nominees will be acknowledged during the event, which is expected to attract upwards of 250 attendees.

"The fact that Volunteers Are Stars is consistently sold out says a great deal about our community," says Gavsie. "In Richmond, we value the role that vol-

unteers play, and we're enthusiastic in thanking them for all that they do."

To nominate a star volunteer, visit [www.rcrg.org/vas](http://www.rcrg.org/vas) and complete the online form. The final day to submit a nomination is March 23.

The 2020 Volunteers Are Stars Awards are presented by RCRG and Pacific Gateway Hotel, with additional support from Trinity Western University, McDonald's, and the Dupuis Lan-

gen Group.

Richmond Cares, Richmond Gives (RCRG) is a registered charity that serves as a hub for volunteering and giving. RCRG is also a direct service provider, operating a Child Care Resource & Referral Centre, the Richmond Christmas Fund, and a variety of Seniors Community Support Services. [www.rcrg.org](http://www.rcrg.org).

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# Centenarian Chung Yin Ho clearly a sweet soul



By **DON FENNELL**  
@richmondsentinel

At 106, Chung Yin Ho still has a taste for the sweet things in life. Like candy.

"My grandmother loves candies, sweets, drunken chicken and dumplings in soup," says her grandson, Kevan Seng. "She would always order drunken chicken whenever I took her out to eat, and I had always wondered why she would order that dish regardless of where we ate. I asked her if it was because it brought back some fond memories of her childhood. She answered that it simply tasted good."

Chung Yin Ho always had candies in her pockets which she eagerly handed out to all the kids. Now, as a resident of the Lions Manor in Richmond, she maintains the tradition.

"She'll ask me to pick her up Chinese sweets like orange peels, sesame snacks and so on," says Seng. "My sister also notes how (as kids whenever we'd visit her) she'd always have ice cream in the fridge. We thought she kept so much to give to us kids, but it turns out she also really loves ice cream."

Today, whenever Seng picks up his grandmother for an outing, she presents him with a list of three main items: take her to the bank, buy some snacks, and find a good place to eat.

What's more, she's also keen to carry on a longstanding Chinese tradition of putting money in red envelopes to present to staff members at her senior living facility—in appreciation of their kindness and support toward her.



Richmond's Chung Yin Ho, 106, is an inspiration to many.

*Photo submitted*

Born in Chongqing China in 1914, Ho grew up to become the headmaster of a primary school in her hometown. It was also in Chongqing where she met her husband, who had left Shanghai because of the Japanese invasion. After getting married in 1944, their first child was born a year later.

Once the war settled down, they moved back to Shanghai where Ho's husband continued working for trading company Jardine Matheson. He was in charge of various piers along the Yangtze River (Shanghai, Nanjing, Chongqing, Yichong and Wuhan) where they had their merchandise shipped.

In 1950, the couple moved to

Hong Kong where Jardine Matheson had moved its operations. Their children were too young to move with them at that time, so stayed with their grandmother and aunt in Suzhou. In 1956, the family reunited in Hong Kong.

One of the children, Seng's father, left home to attend university in the early 1970s—first studying in Taiwan and, after a year, moving to Canada.

"My grandfather was not happy with that and they had a huge argument," Seng says. "Luckily, my grandmother gave him some money to move to Canada, where he met my mother at the University of Manitoba. They eventually moved

to Vancouver where my grandmother joined them in the early 1980s. They've lived here ever since."

In terms of longevity, it seems like the women in the family live long lives. Seng's great grandmother lived until she was 95 years old, passing during the cultural revolution, whereas his grandfather died in his 50s.

Prior to moving to Lions Manor, a 24/7 care facility, Ho lived at Austin Harris, where she had many friends with whom she'd play mahjong on a regular basis. She also followed a routine of reciting the Bible and playing a tile game based on memory.

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# Hammerschmidt badly needs kidney

By LORRAINE GRAVES  
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Richmond's Rob Hammerschmidt has enjoyed a new lease on life for 11 years thanks to a kidney donated by his father, former Richmond Secondary teacher Roman Hammerschmidt.

After years of deteriorating kidney function from a problem he was born with, and after a host of energy-zapping symptoms, Rob had a kidney transplant. He noticed a difference immediately.

He began working, and along with his wife Kathleen, a photographer, travelled the globe. He also took up sports like skiing and cycling.

But after more than a decade of vibrant health, Rob's body started rejecting his dad's kidney. Although he takes anti-rejection drugs daily, over the past few months his kidney function has been whittled away by chronic rejection.

Because his are not the normal short bouts of intense rejection—which can be controlled with doses of immune-calming drugs—it has been a waiting game.

"(My kidney function) has just slowly gone down even though they've tried lots of treatments," he says.

Now, Rob is waiting for surgery to prepare for dialysis. Dialysis will keep him alive, but he won't feel as healthy as when he had Roman's functioning kidney.

***It was important to me that he understood (the problem) was nothing he did or his organ did.***

— Rob Hammerschmidt

When he first told his dad the kidney was failing, Roman replied: "I wish that it had lasted longer, that it was stronger."

"After time, once (my dad) was able to process it, he understood it was 11 years that I didn't have before," says Rob. "And in those 11 years I did some pretty awesome stuff."

Roman came to understand the donor kidney failure was caused by gradual attacks from Rob's own immune system.

"It was important to me that he understood (the problem) was nothing he did or his organ did," says Rob.

Other family members have been tested, but so far no one is a close enough match.

"If someone is assessed and accepted as a living donor and is a match, then they can donate directly to a person," says BC Transplant's Irene Phan. "If they're not a match, they could possibly enter into the paired exchange program, and donate on behalf of a person."

To become a living donor, check out [transplant.bc.ca/livingdonation](http://transplant.bc.ca/livingdonation). You can also sign up to be an organ donor upon death at

[transplant.bc.ca](http://transplant.bc.ca).

"We always encourage people to take two minutes to register and have a conversation with their family about their wishes. It may not directly help Rob, but it could be life-saving for someone else like him," says Phan.

Today, no longer able to work, Rob says he makes a point of getting up when his wife goes to work.

He takes care of their dog Mia, rests, naps and tries to have dinner on the table for Kathleen when she gets home.

Trying to be accepting of the constant fatigue, high blood pressure and nausea, he says, "It's kind of become my new normal."

For more information go to [rob-needsakidney.ca](http://rob-needsakidney.ca)

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Photo courtesy Rob Hammerschmidt

Today, Rob Hammerschmidt spends much of his time with his dog Mia.



# Tax season scams

As Canadians prepare to hand in their taxes, it's important to remain vigilant. This is the second of three parts in the *Sentinel's* 2020 financial series, focusing on the many scams that happen at this time of year.

Canada Revenue Agency (CRA) has some tips for avoiding scams, and information on what to do if you've fallen victim to one.

## BY PHONE:

Before giving any personal information over the phone, you should ensure you're speaking to a legitimate CRA employee. You can—and should—ask for their name, work section and office location in order to verify their identity.

If you receive a legitimate phone call from the CRA, they may ask you to verify your identity by giving your full name, date of birth, address or social insurance number.

However, they will not ask for information about your passport, health

card or driver's license. They will not ask for immediate payment or act in a way that is aggressive or threatening.

Some criminals are able to change the way their identity appears through caller ID. Identity cannot be confirmed this way, so ask for the caller's information.

## BY EMAIL:

The CRA also provides information about email scams with links that you have not previously requested during a telephone call or meeting.

Any links that you have not asked for should not be opened, as they may be phishing scams aimed to steal your personal information.

## BY MAIL:

You may be contacted by mail for a number of reasons, such as requesting payment or financial information. You will not be asked to meet in a public place to transfer money or threatened with arrest.

## BY TEXT MESSAGE/INSTANT MESSAGE:

The CRA never communicates via text messages or instant messaging.

In particular, protect your social insurance number.

Don't reveal it to anyone unknown or unverified, and secure any documents that list it.

To report a scam, call the Canadian Anti-fraud Centre at 1-888-495-8501. They receive calls Monday to Friday from 10 a.m. to 4:45 p.m., eastern time.

Fraud can also be reported online. Find out more at <https://www.anti-fraudcentre-centreantifraude.ca/report-signalez-eng.htm>.

If your social insurance number has been stolen, contact Service Canada at 1-800-206-7218.

For a full list of tips from the CRA, visit <https://www.canada.ca/en/revenue-agency/corporate/security/protect-yourself-against-fraud.html>.

# Council to request free hospital parking

By HANNAH SCOTT

Local Journalism Initiative reporter

City councillors hope to bring an end to the days of high parking fees at Richmond Hospital.

At a recent council meeting, city councillors agreed to write to the provincial government and health authority to request two hours of free parking to be paid when exiting the parkade.

There was also discussion on the possibility of a pay-on-exit system and the addition of overflow parking to boost current capacity, among other related topics.

(This communication is not intended to cause or induce a breach of any existing agency agreement)

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# Richmond schools slated for seismic upgrades

By **HANNAH SCOTT**

*Local Journalism Initiative reporter*

Two more Richmond schools will soon get seismic upgrades. Maple Lane and James McKinney

elementary schools are receiving a combined \$19.3 million from the provincial government for these improvements.

Education Minister Rob Fleming announced the planned funding

outside Mitchell Elementary this morning, where seismic upgrades are ready to begin.

Thanks to these upgrades, more Richmond students will be learning in safe schools.

"On behalf of the parents, we are extremely grateful that the govern-

ment is taking this issue very seriously," said Richmond District Parents Association president Dionne McFie.

Construction is expected to be underway at both McKinney and Maple Lane by fall 2020.

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*Photo by Hannah Scott*

BC Education Minister Rob Fleming announced planned seismic upgrades to two more Richmond schools at a press conference March 12 at Mitchell Elementary.

## Province announces new post-secondary grants

By **HANNAH SCOTT**

*Local Journalism Initiative reporter*

Post-secondary students in Richmond and the rest of BC are eligible for new provincial grants.

"The new BC Access Grant will enable thousands more students to get a college or university education in their chosen fields," said Premier John Horgan.

Over 40,000 low- and middle-income students will be eligible for the grant, available starting this fall.

Students who apply for financial assistance from StudentAid BC will automatically be assessed for eligibility. Eligible students in programs under two years in length will receive up to \$4,000 per year. Those in programs two years or longer will receive up to \$1,000 per year, but may also be eligible for federal full-time student grants

of up to \$3,000 per year.

The government is investing \$24 million in new funding over the next three years. They are also reinvesting \$37 million in existing grant programs that don't cover up-front costs for post-secondary education.

Students will receive grant money at the beginning of their studies, to enable them to pay tuition and buy textbooks and other necessary supplies.

This is the first time that funding has been available to students in programs under two years in length. This change nearly doubles the number of students eligible for financial support.

"The new grant will open doors to post-secondary education for thousands of British Columbians who were shut out for far too long," said Melanie Mark, Minister of Advanced Education, Skills and Training.

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LEGISLATIVE ASSEMBLY  
of BRITISH COLUMBIA

## COMMUNITY COMMENT



### DEAR RICHMOND CONSTITUENTS,

Strata insurance crisis demands action

As many of you know, over the past few months a growing number of British Columbians have been hit hard with massive spikes in strata insurance premiums, deductibles and fees.

With more than 30,000 strata corporations in B.C., this issue is impacting people all across the province. Insurance premiums are increasing by as much as 400 per cent, and deductibles have increased thirty-fold in some cases.

Thousands of British Columbians are at risk of losing their homes or being unable to sell or purchase strata units. This is incredibly worrisome for countless strata unit owners and tenants, as these increases came without warning.

Last month, in an effort to formulate a solution, my colleague MLA Todd Stone put forward a private member's bill in the Legislature that would amend the Strata Property Act. The bill provides several actions the government can implement to address the severity of this crisis and help provide people with the relief they desperately need.

With these recommendations—which have been supported by several industry stakeholders such as the Condominium Home Owners Association of B.C.—the bill offers achievable legislative changes that can help curb this crisis and proactively prevent further escalation.

We are urging the government to take serious steps to alleviate the pressure of this issue immediately. With hundreds of thousands of British Columbians living in strata properties across the province, we need an actionable plan now.

I will continue to push for solutions and stand up for the people of Richmond-Steveston.

**John Yap, MLA**

**Richmond – Steveston Constituency Office:**  
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# MacNeill students take initiative through art

By LORRAINE GRAVES

[@richmondsentinel](#)

The Buzz Art Club is giving back.

Guided by teacher Kate Walker, the MacNeill secondary students raise money through their works of art.

Their recent Art-A-Thon, the 14th annual, generated funds for the Environmental Youth Alliance (<https://eya.ca/>). The alliance offers programs for at-risk youth that encourage environmental awareness.

Walker sees this as a particularly worthy cause.

"I feel really good this year because the kids are really connected to the topic," says Walker. "It's really important that the kids take initiative and give to the community, and that they take part in an initiative that is bigger than them. I encourage the students to look beyond the walls of the school."

Each student seeks sponsors for their work, with funds going to a chosen charity.

"Every year I try to give them lots of choice for a topic and where to donate," says Walker of the student-led project.

As they choose where their funds will go, students learn about global issues.

Past funds have gone to Syrian refugees and disaster relief in the Philippines, to name a few examples. One year, they chose the Gord Downie & Chanie Wenjack Fund, which works towards cultural understanding and reconciliation between Indigenous and non-Indigenous peoples.

This year's Art-A-Thon resulted in 26 paintings by 34 students and netted more than \$3,200. The paintings adorn the school's halls.

• [LGraves@richmondsentinel.ca](#)



Photo courtesy Kate Walker

**MacNeill students use art to express their feelings about the environment, while raising money to help youth facing barriers.**

## Rotary Club of Steveston helps charity get on the road again



Photo courtesy RCRG

**Led by president Bill McEwen (fourth from the left), the Rotary Club of Steveston presented RCRG president and CEO Ed Gavsie with the keys to a 2020 Nissan Rogue.**

Richmond Cares, Richmond Gives (RCRG) has a new vehicle to support its programs and services, thanks to a generous donation from the Rotary Club of Steveston.

With the Club's financial support, RCRG was able to lease a 2020 Nissan Rogue.

The vehicle will be used to transport seniors to medical appointments and community activities, and even deliver their groceries. During the holiday season, it will also help move toys for the Richmond Christmas Fund.

"We last had an agency vehicle five years ago, and our programs and services have grown considerably since then," says Ed Gavsie, president and CEO of RCRG. "So there was definitely a need, and the Rotary understood this. They offered their support without hesitation."

Last year, volunteer drivers in RCRG's Better at Home program

completed 2,554 trips, getting seniors where they needed to go safely and on time.

The new vehicle, which has ample trunk space for walkers and wheelchairs, will make their job that much easier.

"It's a tool for serving the community," says Gavsie. "The vehicle will be out on the road nearly every day, making a difference in the lives of Richmond residents. Credit for that goes to the Rotary Club of Steveston."

To learn more about RCRG, including how to become a volunteer driver, visit [www.rcrg.org](http://www.rcrg.org).

Richmond Cares, Richmond Gives (RCRG) is a registered charity that serves as a hub for volunteering and giving. RCRG is also a direct service provider, operating a Child Care Resource & Referral Centre, the Richmond Christmas Fund, and a variety of Seniors Community Support Services.



# Extra Relish anxious to share their laughter

By DON FENNELL  
@richmondsentinel

The importance of laughter dates back to the beginning of time, often seen as a means to relieve stress or sorrow.

In the 1300s, Henri de Mondeville, a professor of surgery, propagated post-operative therapy with humour. More recently, American publisher and humour writer Benet Cerf coined the phrase "Laughter is the best medicine."

On March 19, Tickle Me Pickle—the Richmond-based theatre sports improv society—had planned to bring live humour to the local stage in the form of Extra Relish, one of their groups.

But the show at Richmond Culture Centre has been cancelled because of the global coronavirus pandemic.

While the young improv troupe is disappointed not to be able to share their unique stylings at this time, they eagerly look forward to when the opportunity presents itself.

"We only started as a group about a year ago," explains Jennifer Tong, one of the members of Extra Relish. The group also features Bennett Taylor, Nikki West, Aidan Wright, Noah Sturton, Brad Critch, Liam McCulley, Maddy Caroline, Matt Beaver and Sharon Lo Luistro.

Putting the wrap on a Thursday night



Photo submitted

The cast of Extra Relish had hoped to share their brand of humour at a performance March 19 in Richmond. The show was cancelled due to the global coronavirus pandemic.

rehearsal at Thompson Community Centre, the cast shared their thoughts about improv, acting and their future ambitions.

The upcoming show, supported by the City of Richmond, is a mixture of short and long form improv, says Car-

oline. "With the shorter scenes, there's usually a game attached. For example, we'll do a scene with a no 'S' game where we can't use the letter in any of what we're doing. It's a bit crazy and fun to see fellow actors struggling. It's one of the things about improv. Failure is almost

inevitable."

West says improv broke her out of her shell.

"I started improv in the eighth or ninth grade. It gives you a chance to be in the moment because there's no time to second guess or doubt yourself," she says. "I apply it to my everyday life. It's who I am."

Described by his castmates as the team captain, Wright says actors are drawn to improv because it's a format that can be practiced anywhere.

"Universally, improv kinds of bites its teeth into a story and narrative that really relates to people," he says. "People in improv are focused on the interaction."

Ranging in age from 22 to 27, the Extra Relish team is also proud of its diversity, and the balance between male and female members.

"Some went to university for theatre, and others just fell into it, or they are working as an accountant, in a bike shop or in the Downtown Eastside," Wright says. "I think that diversity lends itself to create stories that reach a greater audience."

He says one of the appealing aspects of improv is it allows actors to be kids again, to tell silly stories, and to live in a fantasy world.

"It's a really broad world of imagination we get to live in," says Wright.

•dfennell@richmondsentinel.ca

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# Singer Jardine releases *Fill It Up Again* video

By DON FENNELL

@richmondsentinel

Ajaye Jardine is experiencing contrasting emotions.

After just releasing a new video for her good vibes track, *Fill It Up Again*, the award-winning BC Country Music Female Artist of the Year from Richmond is living through the challenges her new home of Nashville is facing in the wake of a recent tornado.

"It's definitely very difficult to witness," said Jardine, as she prepared for a concert following another day helping with clean-up efforts.

"There's been such an outpouring of community. I'm committed to helping any way I can, and so is everyone in this town. People make a community, and this has been a true testament to people's generosity and willingness to help."

A self-described "storyteller," Jardine's music is both raw and powerful. As striking as her vibrant and powerful voice is, her lyrics are equally relatable and endearing.

"I create music because it's who I am," she explains. "When I was writing this album (*Midnight & Bourbon*)



Richmond's Ajaye Jardine is the BC Country Music Female Artist of the Year.

my intention was to be really honest with myself and share both the highs and lows I'd experienced (up) to that point in my life. From loss to love, heartbreak to self-improvement, I've learned to always find the silver lining in life, or the blessing in disguise, no mat-

ter how obvious or hidden it is."

With over 100,000 streams and counting, *Fill It Up Again* is the latest song to shine off her award-nominated debut album. As for the album itself, Jardine says *Midnight & Bourbon* is exactly how she envisioned it.

"When I was considering who to produce it, Sheldon Zaharko was at the top of the list," she continues. "His work really resonates with me as an artist, and it was a true collaboration. I have to also extend a special thanks to Creative BC which allowed us to record at Warehouse Studio in Vancouver, which was an amazing space. It allowed us to bring in musicians we really wanted to bring the album to life."

Jardine says her goal was to show the diversity among us.

"We all face heartbreak and celebration. I believe life doesn't happen to us, but for us. These are opportunities to help make us better humans, to love more openly and more compassionately and to learn to forgive others and ourselves. We need to live with empathy because we're not that different."

For more, visit [ajayejardine.com](http://ajayejardine.com).

•[dfennell@richmondsentinel.ca](mailto:dfennell@richmondsentinel.ca)

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由中僑基金會主辦之「2020中僑星輝夜」，已於二月二十九日在The Westin Bayshore, Vancouver圓滿結束。承蒙各界鼎力支持，此次晚宴共籌得善款**\$509,000**，用於中僑為長者提供護理和關照服務，及其他只獲部分資助或完全沒有政府資助的項目服務。

此次慈善晚宴能夠順利進行及獲得滿意成績，亦有賴百多位義工和職員竭力合作，以及晚宴籌委會全體成員多月來傾力籌劃並得到理事會的英明指導。中僑基金會及中僑互助會謹在此向所有善長、贊助機構及參與人員致萬二分謝意。



# 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](mailto:newsroom@richmondsentinel.ca)



## Eggspectation



Photo courtesy Eggspectation  
Eggspectation's lobster benedict.

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

Eggspectation Group's first restaurant opened in downtown Montreal in 1993. Since then, Eggspectation restaurants have become synonymous with innovation, high quality food, excellent service and a unique and exciting dining experience. Today, we have 14 restaurants in Canada, as well as others in the US, India, Egypt, Qatar and Dubai. The Richmond location opened in November 2018, the first location on the West Coast.

### **What's special or unique about your restaurant?**

Our goal is to maintain the highest possible standards of food quality and service in a relaxed and pleasant atmosphere. We only take two things seriously: our food and service. All our ingredients are fresh and made with limited preservatives. We use free range eggs that are cracked fresh for every order, and our Hollandaise sauce is made from real butter and egg yolks. None of

our foods are pre-cooked and we ensure that our customers are always treated to the freshest of foods.

### **What's your specialty or best-selling item?**

The best selling items on our menu are the Southwest sunrise omelette, lobster benedict and our steak and eggs.

### **Do you have any new menu items?**

Our new menu was launched in January 2020 and features items like avocado toast, plant-based Beyond Meat burgers and Montreal-smoked meat breakfasts and sandwiches.

### **What's your favourite item on the menu?**

It's difficult to narrow it down to one item on the menu, but if I had to choose one it would be the lobster benedict.

• **Ankit Monteiro is general manager of Eggspectation Richmond, located at 10551 St. Edwards Dr. For more information, visit [www.eggspectation.ca](http://www.eggspectation.ca) or call 604-370-0017.**

## Cactus Club Cafe

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

The first Cactus Club Cafe opened in 1988 in North Vancouver. While evolving in many ways, Cactus stays true to its roots as a fun, upscale restaurant with great food and friendly service in a relaxed, unpretentious atmosphere. Cactus has been a staple of the Richmond community since 1992.

### **What's special or unique about your restaurant?**

We pride ourselves on our modern Canadian cuisine. Cactus Club Cafe's culinary vision is led by our test kitchen team, including Iron Chef Rob Feenie. They are always looking for inspiration to make food people love.

### **What are some specialty menu items that guests can look forward to?**

We're always changing up our menu to accommodate seasonal and new menu items. This means that popular items are constantly changing. The test kitchen team will continuously

tweak and create recipes that will be loved by our guests, using fresh, local and sustainable ingredients wherever possible. Some Cactus signatures that are fan-favourites are our Szechuan chicken lettuce wraps and our butternut squash ravioli.

### **Do you have any new menu items?**

We recently added two sushi rolls to our Richmond Centre menu: the spicy Ahi roll and the prawn crunch roll. They've got special flavours and elements that distinguish them from regular sushi rolls. The acidity and sweetness in the Ahi roll's marinade creates a flavourful tuna, and the panko-crusted Ocean-Wise prawns add a layer of crunch and juiciness.

The newest addition to our dessert menu is 100 per cent plant-based. The drunken cherry chocolate brownie is a must-try with umaluma™ cherry pecan dairy-free gelato, chocolate sauce, coconut whip and amarena cherries.

• **Cactus Club Richmond is located at 1666-6551 No. 3 Rd. For more information, visit [cactusclubcafe.com](http://cactusclubcafe.com) or call 604-244-9969.**



Photo courtesy Cactus Club Cafe  
Sushi rolls at Cactus Club Cafe.



# New beginnings sprout at Richmond's Sharing Farm

By LORRAINE GRAVES  
[@richmondsentinel](https://twitter.com/richmondsentinel)

Spring is a time for new things, and that is especially true at Richmond's Sharing Farm.

"We are busy planting seeds. We have already planted our onions, tomatoes and peppers, and will be planting more over the next few weeks," says executive director Sarah Drewery. "The seedlings are in our nursery in the barn at the moment, under grow lights and on heat mats. As the temperatures rise we will move them into the greenhouses and finally out into the fields."

It's also time for volunteers to begin signing up. Wednesday volunteering starts March 18 from 9 a.m. to 1 p.m. Thursday sessions start April 9 at the same time.

The Saturday Friends of the Fields program, which operates from 10 a.m.

to noon, starts April 25. Volunteers can be any age, but children must be accompanied by an adult.

The popular harvest basket program is another sign of spring. A \$595 donation to the Sharing Farm garners 17 weekly pick-ups of the farm's freshest bounty, picked that day. It works out to \$35 per week for two or three grocery bags full of produce.

Each week's offerings are enough produce to feed a family of four, says Drewery. "Shares may be split with a friend, either splitting the box each week or alternating pick-up weeks. If you can't find someone to share with you, email us ([info@sharingfarm.ca](mailto:info@sharingfarm.ca)) and we may be able to pair you with someone," she adds.

This year, the farm has a new manager.

"After five seasons at The Sharing Farm, (former manager) Kristjan Johannson has moved on to fields new.



Photo by Chung Chow

**At this time of year, it's all about getting new things started at Richmond Sharing Farm.**

Stepping into his boots is our new farm manager, Melad Charkhabi," says Drewery.

Charkhabi previously worked at Everdale Farm, a community teaching farm in Hillsburgh, Ontario.

"You can find Melad hard at work in the fields, planting seeds. We're really excited to have him on our team and looking forward to an awesome 2020 season," says Drewery.

•[LGraves@richmondsentinel.ca](mailto:LGraves@richmondsentinel.ca)

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# HIRING NOW

# 2020 Street Banners unveiled in colourful ceremony

By **HANNAH SCOTT**  
Local Journalism Initiative reporter

This year's Richmond Street Banner Contest winners have been announced.

At last week's city council meeting 10 local artists unveiled their winning banner designs. The banners will soon be installed on street light poles around Richmond, where they will remain until early 2021.

"It is wonderful to see such a robust and active artistic community in Richmond, and we're fortunate to have these winning designs decorate our city streets," says Mayor Malcolm Brodie. "Community engagement and the arts are important to council and this contest is one of the many ways residents can participate in beautifying our city."

More than 350 designs were submitted for this year's Street Banner

Contest. There were 10 themes represented:

- Island City
- Connection
- Active Living
- The Arts
- City Centre
- Heritage
- Sustainability
- Community
- Nature
- Culture

The entries were displayed at the Minoru Centre for Active Living in November and December. Members of the public then voted for their favourites on the city's Facebook page. After a week of voting, the 10 designs that garnered the most votes—one from each theme—were chosen as winners.

The 2019 banners will be available for purchase at the Community Services Division reception. This is located at the city's operations yard, 5599 Lynas



*Photo courtesy City of Richmond*

**Contestants and family of the 2020 Richmond Street Banner Contest proudly display their winning designs.**

Lane. Banners can be purchased weekdays from 8:30 a.m. to 4:30 p.m. starting April 20.

For more information on the city's

street banners, and to view the winning designs, visit [www.richmond.ca/banners](http://www.richmond.ca/banners).

•[hannahs@richmondsentinel.ca](mailto:hannahs@richmondsentinel.ca)

ADVERTISING FEATURE

## Outdoor Living with Phantom Screens®

With warmer weather right around the corner, homeowners across Richmond will soon be heading outside to enjoy the outdoor living areas in their homes. Often times, it is the start of the spring season that prompts people to consider improvements to their patios, porches, or lanais.

Whether it's a patio renovation, a deck installation, or a new set of double-French doors, more and more homeowners are including Phantom retractable screens to improve their outdoor living areas. Phantom's screens are a beautiful and effective solution for the common drawbacks of outdoor lifestyle such as insects, solar heat gain, and lack of privacy. These screens are only in place when needed, retracting out of sight when not needed. Additionally, several of Phantom's solar meshes can significantly reduce heat gain



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# PET COMPANIONS

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](mailto:newsroom@richmondsentinel.ca)

## Yudit: Grateful friend

By ASSAF GOLDBERG

I love my dog because she is sweet and grateful and has the coolest polka dots.



## Graycie and Tinker: Sanctuary cats

By RAPS STAFF

Graycie (in grey) and best friend Tinker came from troubled backgrounds but found comfort and a forever home at the RAPS Cat Sanctuary.



## Peanut: Unconditional love

By JONATHAN LERNER

I love Peanut because he inspires me to be a better person every day by always believing in me and providing his unconditional love.

🐾 **RAPS COMMUNITY REPORT** Caring for the animals who care for us 🐾

## Helping pets ... and their people



**Pat Johnson**

For many of the most vulnerable people in our community—people who are homeless or in perilous housing situations, who have physical or other disabilities, who are estranged from their families or who have addictions—companion animals are often a lifeline to the world.

"A lot of these people who have animals, that's all they have," says David Burgess, shelter manager at the Salvation Army's Richmond House Emergency Shelter.

For this reason—and because B.C. Housing, the provincial housing agency that provides funding to Richmond House, mandates it—the facility started accepting guests with their pets about a year ago. At a time in a person's life that may be the most challenging, being separated from a beloved companion animal, and perhaps being forced to surrender the animal, can add to and exacerbate emotional crises.

In one case, a man scheduled to go into treatment would not proceed if it meant leaving his two cats to an un-



*Photo submitted*

**The mission of the RAPS Animal Hospital is helping to save and improve as many animals' lives as possible.**

certain future. His choice was his own health or the security of his pets. Burgess called the Regional Animal Protection Society and RAPS made sure the cats were cared for while the man was in recovery. That was the start of the relationship between the two organizations.

Since the opening of the RAPS Animal Hospital, two years ago, that partnership has grown. Accepting pets in an emergency shelter is one thing. Addressing sometimes serious health issues in those animals is another. Even routine veterinary proce-

dures can take a bite of an average family's budget. For someone with few or no financial resources, it can be a matter of live or death for the animal.

"One of the biggest issues that even working poor people face, let alone our guests, there is no way they can afford veterinary care," Burgess says. In recent years, RAPS has realized that caring for animals also means caring for their people. Ensuring the happiness and well-being of a pet requires that their household is safe and secure.

For the Salvation Army and a number of other agencies, as well as individuals who approach us with financial need, RAPS provides fully or partially subsidized veterinary care. In a little over two years, the RAPS Animal Hospital has delivered more than \$1.2 million in subsidized vet care for pets in need.

With all the other worries on their minds, the guests at the emergency shelter can at least rest assured that their pet's health will be addressed.

"What a relief that is to them," Burgess says. "You can see the weight off their shoulders."

RAPS also has a Pet Food Bank for families who require assistance and compassionate boarding for animals when their people are temporarily unable to care for them.

"The mission of the RAPS Animal Hospital isn't profit," says Eyal Lichtmann, CEO and executive director of RAPS. "Our bottom line is helping to save and improve as many animals' lives as possible. That's why we do this. And we can do it because we have the support of our community, including those who choose our facility for their veterinary needs, knowing that those funds are reinvested to help less fortunate animals."

*Pat Johnson is communications manager of the Regional Animal Protection Society.*

### MY NAME IS MARYBETH

Marybeth is a 12-year-old cat that only lived with one family but was surrendered due to a change in her people's living situation. She is a loving and affectionate cat, who is looking for a quiet retirement home to lounge in.

If you are interested in Marybeth, please call the shelter at 604-275-2036 to book a meet and greet.



### REGIONAL ANIMAL PROTECTION SOCIETY (RAPS)

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



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### RAPS ANIMAL HOSPITAL

rapsanimalhospital.com

604-242-1666

The RAPS Animal Hospital and Animal Ambulance are supported by Applewood Nissan

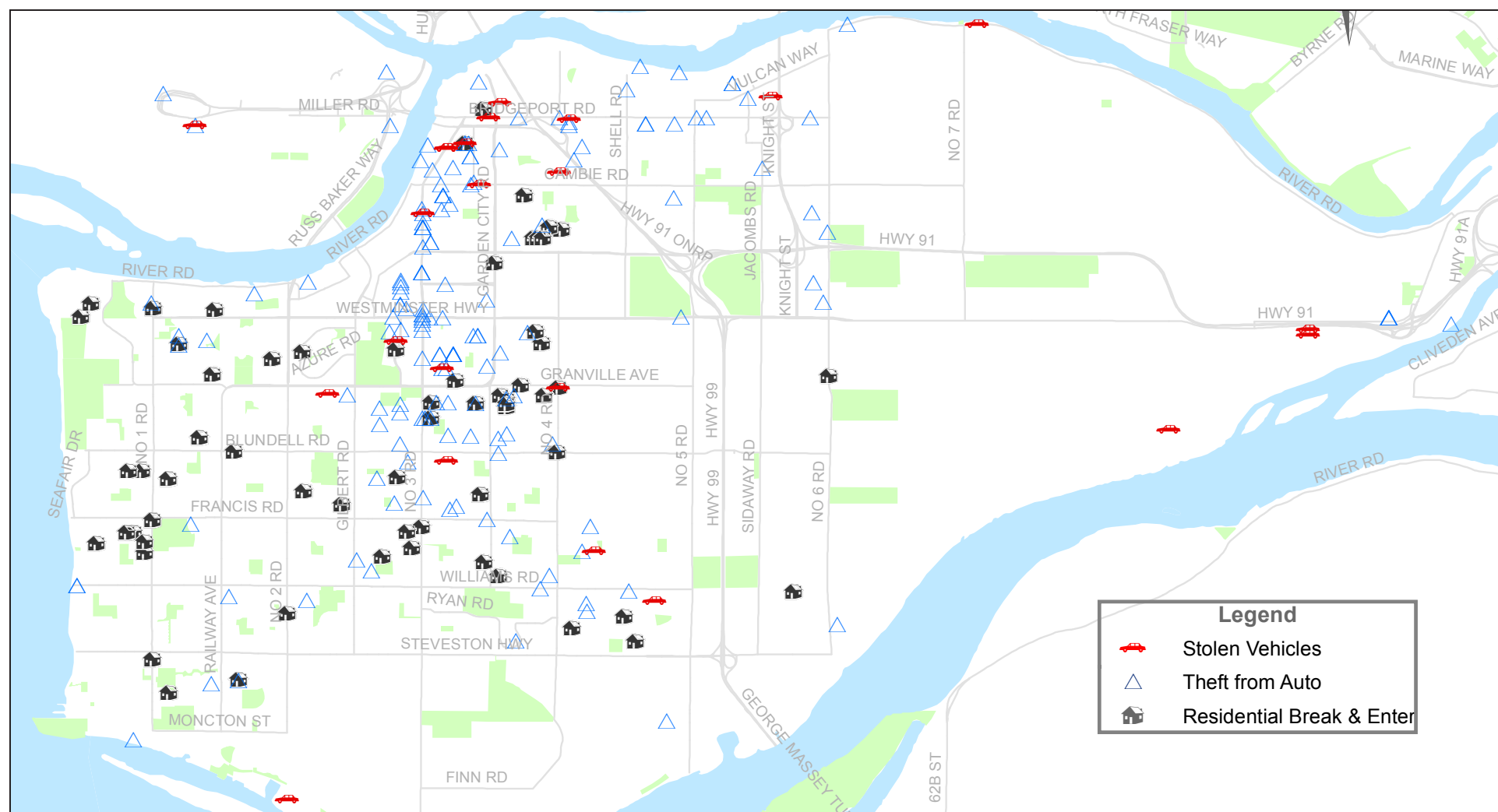






# RCMP

## Crime Map Feb. 1 to 29, 2020



## Richmond receives funding to fight overdoses

By LORRAINE GRAVES

@richmondsentinel

The provincial government is providing close to \$1 million to help fight overdose death, an epidemic that killed 5,539 people in BC last year.

Richmond is one of 24 BC municipalities to receive a grant from the Ministry of Mental Health and Addictions.

"The Health Champions Conversation Initiative will identify and support individuals with lived experience of substance use," says city spokesperson Clay Adams. "They will become Health Champions, who can educate health and social service providers on ways to reduce stigma and improve access to care."

By reducing the stigma around illicit drug use, medical personnel will be better informed on how to



Image by Steve Buissonne from Pixabay

**Richmond has recently received provincial funding to fight overdose death.**

deal with people who use street drugs. Drug users may also seek safer injection practices like clean needles and testing for fentanyl.

Many people survive overdoses, but with life-alter-

ing brain injuries caused by lack of oxygen or infections from non-sterile drugs or needles.

Richmond's Anne Vogel Clinic offers primary care, treatment and assessment to those facing opiate dependence. They also provide needle exchange services.

Adams says those who have successfully coped with opioid addiction themselves become experts on treatment options. Their input will be shared with general practitioners and nurse practitioners, as well as pharmacists, local non-profit service providers and hospital emergency department staff.

The Health Champions Conversation Initiative will be managed by Vancouver Coastal Health (VCH). A steering committee, comprising of VCH, city staff and others, will also be established to move the project forward, says Adams.

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In their own words...

# Richmond, an economic hub in the region



**Chak Au**  
City Councillor

Did you know the world's first all-electric commercial seaplane was launched in Richmond and that a Richmond-based company is a global leader in batteries for electric ferries? Did you know only 12 Canadian companies were named in the world's top 100 companies in green technology innovation in 2019—and one is here in Richmond?

All are examples of how our City is becoming a leader in sustainable technology, and high-tech businesses are drawn to the many opportunities in our beautiful city.

Richmond is no ordinary home. It has everything needed for an international hub of trade, business, technology, and tourism. Our location and cultural diversity make it ideal to do business with people from around the world. The education and skills in our workforce are above the provincial and national average.

But we can do more to ensure future economic development.

Land for general light industrial uses such as manufacturing, warehousing, distribution processing etc., is in strong demand. We need more office space to attract a wide range of business types from

regional office centres to technology companies, specialized medical services, international trade, and others.

The City's Industrial Land Intensification Initiative is looking at existing use of industrial land in Richmond and if changes to policies and bylaws will help protect land for industrial use and remove barriers to more intense forms of industrial development. We are also encouraging the development of space in the City Center so large technology and other office-based businesses can locate near transit and other amenities employees seek. Additional office space is expected to be constructed along the Canada Line corridor as part of significant mixed use developments such as the Lansdowne Mall redevelopment.

Almost 34,000 people come to Richmond for work, making it a major employment centre for the region. Transit plays a big role in making that happen. Capacity on the Canada Line recently rose by 15% during peak hours with four new trains. Eight more trains will be in service later this year, increasing capacity by 35%. A new RapidBus service is also expected to connect Richmond with the Expo Line.

But not everyone can use transit and many goods rely on road. That's why the City is working with government on improvements to the Steveston Highway Interchange at Highway 99 and a preferred long-term solution for the Massey Crossing.

Our preference, of course, is for people to call Richmond home rather than just a place of work. A recent Richmond Chamber of Commerce survey found 87 percent of business owners identified



Photo courtesy of Harbour Air Seaplanes

housing affordability as a recruitment barrier, while 76 percent said they were struggling to retain employees.

The City is committed to playing a leadership role to increase the supply of affordable housing in Richmond. Over the past decade, the City has secured over 1,400 new affordable housing units for low income households, plus 800 market rental units for moderate and middle income households. These provide a crucial supply of housing for families, seniors, individuals living alone, and a range of other priority groups in Richmond.

Along with numerous social benefits, affordable housing provides direct and indirect benefits to the local economy through construction and a crucial supply of workforce housing. Investments in affordable housing are crucial to creating a diverse, inclusive and strong community and reflect Council's strategies to build a sustainable and environmentally conscious city with a healthy economic sector.

## City of Richmond Council Meetings Calendar

<b>Mar 17, 4:00 p.m.</b> Public Works & Transportation Committee Anderson Room	<b>Mar 24, 4:00 p.m.</b> Parks, Recreation & Cultural Services Committee Anderson Room	<b>Apr 6, 4:00 p.m.</b> General Purposes Committee and Finance Committee Anderson Room
<b>Mar 23, 7:00 p.m.</b> Council Meeting Council Chambers	<b>Mar 25, 3:30 p.m.</b> Development Permit Panel Council Chambers	<b>Apr 7, 4:00 p.m.</b> Planning Committee Anderson Room
		<b>Apr 14, 7:00 p.m.</b> Council Meeting Council Chambers

For meeting agendas and reports visit [richmond.ca](http://richmond.ca).

## Council Meeting Live Streaming

Visit [richmond.ca](http://richmond.ca) to link to live streaming or watch archived video.



# Ravens retain fond memories amid cancellation

By DON FENNELL  
@richmondsentinel

As Ashley Specht sported a huge smile while offering a thumbs up gesture after the Richmond Ravens won another playoff banner March 6.

Specht scored the insurance goal, following Sydney Payment's earlier game winner, as the Ravens posted a 2-0 victory.

"Each of us has done something, no matter how small, to contribute to our success," offered Specht, prior to learning late last week that the 2020 BC Hockey Midget A Female championships—where she and her teammates hoped to cap their stellar season with yet another title—had been cancelled due to the global coronavirus pandemic.

After suiting up for her first game at the age of five, Specht has been essentially a lifelong Raven, having spent all of her youth hockey career with the organization. Her earliest memories are hitting the ice at UBC as a Tyke Division player.

"My dad said, I want you to go skate a couple of laps before the game, and then join the game," she recalled. "But I just kept doing laps around the rink as the game was going on."

That memory was followed by winning the shootout competition as a Novice at a North Shore Winter Club tournament, and earning provincial championships in both Peewee and Midget.

Specht appreciates the journey she was able to share with teammates.

"We travelled to many different places, and made unbelievable friendships that will last a lifetime," she said.

Teammate Emma Tait didn't start playing hockey with the Ravens until she was 15; her first year of female hockey. It was the first time she was on an all-girls team.

"I walked into the dressing room nervous and unsure of what to expect, but was pleasantly surprised as they treated me as one of their own," she said.

Though this was only her second season, Tait repeated Specht's refrain about making friendships that will last a lifetime.

Winning the triple crown (league, playoff and provincial titles) last season will also remain atop her list of memories.

But she said perhaps the biggest highlight occurred during a tournament the team attended last December in Pittsburgh.



Photo by Don Fennell

**Richmond Ravens had hoped to be cheering on their Midget rep team this weekend at the BC championships, which were called off due to the global coronavirus pandemic.**

"We met a special little girl, Lincoln Rose, who has autism," explained Tait. "Her smile lights up a room. After she attended one of our games and became our biggest fan. Her impact on me as a person was huge. It made me realize why we play hockey—to share our passion for the game with others."

Anna May was six when started playing hockey with the Ravens. The idea of playing hadn't even crossed her mind until she learned her cousin played.

"I wanted to be just like her," she said.

Today, May is able to reflect on many highlights and memories. A favourite occurred during her second year of Bantam.

"We had a tough season and were playing in playoffs—but by default, with no hope of going to provincials," she explained. "Since we were in last place, we played the first-place team. Despite the odds, we were able to sweep. When the buzzer went after an intense second game, I had never been happier and my teammates and I were so excited to be going back to provincials."

Reflective of the intrinsic values of sport, among May's earliest memories of being a Raven are of

participating in skill practices every Sunday morning with coach Milan Dragicevic.

"That's when I really got to know the other girls, and started to make friends," she said.

With only a single loss this season, the Ravens enjoyed a successful season—one that May attributes to the closeness of the players, and their support of each other.

"As a first-year player I was nervous about meeting the other girls, but we have all come together to create a family. And the coaches and trainers have been amazing and supported us with our individual goals as well as our team goal; to win the provincials."

When an injury sidelined May for six weeks just prior to playoffs, it was hard for her. But during her recovery, assistant coaches Rachel and Natasha helped make the path back easier.

May is now looking forward to a spring and summer of training and attending the U18 BC exposure camp.

"Team BC is a dream, and by going to the camp I am able to expose myself to new opportunities," she says.

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# Strikers secure provincial berth

By DON FENNELL

[@richmondsentinel](#)

The juggernaut that is the Richmond Strikers continues.

For the second time in three years, the Strikers are league champions after posting a commanding 5-1 victory over rival Central City Breakers March 8 in Richmond. The victory also secured the side a berth in the provincial girls' soccer championships; the only Richmond team to win a spot so far this season.

"The cohesion of this group has been unbelievable. When players play for each other good things are bound to happen," says proud coach Mandhir Punia of the under-16 side.

West Vancouver, with whom Richmond was tied in points in the standings, controlled their own fate when it came to earning the top seed heading into weekend play. They had the advantage by way of the tiebreaker rules and a victory over Richmond (the Strikers' only loss in 18 games) early in the season. But West Vancouver was upset 2-1 by Fraser Valley, a result Richmond learned of 45 minutes prior to taking to the pitch against Central City.

"I challenged the girls and they not only accepted it, they were calm, cool and collected—as if they knew they were not going to lose on this day," says Punia. "Boy oh boy, did they ever dominate, with every player contributing."

With a record of 16-1-1, during which they have



Richmond Strikers are league champions for the second time in three seasons.

*Photo submitted*

outscored their opponents 79-17, the Strikers should head into the BC Soccer summer showcase July 2 to 5 at South Surrey Athletic Park with plenty of confidence.

As for future prospects, Punia believes those of

the Strikers are bright.

"This is a couple (of) years away, but I definitely see several players playing university or college soccer, or high-level women's soccer," he says.

[•dfennell@richmondsentinel.ca](#)

## Bradley, Blues bolt to silver

By DON FENNELL

[@richmondsentinel](#)

Carson Bradley knows numbers.

After all, he's a math major.

He also has a need for speed, which he regularly demonstrates as one of Canada's top up-and-coming sprinters.

A freshman at the University of Toronto, the 2019 McMath secondary grad recently tore up the track at the Canadian U Sports Track and Field Championships in Edmonton. Running the third leg for the Varsity Blues,

he helped the men's 4x400 metre relay team to silver medals in the final race.

Teaming with Emmett Bravakis, Alexander Bimm and Jack Berkshire, Bradley helped the Blues clock a second-place time of 3:14.79, just over two seconds shy of the 3:12.71 posted by the first-place Guelph Gryphons.

Twice Richmond high school male athlete of the year, Bradley was named to Team BC in both 2016 and 2018, placing third in the 400 metres at the 2018 Legion national championships.

[•dfennell@richmondsentinel.ca](#)



*Photo by Chung Chow*

Running the third leg, Richmond's Carson Bradley helped the U of T reach the podium at the Canadian U Sports Track and Field Championships.



*Due to COVID-19, any of these events are subject to being cancelled or postponed.*

## EVENTS

### Environmental program leader

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](mailto:nature@richmond.ca)

### Free Income Tax Clinic

Richmond Multicultural Community Services is hosting free income tax clinics for low incoming families—by appointment only—through May 8 at Richmond Caring Place, 7000 Minoru Blvd. Phone 604-279-7160 or email [info@rmcs.bc.ca](mailto:info@rmcs.bc.ca)

### Community Movie

Don't miss this month's Community Movies showing of Aladdin (2019) March 19 from 7 to 9:15 p.m. at City Centre Community Centre, 5900 Minoru Blvd. The indoor screening on the cinematic 20-foot screen with surround sound is free, and even includes free refreshments while supplies last.

### Cancer: Thriving and Surviving

A free six-session workshop for adult cancer survivors and those affected by cancer is being held Fridays, through March 27, at Minoru Centre for Active Living, 7191 Granville Ave. The sessions are from 10 a.m. to 12:30 p.m. Register at 604-940-1273 or at [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca).

### Library Champions

Richmond Public Library is looking for library champions. If you'd like to volunteer, love libraries and helping

# What's UP!

## Happening in Richmond, March 17 to 30

others, Library Champions: New Immigrants Helping Other New Immigrants may be for you. An information session is planned April 23 from 11 a.m. to 12:30 p.m. at the main Brighthouse branch, 100-7700 Minoru Gate.

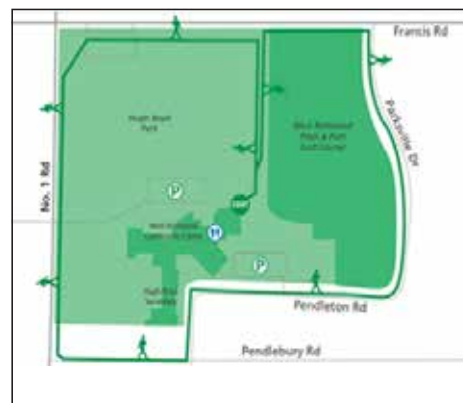


Photo courtesy City of Richmond

### Walk Richmond—Hugh Boyd

Take a walk March 21 around Hugh Boyd Park. Enjoy a stroll around one of North America's single largest artificial turf fields, which borders the Richmond Pitch and Putt golf course. Following the hour-long walk, which starts at 10 a.m., there will a demonstration of the outdoor fitness circuit on the West Richmond Community Centre site at 9180 No. 1 Rd.

### An Iceland Narrative

The Textile Arts Guild of Richmond presents a free public talk by noted BC artist Susan Purney Mark on March 24 at 6:30 p.m. in the performance hall at the Richmond Cultural

Centre, 7700 Minoru Gate. Mark has spent the last 20 years learning, experimenting and teaching a variety of surface design techniques.

### Labour's trace

Richmond Art Gallery (Richmond Cultural Centre, 7700 Minoru Gate) is presenting Labour's trace, a new exhibition by Karin Jones through April 11. Jones is an interdisciplinary artist of African-Nova Scotia heritage and Amy Malbeuf a Metis visual artist from Rich Lake, Alberta.

Jones and Malbeuf are makers of objects, transforming and subverting traditional and contemporary materials and processes through their investigations of cultural identity and historical narratives.

### Spring Break Cosmic Skate

Skate in the dark under super cool lighting March 17 at Minoru Arena, 7551 Minoru Gate. Public skates will be held at noon and 5 p.m., with regular admission rates applying. This event is for all ages, and organizers suggest for extra fun, skaters consider wearing something fluorescent to help them glow.

### Diefenbaker Spring Craft Fair

Diefenbaker elementary is hosting its fifth annual craft market featuring items from local and handmade vendors April 4 from 10 a.m. to 2 p.m. at the school, 4511 Hermitage Dr. The free event will also feature a raffle, silent auction and kids' games.



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.

## SPORTS

### 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 pre-schoolers aged five and under and children aged six to 12, these events are free. For more, contact the Rapids at 604-275-7346.

### U16 Western Nationals

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.

### Spring Break Tennis Camps

Vancouver International Tennis Academy (at the old River Club, 11111 Horseshoe Way) is hosting spring break camps weekdays through March 26 for youth aged five to 18. The camps, from 2 to 8 p.m. each day, cover all playing levels.

*News of upcoming Richmond events may be submitted to the Richmond Sentinel by emailing [newsroom@richmondsentinel.ca](mailto:newsroom@richmondsentinel.ca)*

ACROSS

- 1 Favorite
- 4 Existed
- 8 Author Sheehy
- 12 Chopper
- 13 Sir Guinness
- 14 Capital on a fjord
- 15 YMCA class
- 16 Dusk
- 18 Imam's holy book
- 20 Scull need
- 21 Young fellows
- 24 Monster
- 28 Plan B
- 32 Words to a backstabber
- 33 "I love," to Livy
- 34 Continental cash
- 36 Toe count
- 37 Speed
- 39 Make retroactive
- 41 — Park, Colorado
- 43 Dr. McGraw
- 44 Up to
- 46 Competitor
- 50 Couple's evening away from the kids
- 55 Lennon's lady
- 56 From the U.S.
- 57 New York canal
- 58 Race segment
- 59 Auction actions
- 60 Historic Scott
- 61 Pair

DOWN

- 1 Prepare to travel
- 2 Big fair, for short
- 3 Region (Abbr.)
- 4 Hopeful

Eugene Sheffer's crossword

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16				17				
18			19				20					
			21		22	23		24		25	26	27
28	29	30					31		32			
33				34				35		36		
37			38		39				40			
41				42		43						
			44		45			46		47	48	49
50	51	52				53	54			55		
56					57					58		
59					60					61		

- 5 Peyton's brother
- 6 Rule, for short
- 7 Canyon comeback
- 8 Be released
- 9 Simile part
- 10 Under the weather
- 11 Texter's chuckle
- 17 Bar bill
- 19 The whole enchilada
- 22 Smear
- 23 Ort
- 25 "— girl!"
- 26 Undo a dele
- 27 Melody
- 28 Disconcert
- 29 Hebrew prophet
- 30 Booty
- 31 Former NYC Mayor
- 35 Sidestepped
- 38 Taxi devices
- 40 Roman 551
- 42 Do wrong
- 45 Fibbed
- 47 Electric measure
- 48 Fresh
- 49 Corporate symbol
- 50 Wee dollop
- 51 "— Blue?"
- 52 Actor Danson
- 53 Spike's warning
- 54 Hasten

B	E	A	D		A	L	E	C		T	U	G
A	C	L	U		L	I	R	E		O	T	O
R	O	L	L	O	V	E	R	S		Y	A	Y
			C	L	A	D		S	A	S	H	A
P	A	C	E	D		O	N	I	T			
A	L	O	T		T	U	N	A	R	O	L	L
A	T	L		S	O	R	E	S		R	I	O
R	O	L	L	C	A	L	L		P	E	S	O
		A	V	I	D		W	I	S	P	S	
L	A	P	I	S		B	R	I	E			
A	S	S		S	W	E	E	T		R	O	L
P	I	E		O	P	E	D			R	U	B
P	A	D		R	A	T	S			E	R	S

O	X	O	O	X	X	O	X	X	O
O	X	X	O	X	O	O	X	X	O
X	O	X	X	O	O	X	O	O	X
X	O	O	X	O	X	X	O	X	O
O	X	O	O	X	X	O	X	O	X
O	O	X	O	X	O	X	O	X	X
X	X	O	X	O	X	O	X	O	O
O	O	X	X	O	X	O	O	X	X
X	X	O	O	X	O	X	O	O	X
X	O	X	X	O	O	X	X	O	O

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.

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

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.

Difficulty Level ★★

O	O						O	O
				O				
						X		
	O			X				O
							O	
X			X			X	X	O
							X	X
	O			X				X

3/10

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VOL 4 — ISSUE 3  
ANSWERS



# Spring Break

Check out the dozens of activities planned while school's out! Have fun and get active with friends and family.

March 14–29, 2020

[www.richmond.ca/springbreak](http://www.richmond.ca/springbreak)



## LET'S RECYCLE CORRECTLY!

**Please recycle empty propane tanks and butane cylinders at the Richmond Recycling Depot.**

5555 Lynas Lane, open 9 a.m. to 6:15 p.m.,  
Tuesday to Sunday.



Let's work together to improve the quality of our recycling to maximize program revenues and keep City utility fees down.

### Environmental Programs Information:

604-276-4010 [garbageandrecycling@richmond.ca](mailto:garbageandrecycling@richmond.ca)

[www.richmond.ca/depot](http://www.richmond.ca/depot)

