



Photo by Jaana Björk

The COVID-19 pandemic has turned everyday life upside down, including the mandated closure of local playgrounds.

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Photo by Jaana Björk

Sports fields and other outdoor amenities are closed in Richmond to help flatten the COVID-19 curve.

## More Richmond closures and cancellations

By HANNAH SCOTT

Local Journalism Initiative reporter

Richmond has closed outdoor amenities as of March 22 to help control the spread of COVID-19.

Newly closed outdoor amenities include the following:

- Sports fields
- Tennis courts
- Basketball courts
- Volleyball courts
- Skate parks
- Bike parks
- Lacrosse boxes
- West Richmond outdoor fitness area
- Playgrounds on city and school district property

have already been closed, in addition to all community facilities.

The city continues to offer services and can be reached via phone or email. Those who wish to ask questions at city council meetings can submit them in advance and watch the meeting via live streaming.

Two events planned for early May have been affected: the Richmond Sports Awards and the Richmond VE Day event. The Sports Awards, held annually since 1999, have been cancelled. The VE Day event has been postponed indefinitely.

The International Dance Day, scheduled for April 25 at Aberdeen Centre, has also been cancelled.

For Richmond's COVID-19 updates, visit [richmond.ca](http://richmond.ca)

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

## Sentinel adopts new look

Welcome to the first issue of the new-look *Richmond Sentinel*.

While our mandate—to bring the community closer together through the written word—hasn't changed since we arrived on the scene in 2017, we're confident readers will enjoy the bright and colourful magazine-size format we're introducing today. At the same time, we're endeavouring to do our part for the environment.

We're cutting back our circulation to 500, and carefully selecting locations where the print edition is being made available. We're hoping you'll help too, by sharing copies of the bi-weekly publication with friends and family.

From the start, the *Sentinel* has positioned itself as a not-for-profit media organization that provides relevant information to the community, and focuses on sharing the stories of its people. We remain committed to serving the public good.

As a media organization, we also recognize the need to diversify how we interact with our readers. This means introducing multiple platforms to serve you.

While we remain steadfast in maintaining a traditional print run, we also recognize times are constantly changing. We need to adapt. To that end, we're also working to update our presence online—through our website ([richmondsentinel.ca](http://richmondsentinel.ca)) as well as Facebook, Twitter and Instagram.

But this is your media outlet, Richmond. It's for and about you. We want, and need, to hear what you think. Whether an individual or part of a group, let us know how we may be able to help you get your message out.

More than ever, we're in this together.

— Don Fennell

## Thanks to our frontline workers, everyday heroes

We've heard often that we are in this together.

How true that is. It is in times of crisis like these that we learn how much we rely on one another.

Amidst the challenges and uncertainty the COVID-19 pandemic has brought to our lives is the hope we will emerge with a better tomorrow. That we will go forward with a greater sense of

community, and appreciation for people and things we all too often take for granted.

One of the most heartwarming examples is the growing appreciation for the frontline workers. No words can adequately describe the magnitude of the efforts they are putting forth, nor the selflessness.

Imparting how we all feel is a trend that is beginning to sweep the nation.

At around 7 each evening, Vancouverites have been standing at their doors or balconies—pots and pans in hand—applauding our healthcare workers. It's a way to say thank you to these individuals who are dedicated to helping us through. Such a gesture is not only deserving, but serves as a reminder of the critical role they play now and every day.

— Don Fennell

# Richmond responds to COVID-19 pandemic

By LORRAINE GRAVES  
@richmondsentinel

The Richmond COVID-19 Community Task Force held its first meeting last week.

Co-chaired by Mayor Malcolm Brodie and the chamber's Fan Chun, the task force features about 30 community members.

Meeting once a week via conference call, they aim to provide information from various community institutions and keep the community informed.

Task force members include representatives from the city, the airport, public health, business, the school district and Tourism Richmond.

Following the closure of city hall to the public, city council will allow for teleconferencing, and many meetings will happen online. The city will reduce fees on credit card payments and will no longer accept cash payments until fall.

Payment due dates on flat rate utility bills are also being extended. Mayor Brodie suggested people check with the city's website, richmond.ca, which also has the latest information from the BC Centre for Disease Control.

The city has also redeployed bylaw officers to enforce some provincial measures related to the pandemic.

At the airport, keeping two metres of separation is important. "Please minimize the number of people coming to airport—for instance, those saying goodbye," said

Vancouver International Airport CEO Craig Richmond.

The Chamber of Commerce has daily calls with the federal government, said executive director Matt Pitcairn. These calls include representatives from up to 600 small businesses across the country.

"We are doing everything we can to get clarity on information coming from senior levels of government," said Pitcairn.

## Meena Dawar encourages social distancing

Public health officer Dr. Meena Dawar, part of Richmond's COVID-19 task force, stressed the importance of self-isolation and social distancing.

"We are not testing every case anymore," said Dawar. She explained healthcare professionals are only testing severe cases at this point. This includes hospitalized people in the emergency department, residents in care facilities and healthcare workers.

Eighty per cent of cases are mild, and people are recovering at home. Those cases have not been tested or recorded in the official count, which is why Dawar believes the virus is more widespread than the numbers indicate.

"Let's modify the curve of how fast the outbreak builds," said Dawar.

Dawar said chloroquine, an anti-malaria drug, is be-



Photo by Chung Chow

Richmond's public health officer Dr. Meena Dawar spoke last week on the importance of social distancing and its impact on the curve of COVID-19.

ing used to treat COVID-19 patients in nursing homes, since the elderly are at the highest risk for severe complications or death from the virus.

"We see rumours circulate about potential exposure. Please do not circulate rumours," said Dawar. "Instead, get back to your friendly public health nurse and public health officials. If needed, we will issue a public advisory about potential exposure in public spaces."

•LGraves@richmondsentinel.ca

*Let's modify the curve of how fast the outbreak builds.*

— Dr. Meena Dawar

# Myths dispelled at provincial briefing

By LORRAINE GRAVES  
@richmondsentinel

Provincial Health Officer Dr. Bonnie Henry addressed myths around COVID-19 during the province's daily briefing on March 19.

Henry said non-steroidal anti-inflammatories (NSAIDs), like ibuprofen and aspirin, are safe to use. "There is no evidence that the use of NSAIDs has any detrimental effect on people who have COVID-19," she said, adding that the World Health Organization made a similar statement.

Heat—for example, in a hot yoga facility—does not kill the virus.

"Yoga studios are a perfect place

to spread this virus if someone is shedding it," said Henry. However, warmer weather and additional sunlight seem to correlate with a drop in some respiratory viruses' spread, like seasonal colds and flus.

"There is no cure for COVID-19. There is no vaccine," added BC Health Minister Adrian Dix. "If anyone's making such claims or suggestions, if you encounter it online, block them. If they are registered as health professionals, report them because those claims are false."

Henry named a few of the drugs undergoing trials, including one for malaria and one for HIV. It is still un-

*The things we are doing today are going to save us in the next two weeks.*

— Dr. Bonnie Henry

known whether or not these drugs will work on COVID-19, or how well they might work.

Until there are effective vac-

cines and treatments, said Henry, prevention is the best tool. This includes taking the measures outlined: staying home, staying away from others, avoiding trips to the store and playdates.

By not passing on the virus now, Henry said, we may keep enough people from catching it and buy enough time that there will be medicines that work on it later.

"It is in your best interest to take these precautions now," said Henry. "The things we are doing today are going to save us in the next two weeks. This is our time. We need to be kind. We need to be calm and we need to be safe."

•LGraves@richmondsentinel.ca



# Practical kindness needed by Richmond Food Bank

By LORRAINE GRAVES  
@richmondsentinel

The Richmond Food Bank needs our help more than ever.

Currently, over 1,700 Richmond residents use the weekly food bank to feed their families.

"We are anticipating an increased need, as more people have either had their work hours cut back or have lost their jobs entirely," says executive director Hajira Hussain.

Most needed items include rice, pasta, pasta sauce, canned milk, canned fruits or vegetables, and canned beans. Food donations of nutritious, unopened, non-perishable items can be dropped off at the main location (100-5800 Cedarbridge Way) or in the food bank bin at your local grocery store.

The food bank also welcomes cash donations.

"Monetary donations are extremely helpful as they allow us to purchase specific items that the Richmond community needs most," Hussain says.

Every dollar donated is multiplied many times because stores offer large lot discounts or special deals on items they cannot sell at deep discounts, such as items missing their French translation.

In addition to needing to feed more people, the food bank needs more volunteers.

Hussain says many of their elderly volunteers are at an increased risk for death from COVID-19. For that reason, seniors are no longer coming out to pack the food hampers.

As of March 23, the food bank will be providing pre-packaged hampers rather than their usual choice-based model. The hamper system will



Photo by Keith Yee

## Volunteers enjoy a convivial atmosphere at the Richmond Food Bank.

allow for safer distribution with minimal human contact during the COVID-19 outbreak.

Hussain says all volunteers are provided with disposable gloves. The food bank also has daily janitorial staff and protocols for workers to keep spaces clean.

"To encourage safe distancing we will be extending our pick-up hours," says Hussain. Pick-up hours are anytime between 9 a.m. and 3 p.m. Monday through Saturday. Thursday evening distribution is cancelled until further notice.

Grocery distributions at all of the food bank's

offsite depots (Steveston United Depot, Peace Mennonite Depot, Baptist Church Depot) have been temporarily halted as well.

"We receive no government funding and are primarily funded through the generous donation of individuals, community organizations and businesses," says Hussain.

Now is a time to help your neighbours if you are able to.

For more information or to give to the food bank go to [richmondfoodbank.org](http://richmondfoodbank.org)

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

# London Drugs introducing one-on-one support

By DON FENNELL  
@richmondsentinel

Helping to keep people fed and well, grocery stores and pharmacies are playing a critical role during the COVID-19 pandemic.

Richmond-based London Drugs is stepping up its efforts by introducing one-on-one support for

seniors and those most in need.

As of March 23, London Drugs will be exclusively open to seniors from 8 to 9 a.m. weekdays. It will also be closing at 9 p.m., while retaining regular weekend hours.

Caregivers and family members may also email [SupportSeniors@LondonDrugs.com](mailto:SupportSeniors@LondonDrugs.com) if they know of a family member who might be isolated and in

desperate need of any essential items or medication.

"We are all finding ways to adjust to our new realities and what is critical is that we all do our part to help each other stay as healthy and safe as possible," said Clint Mahlman, London Drugs' president and CEO.

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

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**Advertising & Sponsorship**  
[marketing@richmondsentinel.ca](mailto:marketing@richmondsentinel.ca)  
778-1297

**Newsroom**  
[newsroom@richmondsentinel.ca](mailto:newsroom@richmondsentinel.ca)  
778-325-1297

**Editor - Don Fennell**  
[dfennell@richmondsentinel.ca](mailto:dfennell@richmondsentinel.ca)



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# Prescription refills can be provided by a pharmacist

In response to the continuing COVID-19 global health pandemic, BC Minister of Health Adrian Dix and Provincial Health Officer Dr. Bonnie Henry announced last week, that patients will be able to obtain refills of their regular prescriptions at pharmacies. This is part of an effort to avoid non-essential physician visits and make doctors available to treat COVID-19 cases.

"We have worked with the College of Pharmacists to advise pharmacies to provide patients with a prescription refill or an emergency supply of their medications if needed," said Dix. "This will give physicians more time to care for patients with acute care needs. British Columbians are asked to respect this temporary arrangement and are reminded that there is no need to stockpile medication."

Patients who require a refill of their regular medications do not need to visit a doctor or nurse practitioner for an updated pre-



Photo from Wikimedia Commons

scription. Instead, a pharmacist can provide patients with a refill or emergency supply of their medications. This also includes controlled drugs and substances such as opioid agonist therapy.

Stockpiling medications is harmful to the drug supply and could put others at risk. The College

recommends no more than a single month's supply, but patients should speak to their pharmacist about their personal health situation, and their pharmacist can recommend an appropriate supply of medications.

Patients with compromised immune systems or who have an

increased risk of more severe outcomes from COVID-19 may want to refill their prescriptions now so that they do not have to go to a pharmacy or clinic if they do become sick.

Avoid visiting a pharmacy in person if you are unwell or self-isolating. Many pharmacies provide delivery services which can help patients—especially those who are most vulnerable to COVID-19—avoid visiting a pharmacy in-person. Patients can also arrange to have someone to pick up their medications for them.

The situation regarding COVID-19 continues to evolve in BC, Canada and other jurisdictions in the world. The College of Pharmacists of BC is working closely with the Ministry of Health and other partners to support the response to this new illness as part of BC's health system.

The College is continuing to add information on pharmacy's role in helping fight COVID-19 at [bcpharmacists.org/COVID19](https://bcpharmacists.org/COVID19)



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## Faith vital in challenging times

By **DON FENNELL**  
 @richmondsentinel

In challenging times like these, faith can be both comforting and reassuring.

The Reverend Paula Porter Leggett, vicar at St. Alban's Anglican Church in Richmond, says the first thing she tries to share with her congregation is that God is with us. Always.

"In these kinds of situations it's not about Him not loving us," she explains. "These things happen in this world."

With social distancing strongly mandated during the COVID-19 pandemic, Leggett knows it can be challenging to reach out.

"At our core we are a community of people who gather as we live out our love of God and love of neighbour. When someone is feeling low, or we can't get together, it (impacts) profoundly what being part of a faith community is all about."

Also of paramount concern is the plight of those individuals who are hungry and

poor, and lacking access to usual services.

"We have to trust in God and not be anxious or fearful because we are not alone in this. In the community of faith we are with one another," she says.

As a Christian, Leggett says the idea of not being able to come together to celebrate Easter is also difficult to imagine. This is normally a time when she would be busy planning Holy Week (April 5 to 11) recalling the events leading up to Jesus' death by crucifixion and His Resurrection.

But, she is also trying to look at the situation as one of opportunity—by embracing new technology online.

"This is a time when people might be taking their faith a little more to heart," she says, adding "there will be new life if we have our eyes open to see it."

We have to expect God not only travels with us, and promises Resurrection, but is able to take whatever we have in our lives and use it for good if we can allow that."

•dfennell@richmondsentinel.ca



*Photo submitted*

**St. Alban's Anglican Church vicar, The Reverend Paula Porter Leggett, says in times like these it's important to trust in God.**

## RAPS Animal Hospital steps up in COVID-19 crisis

The RAPS Animal Hospital, a full-service, not-for-profit veterinary facility located in Richmond, is offering financial supports for pets in households affected economically by the current health emergency related to Coronavirus disease (COVID-19).

"Servers, theatre employees, baristas, tourist industry employees, retail workers and so many others are off work or face future challenges," says Eyal Lichtmann, CEO and executive director of the Regional Animal Protection Society, which operates the RAPS Animal Hospital. "While we are all making care for our human families' well-being our top priority, we want to make sure that the animal companions in our community are cared for during this time as well."

RAPS is offering no-interest wellness plans for clients experiencing coronavirus-related—or any other—financial challenges. As a community-owned facility, the hospital also has competitive overall rates.

"Our bottom line is not profit," says Lichtmann. "It's saving and improving the lives of as many animals as possible."

RAPS also offers discounts of 25 per cent or more to first responders, medical professionals and frontline healthcare workers for almost all veterinary services.

Jessi Howden, who lives in Port Alberni, brought his dog Zeus to the RAPS Animal Hospital when he could not find a veterinarian on Vancouver Island who would perform a necessary TPLO (knee/



*Photo submitted*  
**All Richmond animals have a strong ally in RAPS.**

ligament) surgery for less than \$8,500.

Jessi was distraught and faced financial ruin, homelessness—or the loss of his animal companion.

"He's my everything. He's my child. ... I would not be here today if it wasn't for him therefore I will do anything for him," Jessi says. "RAPS helped me get the right surgery that Zeus needed and a cheaper price with the best quality. ... A payment plan helped me tremendously. I was able to keep my housing. I was able to keep everything. I'd sell and give up everything to get my dog the surgery he needed. RAPS not only saved me \$5,100 but al-

lowed me to make interest-free payments over a one year period—about \$200 a month. RAPS went above and beyond to accommodate me and my dog's needs."

"These are challenging times in so many ways," says Dr. Assaf Goldberg, a veterinarian at the RAPS Animal Hospital. "If we can make things a little easier and ensure companion animals are cared for during this time of concern, we will do anything we can."

Appointments and additional information are available from the RAPS Animal Hospital at 604-242-1666.

# Fisher poet mixes work with creativity

By HANNAH SCOTT

Local Journalism Initiative reporter

Longtime fisher Wilfred Wilson has been organizing poetry gatherings of local anglers for about five years.

"More than two decades ago, I saw an article in an American fishing magazine," says the River's End Fisher Poets founder.

Having been told to contemplate poetry himself, the idea of fisher poets piqued his interest.

"One day my family was out at breakfast. At the end of the meal, there was a pen and paper there. I composed a poem and surprised myself," says Wilson. "It came out of me quite easily at the beginning. Now, inspiration comes, but sporadically."

Wilson contacted the magazine and was able to take a last-minute cancellation spot at one of the group's readings in Oregon. Another local fisher suggested hosting a similar event in Canada, and Wilson thought it would increase public understanding of fishers.

When he was docked in Steveston, Wilson approached the Gulf of Georgia Cannery National Historic Site as a venue for readings.

"They were very receptive," he says. The River's End Fisher Poets have had their readings at the cannery ever since.

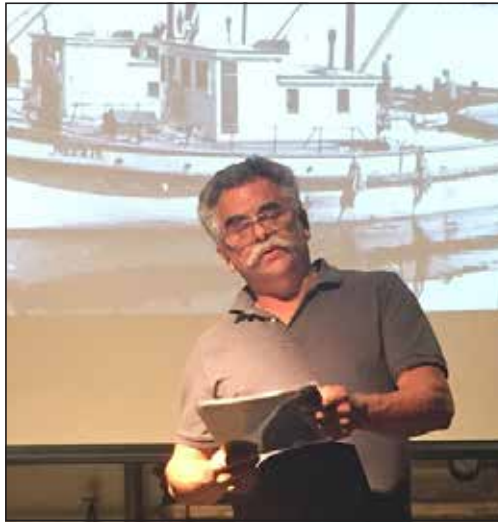


Photo by Odette Wilson

**Wilfred Wilson, who has been a commercial fisher for nearly 60 years, organizes poetry readings for local fishers.**

When it came to finding other anglers who were willing to share their work, Wilson advertised via postings in fishing communities. Poets try to stick with a fishing theme, but are encouraged to speak from experience.

Wilson himself is in his 58th year of commercial fishing. Of Musqueam descent, he fished for food with his father as a child and knew at a

young age that he had a passion.

"For myself, because it's a passion, the maintenance is work but the fishing isn't quite work," says Wilson. His family has been involved in the industry for generations.

"Since canneries first started, my family has been involved (in commercial fishing)," he says. "There's a decline now in the numbers—in my dad's generation there were probably close to 100 people that were involved either as cannery workers or as fishers. Now there may be a dozen or 15 involved."

Wilson's many years of fishing experience are reflected in his poems.

"Some of my poems are inspired from when I was very young and fishing with my dad, right up to the present time. I have inspiration from my work," he says.

Unfortunately, the cancellation of events at the Gulf of Georgia Cannery has led the River's End Fisher Poets reading to be postponed. They hope to reschedule.

"It's lifetime experiences that come out," explains Wilson. "This year in Australia, in my last two poems I acknowledged the mariners' women and also my wife—what they go through, being on land when we're gone for extended periods."

•hannahs@richmondsentinel.ca



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**Teresa Wat**  
MLA Richmond Centre North  
604-775-0754  
Teresa.Wat.MLA@Leg.bc.ca



**Jas Johal**  
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## Richmond artist gets 2020 residency



Photos courtesy  
Burrard Arts Foundation

Richmond artist Russna Kaur is one of the Burrard Arts Foundation's 2020 residents.

By HANNAH SCOTT

Local Journalism Initiative reporter

Russna Kaur grew up surrounded by colour—and that's evident in her work.

One of eight artists chosen by the Burrard Arts Foundation for its 2020 residency program, the Richmond resident lives in one of the city's live/work spaces for artists. She is a graduate of the University of Waterloo and Emily Carr University.

Kaur grew up in a Punjabi household full of colour. Her mother worked from home, designing Indian bridal wear.

The variety of textiles and textures inspired Kaur, whose work combines many different materials.

"I use acrylic, and oil, and sometimes spray paint. I also mix in wax or things like sawdust, cut pieces of paper, cut canvas," she says.

"I often felt growing up that I didn't have much of a voice of my own," Kaur explains. "For me, that aspect of my life has definitely impacted my work because it's important for me to assert myself in a space through my paintings, make myself big through these bold, large-scale, colourful works."

Residents of the Burrard Arts Foundation occupy studio spaces for 10 weeks at a time, then show their work in exhibitions. Kaur doesn't have concrete plans for her residency yet, although she hopes to experiment with new materials and a new approach.

"I don't want to get caught up in doing the same thing or painting in the same way," she says. "I always want to be pushing and challenging myself to consider materials and colour."

Kaur loves the freedom of being an artist.

"There's no right or wrong, there's no formula, it's very much that you make it whatever you'd like it to be."

When it comes to her own process, she likes to push boundaries.

"I always try to make myself slightly uncomfortable in the studio," says Kaur. "The experimental approach is really important to my process. Sometimes I like to have a plan, but I still like to feel like there's lots of figuring out to do."

After her pieces are finished, Kaur says the process of exhibiting and getting feedback is exciting.

"Once the work is up in a gallery or any public space, in a way you lose control. You have an idea of what your work is, but after people have looked at it and talked about it, they can point out things that you didn't see, and it fuels your practice as well as getting feedback and critique," she says. "When our work is finally out there in the world, it's interesting to hear what comes back."

While this year's launch event was cancelled, Kaur still hopes to begin her residency in April as planned. Her exhibition is scheduled for the end of June.

For more on the Burrard Arts Foundation, find them online at <https://burrardarts.org/>.

*I always try to make myself slightly uncomfortable in the studio. The experimental approach is really important to my process.*

— Russna Kaur

•hannahs@richmondsentinel.ca





# Government provides financial support

The final installment in the Sentinel's financial series provides a collection of provincial and federal economic updates, recognizing that many people are feeling financial stress during the COVID-19 outbreak.

Many are unable to work due to illness or quarantine. Thanks to the new Emergency Care Benefit, eligible individuals will get up to \$900 bi-weekly for up to 15 weeks.

Additionally, those facing unemployment can seek financial relief through Employment Insurance (EI) or, for those who are ineligible, the new Emergency Support Benefit of up to \$5 billion.

The federal government is investing up to \$27 billion, which includes an increased Canada Child Benefit and the flexibility to defer some mortgage payments for up to six months.

The provincial government is investing an additional \$5 billion. This includes \$2.8 billion for individuals and services—of which \$1.1 billion will directly work to boost incomes—and

\$2.2 billion for business relief and recovery.

The BC Emergency Benefit for Workers provides a one-time tax-free \$1,000 to individuals whose ability to work has been affected. The enhanced BC Climate Action Tax Credit quadruples existing payments for eligible individuals—projected to be up to 86 per cent of British Columbians.

Scheduled increases—intended to take effect on April 1—on some taxes, including the provincial carbon tax, will be delayed.

The federal income tax due date has been deferred to June 1 for individuals. Income tax payments can also be deferred if they are due before September 2020.

For Canada's full economic response plan, visit <https://www.canada.ca/en/departement-finance/economic-response-plan.html>.

BC's updated plan can be found here: <https://news.gov.bc.ca/releases/2020PREM0013-000545>

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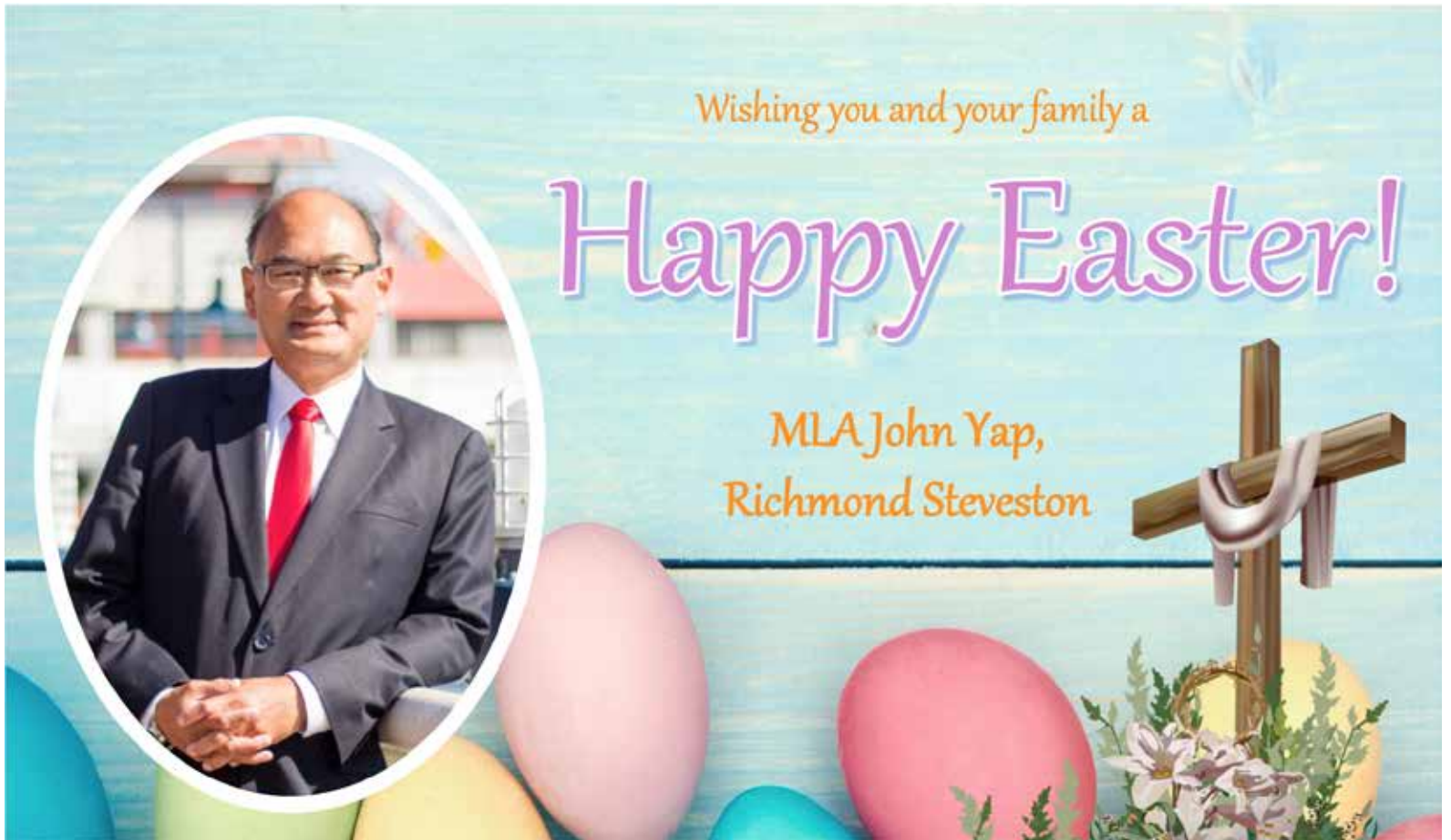


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# Shipyards bring nautical history to life



By **HANNAH SCOTT**  
Local Journalism Initiative reporter

There's a window to the past on Steveston's waterfront. The Britannia Shipyards National Historic Site, which covers 8.14 acres, is the oldest shipyard community in BC.

Constructed in 1889, some of the buildings date back to 1885. In 1992, it was designated as a National Historic Site.

"Britannia engages visitors by showcasing important aspects of Steveston's culturally diverse and industrial history,

and its spectacular natural environment," says site supervisor Tricia Buemann.

The site highlights the stories of multi-ethnic residents and workers at the Britannia Cannery and Britannia Shipyards. Buildings include the Chinese Bunkhouse, Seine Net Loft, and Murakami House, where Asayo and Otokichi Murakami lived with ten of their children from 1929 to 1942.

"It's got a blend of how different cultures 100 years ago came together and worked together in the fishing industry and the boat-building industry," says site society chair Andy Hobbs. "It was its own little mini city with a rural community at the time."

While the canneries along the Fraser River have been out of operation for decades, the shipyards site now houses a heritage ambassador program.

"It's very much like a living museum, especially when people are there in costume," says Hobbs. "One of the goals is to have a portal through time that you can go through and it's like you're walking into the past. Having people animating it like that helps make the experience more real and more authentic."

Hobbs says city staff embraced the living museum concept. For several years, performing casts in costumes have brought the site to life. One cast member, Gordon Cooper, illuminates his role.

"We are dressed in full period costume and can often be found demonstrating common activities of the time period: net mending in the Seine Net Loft, Mahjong in the Chinese Bunkhouse, or embroidery in the Murakami House," says Cooper.

The heritage ambassadors add a hands-on element to the site, but the buildings themselves are the true landmarks.

"When you step inside (the original shipyard building), you



The buildings at Britannia Shipyards, some of which are 130 years old, are restored on an ongoing basis.





can feel the echoes of the past. I am not spiritual or religious, but there is an energy in that building that will consume you," says Cooper. "Those old wooden boards and supports have many stories to tell, and we're always here to help translate."

Both Cooper and Hobbs encourage visitors to take their time to explore as many buildings and exhibits as possible, as each one tells historic stories and helps make history accessible to locals and visitors.

There are still ongoing restorations: the 1890s Japanese Duplex and 1885 First Nations Bunk House are currently undergoing work to make them accessible by visitors.

Long a point of pride in Steveston, the shipyards is currently closed due to the COVID-19 outbreak. To learn more about the site, visit their website: [britanniashipyard.ca](http://britanniashipyard.ca).

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



Volunteer "heritage ambassadors," dressed in period costume, help visitors see what the site would have been like many years ago.



*Photos courtesy  
Gordon Cooper and City of Richmond*





Photos courtesy Martin and Margaret Comyn  
The Comyns, who grew up in England, have been gardening since childhood.

## Gardeners harvest wealth of experience

Now that spring has sprung, experienced gardeners Margaret and Martin Comyn share a bit about their garden and provide some planting tips.

### **How long have you been gardening?**

Basically since childhood, so over 60 years.

### **What made you get started?**

In post-war Britain, many people living in a house with a garden grew vegetables and fruit as well as flowers and shrubs. Those without a garden could rent an allotment to grow vegetables. Although we came from different parts of the country—one from the suburbs of west London, the other from rural northern England—we both grew up helping our parents and grandparents in their gardens. We have been in Canada over 40 years and continued with our own gardens. When the Railway Community Gardens were created in 2011, we were fortunate to be able to rent a plot and begin growing a lot of our own vegetables.

### **What do you grow?**

Each year we grow many staples in our six by three metre plot. These include: lettuce, spinach, arugula, radish, onions, tomatoes, bush, runner and broad beans, peas, beets, carrots, parsnips,

chard, kale, zucchini, squash, cucumber, garlic, strawberries and rhubarb. We experiment with multiple varieties of some of these vegetables each year, and, if space allows, we try something new.

### **Have you noticed a change in your grocery shopping habits since you started gardening?**

Definitely. Harvesting begins in May through to the following spring in some cases. We normally harvest 30 to 50 kilograms of produce during the year, so during the summer months we eat our fresh vegetables and just buy those we don't grow or that aren't yet ready to harvest. We also freeze some produce, so we can still eat certain things well into the following year.

### **Do you have any advice or tips for new gardeners?**

Grow crops that will guarantee success like lettuce, radish, spring onions, carrots, kale, bush beans and peas. You can also buy seedlings from a nursery. Don't be afraid to experiment or to ask



other gardeners for advice. There are many excellent resources available in the community and online. If you are thinking of getting a community garden plot, try to get a smaller one to begin with because you will be amazed at the time and effort required to maintain a six by three metre plot. Don't be discouraged: what grows well one year might not the next, for a variety of reasons. In any case, being out in the fresh air and tasting the fruits of your labour are worth every minute that you put into your garden.



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

# RAPS offers help for families affected by COVID-19



**Eyal  
Lichtmann**

For people who may be socially isolated, our companion animals are a very important part of our lives. For all of us, pets are a central part of our families. During this unprecedented time of social distancing and isolation caused by coronavirus, our relationships with the animals in our lives are even more important and powerful.

Plenty of studies have indicated the positive physical and emotional health benefits of spending time with animals. The benefits will almost certainly play a role in helping us through this difficult time.

While people in Richmond—and around the world—are focused on maintaining our families' health, the Regional Animal Protection Society is reminding folks to make sure our furry family are also cared for. While there is no evidence that pets can contract or spread COVID-19, they will continue to experience the routine and emergency health issues that pets always do.

Meanwhile, the economic impacts of the current crisis have left countless British Columbians temporarily out of work.

The RAPS Animal Hospital, a full-service, not-for-profit veterinary facility located in Richmond, is offering financial supports for pets in households affected economically by the current health emergency. RAPS is offering no-interest wellness plans so that no one is forced to make crucial decisions for their pet's health based on ability to pay. We're also offering significant discounts for first responders and frontline medical professionals, as well as se-



*Photo submitted*

### RAPS is committed to helping people care for their pets.

niors and some other groups.

Appointments and additional information are available from the RAPS Animal Hospital at 604-242-1666.

In the meantime, while we hunker down to flatten the curve of the virus, take the time to remember the deeply special bond between humans and our animal companions. While we are limited, at this time, in interacting with other people, we are fortunate to have these awesome creatures in our lives.

To celebrate these relationships, RAPS and the *Richmond Sentinel* are calling for everyone to share stories about this bond!

We want to see pictures of you and/or your animals and a short line about how they're helping you through this time—and why you love them. Send pictures and blurbs to [newsroom@richmondsentinel.ca](mailto:newsroom@richmondsentinel.ca) or post them on RAPS' Facebook page!

*Eyal Lichtmann is CEO and Executive Director of the Regional Animal Protection Society.*

## MY NAME IS GUAVA

Guava is about nine months old and is every cat lover's dream. Affectionate, confident, and loving, she would love to go to a home where she is given all the cuddles and attention she can handle.

**\*\*Due to COVID-19, all meet and greets will be by appointment only. Please call us at 604-275-2036 to set up an appointment.\*\***



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[rapsanimalhospital.com](http://rapsanimalhospital.com)

604-242-1666

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





## Ravens look forward to new goals

By **DON FENNELL**  
 @richmondsentinel

**D**evastated. That was the unanimous sentiment among Richmond Ravens upon losing their shot at a triple crown (league, playoff and provincial championship), when the COVID-19 outbreak forced the cancellation last weekend of the BC Midget girls' hockey finals.

But after coming to grips with the reality, two players are looking forward to new challenges along their hockey paths.

Sydney Payment, who hopes to have the chance to help the Ravens win another BC title next year, is now focusing on preparing to make Team BC. She plans to attend a selection camp along with a few of her teammates this summer, and

has been privately training in preparation.

As a graduating Raven, Julia Farkasch is hoping to catch on with a university team next season.

"I'm pretty set on going to Queen's next year as I've been accepted into the Bachelor of Arts (Honours) program," she explains. "I've been in contact with the head coach of the women's hockey team and am considering playing."

She's also looking to skate at UBC once the campus re-opens.

Still, both Payment and Farkasch are left feeling this season was incomplete.

"We had worked hard all year only to have it taken away from us," Payment says of the Ravens, who lost just once in 16 games during the season. "I am so proud of how much effort me and my teammates put in. We weren't ready for the abrupt goodbye."

She says the friends have kept in contact and are supporting each other through this period.

Farkasch had planned to play ball hockey on her school team this spring but still hopes to be able to rejoin some of her Raven teammates on Team BC this year. Together, they won bronze at last year's nationals.

She looks back fondly on her three years as a Raven.

"I met some incredible people who have turned into some of my best friends," says Farkasch. "I'm grateful to have played on such a hardworking and dedicated team."

The strong bond was also reflected in how teammates poured off the bench to congratulate her after her game-winning goal in the gold medal game of the Ravens' rep classic in October.

"After I scored, my linemate Annalise Wong, who assisted on the goal, jumped up and shortly after the rest of my teammates joined her in a pile," Farkasch recalls. "I wish I had another year to play with them all again, but I wish them all the best."

Adds Payment, "I can't pinpoint one memory from this season because the whole seven months were special. I cherished every moment, but the cherry on top was being ranked No. 1 in Canada."



Photos submitted

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



## Dunfee quick to support no Olympics in 2020



*Photo submitted*

**Richmond's Evan Dunfee backed the Canadian Olympic and Paralympic committees' decision not to send athletes to the Games this summer.**

By **DON FENNELL**

[@richmondsentinel](#)

**E**van Dunfee is known as a stand-up guy, so it should come as no surprise that he's fully supportive of the Canadian Olympic and Paralympic committees' decision to not send athletes to the Games this summer.

Shortly after the committees' announcement on March 22, Dunfee tweeted "I'm proud to be a member of @Team-Canada / @CDNParalympics. Thank you for being global role models. We, the athletes, can now focus on being role models at home. We can safely follow the guidelines without worrying about what will happen come July. Thank you."

The Canadian Olympic Committee asked the International Olympic Committee and Tokyo 2020 Organizing Committee to postpone the Games for one year due to the COVID-19 pandemic.

The International Olympic Committee announced March 24 it was postponing the Games to 2021. No new dates were revealed.

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

## Hockey World Cup returning to Richmond in 2021

By **DON FENNELL**

[@richmondsentinel](#)

**T**he CARHA Hockey World Cup is set to return to Richmond—next year.

Forced to cancel the 2020 tournament—originally scheduled for March 29 to April 4—because of the COVID-19 outbreak, organizers have confirmed new dates for the largest international recreational hockey tournament on the planet. It will now be held April 4 to 11, 2021.

"We are very excited to see that the majority of the teams are committed to participating in 2021," said CARHA spokesperson Tyler Broderick.

Next year's tournament is expected to feature some 148 teams from 15 countries and more than 2,500 participants.

"We appreciate everyone's understanding and patience as we have been working through these challenging times, and we are looking forward to welcoming you in 2021," organizers say. "We hope to welcome you all next year to what is sure to be an incredible event."

The *Richmond Sentinel* is proud to be a media sponsor of the 2021 CARHA Hockey World Cup.

To keep updated, visit [carhahockey.ca](http://carhahockey.ca)

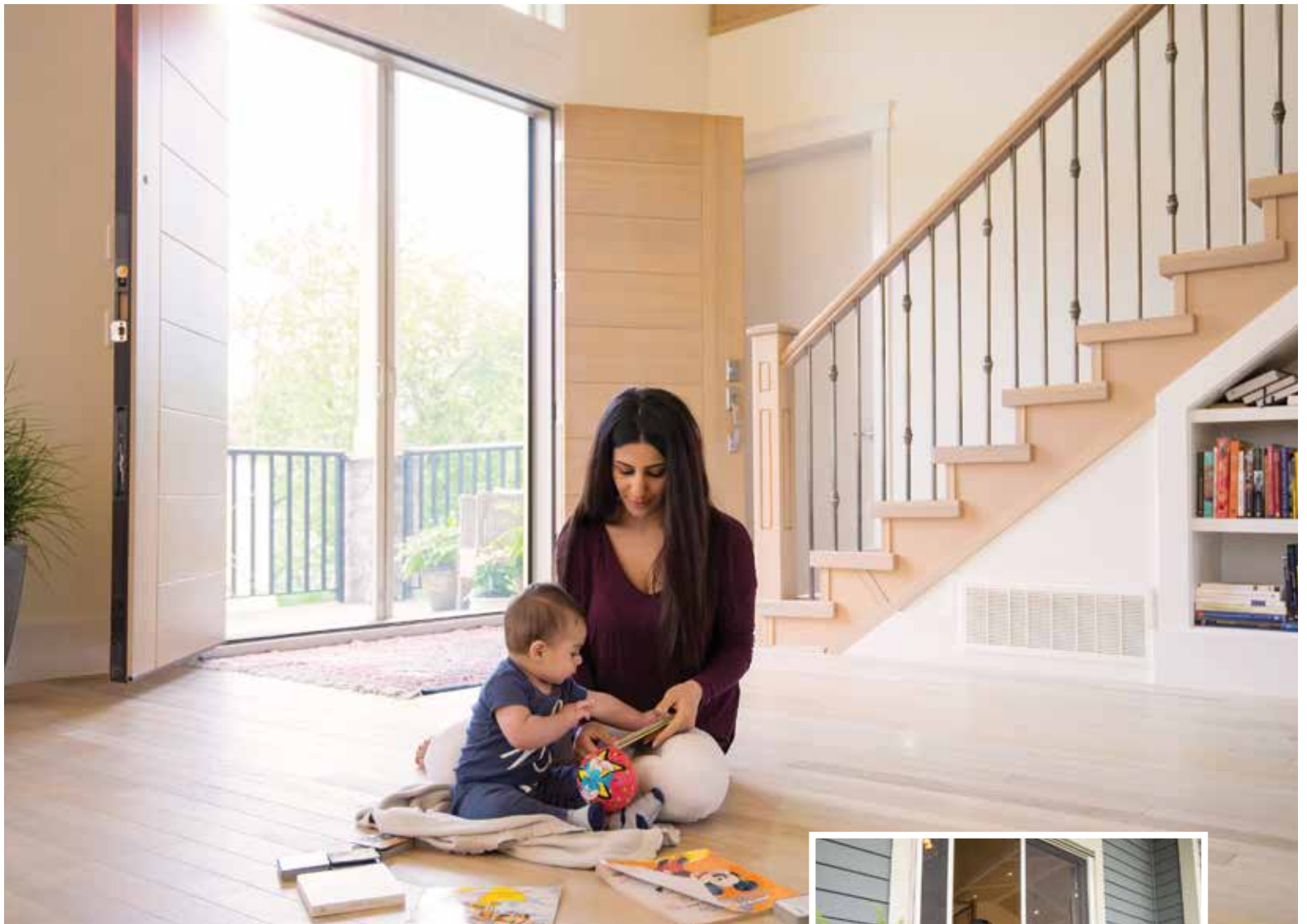
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*Photo courtesy CARHA Hockey*

The CARHA Hockey World Cup has confirmed new dates for next year.

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