



Bird watching



World Migratory
Bird Day is May 9

11

Now that the annual migration of birds to our shores has begun, Richmond is filled with happy fliers—and many are visible through your window.

Photos courtesy Kate Paton

RAPS
ANIMAL 
HOSPITAL

Community-Owned, Not-For-Profit

**BOOK ONLINE
TODAY!**

rapsanimalhospital.com



**ALL REVENUES
REINVESTED TO HELP
ANIMALS & THEIR PEOPLE!**

604-242-1666

COVID-19 Resources

Health Resources

811 Call for medical information and advice

211 Seniors call or visit bc211.ca for help or to volunteer to give help

BC.Thrive.Health Online COVID-19 self-assessment tool

BC COVID-19 App - Download the free mobile app for up-to-date information and the self-assessment tool

1-888-338-6622 Childcare matching support for essential service workers



Financial Resources

BC Hydro deferral and payment plans available 1-800-BC-HYDRO

ICBC payment deferrals and over-the-phone insurance renewals 1-800-665-6442

BC Business Taxes payments for EHT, PST, municipal and regional district tax, tobacco tax, motor fuel tax, and carbon tax are deferred until after Sept 30

Rental Support new rental supplement up to \$500/month
bchousing.org/covid19

BC Emergency Benefit additional one-time \$1000 to those receiving EI or CERB
Visit gov.bc.ca/covid19 or call 1-888-COVID19 for all non-medical information

Federal Resources

Federal Resources found at Canada.ca/coronavirus

Canada Emergency Response Benefit provides \$2000/month to workers who have lost income related to COVID-19



Take care of your emotional and mental well-being



This can be a stressful and anxious time for everyone. If you could use some support during this time call **310-Mental** (310-6789)

Source: bccdc.ca



Linda Reid

MLA Richmond South Centre
604-775-0891
Linda.Reid.MLA@Leg.bc.ca



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Richmond pharmacist creates hand sanitizer

By DON FENNELL
@rmdsentinel

Richmond manufacturing pharmacist Darryl Segal is happy to be giving back. He just didn't expect it to be on such a grand scale.

Two months ago, he was sitting at a traffic light at No. 4 and Blundell roads when he was inspired to make a now much-in-demand hand sanitizer.

"I had requests a few weeks before from my Hong Kong and Singapore distributors, who explained there was a shortage," says the president of natural hair and skincare company Herbal Glo.

Initially, he turned down the call, preferring instead to focus on the company's production of skin and hair care products. Then, Segal learned that local stores had also run out. And soon, it was all over the news.

While glancing at an unopened bottle of hand sanitizer, Segal realized the formula included alcohol and glycerin. That's when he told himself, "Wow, I can make this" and set about making the dream a reality.

"I went back to my factory, straight to the laboratory, and started to work with my chemists," he says. "We read everything we could to find out about hand sanitizers. We wanted to create something that was totally special and different."

When his distributor in Hong Kong shared a document from the World Health Organization laying out the formula it recommended, Segal was ready for production.

"This formulation includes a very high level of 80 per cent alcohol," he says. "It was felt that the 60 per cent alcohol that most hand sanitizers use might only kill bacteria, where the higher 80 per cent might kill viruses as well. So that is what we did. Why reinvent the wheel?"

Segal's hand sanitizer also includes a secret proprietary moisturizing factor developed by his father—also a pharmacist—in South Africa. It is also included in the company's other skincare products.

Segal is overwhelmed by the demand for the hand sanitizer. Just two months ago, he says, it was a product used perhaps once or twice a day. Today, amidst increased concern, more people



Photo submitted
Local pharmacist Darryl Segal has created a hand sanitizer, and now people are beating a path to his door.

are using hand sanitizer throughout the day.

Segal says such frequent use would dry out skin without the moisturizers his hand sanitizers feature including Aloe Vera, vitamin E and tea tree oil. The liquid spray is also instantly absorbed.

When he started on this journey, Segal intended only to make one or two hundred bottles for family and friends. But then customers also made requests and the demand soared.

"I recently attended a trade show in Vancouver—when you could still get together—and there were literally lineups at our booth," he says. "I have never seen anything like this in the 35 years I have been in business. It is amazing how many people are using this hand sanitizer. We are also supplying doctors and nurses right on the front-lines of the fight against COVID-19. And it is used in firehalls, hospitals, seniors homes and banks."



Without a huge factory, keeping up with the demand has been challenging. There have also been issues such as cash flow and supplies to deal with. But Segal is determined to persevere. "Our staff have all stepped up to the plate," he says. "People are really suffering right now. It is so hard to see every person on this planet so affected."

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Strata meetings to be held electronically

BC strata corporations can now hold meetings electronically to prevent the spread of COVID-19.

This temporary change is part of the Emergency Program Act. It applies to all strata corporations and includes annual and special general meetings.

Each strata corporation can choose from options such as Zoom, Skype or telephone conference call. Options for

owners without their own computers could include telephone attendance, participating by proxy, or attending in-person while respecting the two-metre physical distancing order.

For more information on strata housing during COVID-19, visit BC's strata housing website: www2.gov.bc.ca/gov/content/housing-tenancy/strata-housing/covid-19-and-strata-housing



BC is supporting strata corporations by allowing them to hold meetings electronically during the provincial state of emergency.

Photo courtesy
Organic Ocean
Richmond seafood
company Organic
Ocean has created
the Neighbours
Helping Neighbours
program, a
partnership with
Vancouver's Goodly
Foods Society.



Seafood company lends a hand

By HANNAH SCOTT
Local Journalism Initiative reporter

Richmond seafood company Organic Ocean is feeding the masses.

The company, created and run by experienced fishers, previously only sold their seafood to restaurants. But when the COVID-19 pandemic hit, they wanted to avoid laying off staff and shutting operations down.

So Organic Ocean pivoted and began selling to the community—at the same wholesale price that distributors pay.

"It's something that we'd been contemplating doing for a long time," explains CEO and co-founder Dane Chauvel.

For years, home cooks in search of quality, sustainable seafood had asked the company if they sold to individual purchasers. While the answer had always been no, Chauvel and his team saw the pandemic as an opportunity to branch out and do what they'd always intended to.

"It wasn't intended to be a moneymaking initiative for us, it was intended to be a socially responsible initiative," says Chauvel.

For their new sales plan, the company has established contactless delivery to homes and set a low delivery charge.

To keep their employees and customers safe, Organic Ocean is using its stock of masks, disposable gloves and face shields.

To tailor their products to home delivery, Chauvel says his company had to transform their products. Organic Ocean sells individual

portions packaged as sustainably as possible—everything goes out in cardboard boxes, and no styrofoam is used.

Chauvel says the feedback on individual sales so far has been overwhelmingly positive. He intends to continue selling to individual purchasers after the COVID-19 pandemic ends, following his belief that local, quality seafood should be available to all customers.

People buying from Organic Ocean's website will notice the COVID-19 themed names given to food packages: a family pack is called "Wash Your Hands," and a couple's pack with two sets of each item is termed "Self Isolating Together."

Recently, Organic Ocean joined with non-profit Goodly Foods Society in a partnership called Neighbours Helping Neighbours. Organic Ocean provides the seafood for free, while Goodly Foods donates it through charities and food banks.

On April 10, one of Organic Ocean's fishers went out with his crew and brought back 3,000 pounds (1,500 kilograms) of fresh ling cod. This will be frozen by Organic Ocean and donated to Goodly Foods Society in batches.

Chauvel says the ling cod will create about 10,000 meals for people in need. The first delivery happened last week.

Organic Ocean is giving back to the community and keeping staff employed during this challenging time. For more information, or to purchase local and sustainable seafood, visit their website: shop.organicocean.com.

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Sentinel video contest salutes mothers

We know you love your mom, and the *Richmond Sentinel* is giving you a chance to show just how much.

And have some fun doing so.

In the midst of the COVID-19 crisis, we want to share some happiness. So in celebration of Mother's Day on May 10, we're inviting you to send us your 30-second videos to share with our readers on our social media channels.

Anyone is eligible to enter our contest, but we have one request: that your video have an uplifting message.

We encourage videos that are happy and fun.

All entries should be submitted by May 7 to info@richmondsentinel.ca. Two winners will be announced at noon on May 8. The *Sentinel* will send bouquets to those entrants' mom, grandma or female guardian on May 10.

Neighbourhood grants to promote inclusion

Richmond Cares, Richmond Gives is encouraging residents to apply for a Responsive Neighbourhood Small Grant.

In the wake of the COVID-19 crisis, which has disrupted many aspects of community life including the way we interact with each other, the grant helps to provide opportunities for new ways to connect.

The new funding stream provides up to \$500 to carry out a community project.

In the past, projects could take on any form as long as they were inclusive and brought neighbours together. With physical distancing a new reality, new projects must be carried out by individuals or family members from the same household, and must take place as close as possible to your own home.

The program has two goals: to ease the social isolation of vulnerable people, and to facilitate the online exchange and sharing of local assets, skills and resources.

RCRG suggests projects might entail distributing care packages to seniors in your neighbourhood, organizing an online workshop, storytelling, cooking, meditation or yoga. A detailed list of eligibility criteria and an application form are available at rcrg.ca

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When to wear non-medical masks

By HANNAH SCOTT

Local Journalism Initiative reporter

Where physical distancing is challenging, wearing a non-medical mask or face covering may help, according to the Public Health Agency of Canada.

When out in public in settings where it is challenging to maintain physical distancing requirements—like the grocery store, or when using public transit—a non-medical mask or face covering can help to protect others around you.

The agency has some advice for people who choose to wear these masks.

Firstly, the agency continues to recommend that medical masks—including surgical, medical procedure face masks and respirators like N95 masks—be used only by health care workers and others providing direct care to people with COVID-19.

While wearing a non-medical mask or face covering in the community has not been proven to protect the wearer, this option can be useful in public settings where physical distancing is not possible.

For instance, wearing a non-medical mask or face covering at the grocery store will prevent the wearer's respiratory droplets from landing on surfaces and contaminating others. These masks



Photo from publicdomainpictures.net

The Public Health Agency of Canada advises that non-medical masks or face coverings may be helpful in public settings where it is challenging to keep a physical distance from others.

primarily serve to protect others around the mask wearer, but can also help wearers remember not to touch their nose or mouth.

Homemade cloth face coverings do not provide complete protection from virus particles because of their loose fit, fabric and lack of testing. Information about homemade cloth face coverings can be found at www.canada.ca/en/health-canada

Non-medical masks have limitations, and should not be placed on children under age two, people who have trouble breathing or people who are unable to remove their masks on their own.

After any non-medical mask or face covering is used, these items should be properly disposed of. Put washable masks directly into the washing machine or a bag that can be emptied into the washing machine and then disposed of. Discard single-use masks or face coverings in a lined garbage bin.

Non-medical masks or face coverings can help protect people around the wearer. But the best ways to prevent the spread of COVID-19 are practicing good hygiene and following public health measures—including frequent hand washing and physical distancing.

IMPORTANT INFORMATION 2020 Property Tax Payment Changes

To support those dealing with financial challenges due to the COVID-19 pandemic, the City is allowing all Richmond property owners until Wednesday, September 30 to submit payment without penalty.

Council is also proposing a two per cent reduction to the 2020 property tax amount. Public consultation is required before adoption. Residents and businesses can learn more and share their comments at www.LetsTalkRichmond.ca or via email to finance@richmond.ca by Sunday, May 3, 2020.

Property owners can also defer their taxes, if eligible. The Province of BC has a low interest loan program to help qualified home owners defer their annual property taxes on their principal residence.

Property taxes are still due July 2

We encourage those who can to submit by that date to help keep City programs and services in place to the highest level possible.

Information on the City of Richmond property tax payment process and options is at www.richmond.ca/tax.

Detailed information on the BC Property Tax Deferment Program is available at www.gov.bc.ca/propertytaxdeferment.

Remember—anyone who has not paid their property taxes or successfully applied to the BC Property Tax Deferment Program by September 30 will be subject to a 10 per cent penalty after that date.

For the City's latest COVID-19 updates, follow us on social media:



@cityofrichmondbc



@Richmond_BC

FOR A COMPLETE LIST OF SERVICE UPDATES:
WWW.RICHMOND.CA/COVID19



School district welcomes donations for Feed-U-Cate

By DON FENNELL
@rmdsentinel

Even in these extraordinary times, the Richmond School District remains committed to ensuring its most vulnerable students and their families are fed.

But they could sure use your help.

An online donation form (www.sd38.bc.ca) has been set up for anyone willing to contribute to the Feed-U-Cate 38 program.

Members of CUPE Local 716 have been quick to answer the call.

Representing Kindergarten to Grade 12 support staff in the school district, the union members are supporting the food program with a \$547 donation. CUPE 716 president Ian Hillman made the donation Friday.

"This year we wanted to donate a little more because of the pressing needs in the community caused by the pandemic," said Hillman. "Our district's program is important to students and families and we are pleased to support it."

Feed-U-Cate 38 is a program established in the fall of 2012 by a committee of students and staff, led by former teacher Glenn Kishi. Its goals continue to be educating the community about the school district food programs, and inviting the community to support breakfast, lunch and snack programs and secondary students in need.

During the COVID-19 crisis, the district is col-



Photo submitted

Members of CUPE Local 716 were quick to answer the call to support the Richmond School District's food program during the COVID-19 crisis.

laborating with several community agencies and businesses, including the Richmond Food Bank and Richmond Food Security Society, to provide weekly bags of groceries filled with basic non-perishable food items.

The district has identified 243 students across 27 schools to participate in the food program. These students have been receiving breakfasts and lunches during the school year, and these grocery products will now provide them with healthy and nutritious foods while

they are learning from home. Deliveries began April 8.

CUPE members involved include the grounds crew, who pick up from the food bank and a number of grocery stores; education assistants, who receive the food and prepare bags for delivery; custodians, who are sanitizing work areas; and members of the transportation department, who are helping distribute hampers.

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Province increasing online learning options

Recognizing that remote learning is an ongoing challenge for students, parents and educators during the COVID-19 pandemic, the province is introducing a free, virtual program called WE Well-being.

"We know that children and families are feeling anxiety and uncertainty during these challenging times, and it's important we provide resources to help them thrive," said Education Minister Rob Fleming. "These new learning tools for students, families and educators offer interactive lessons to support their health and well-being."

The program, which is part of the new WE Schools @home program, is accessible in both English and French for students in Kindergarten to Grade 12. It aims to help youth who are experiencing anxiety and social isolation, teaching social-emotional learning and resiliency.

The WE Schools @home program was developed in collaboration with BC educators, the Education Ministry, the University of British



Columbia and mental health professionals. It provides educators with curriculum resources for elementary students, with plans to expand to high schools.

Parents and caregivers can also access the new EASE (Everyday Anxiety Strategies for Educators) at Home program. This program focuses on tips and strategies including calming routines, talking about emotions and managing anxiety.

Learn more about the WE Well-being program: www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/

Learn more about the WE Schools @home program: www.we.org/en-CA/our-work/we-schools/at-home/

EASE at Home offers helpful tips for parents, like how to teach children calming breathing techniques or use structured games like scavenger hunts to build routine in a way that's fun.

Tourism industry resolves to get through pandemic

By HANNAH SCOTT

Local Journalism Initiative reporter

As the tourism and hospitality industry continues to battle the impact of the COVID-19 pandemic, Tourism Richmond CEO Nancy Small and her colleagues are dedicated to finding solutions.

Small is one of the co-chairs of the Metro Vancouver Tourism and Hospitality Response and Recovery Task Force. This group is a collaboration between Tourism Vancouver, Tourism Richmond and the BC Hotel Association, and brings around 50 organizations together to create a voice for the industry.

"We're advocating for the tourism and hospitality industry," explains Small. The task force chairs are communicating with federal and provincial government authorities on an ongoing basis to help their industry get through the crisis and, subsequently, to recover.

Small says the main issue for many tourism and hospitality related businesses is liquidity. Current governmental supports rely on businesses having some funds to top up money from the government.

"We want to make sure that our task force members are able to be here in three or six months when they're ready for recovery," she says.

"We are very thankful for what the governments have already done, but we're trying to advocate for them to continue, and to continue to understand why our industry really needs the support now and in the future."

Small says that restaurants are seeing an 80 per cent reduction in business resulting in layoffs of approximately 85 per cent of staff. Pubs, bars and restaurants were required to close, so 100 per cent of staff have been laid off.

She adds that it's heartening to see how some local restaurants have pivoted to offer new and creative situations. But at this point, discussions



Photo courtesy Tourism Richmond

The tourism and hospitality industry is aiming to survive through the COVID-19 pandemic and planning for the future.

on recovery are still uncertain.

"Ultimately, we are looking to recovery. However, without government assistance and intervention right now, the product that we have to market in six to nine months is very different from the product that we have marketed in the past," Small says. "We have one of the top destinations in the world, and we want to preserve that, we want to keep that as much as we can."

In Richmond, localized efforts include a proposed business portal—a collaboration between Tourism Richmond, the city's economic development office, and the chamber of commerce.

"We're going to collaborate on a portal that will bring information together, not only business resources but also (other) resources that will bring residents together," says Small.

The portal will house online attractions in order to build community spirit in Richmond. Small says it will open soon.

She commends the city of Richmond's efforts: "They've done so much for residents, they've been so active and responding so quickly, it's been quite impressive to see."

For more on Tourism Richmond, visit them online: visitrichmondbc.com

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Chamber encouraged by rent relief initiative

By DON FENNELL

•[@rmdsentinel](https://twitter.com/rmdsentinel)

A new program offering rental help to local businesses is being met with optimism by the Richmond Chamber of Commerce.

"I know rent relief has been a top concern," said chamber president and CEO Matt Pitcairn.

"Here we are with May 1 just around the corner. Businesses need to know what things look like (going forward)."

Pitcairn said the Canadian Emergency Commercial Rent Assistance program, announced recently by Prime Minister Justin Trudeau, is wel-



MATT PITCAIRN

comed news. He added in some cases, without major help, some businesses face significantly reducing operations or shutting down.

The emergency rent assistance program is expected to help businesses pay for rent for April, May and June. But the Canadian Chamber of Commerce noted the federal government will need to work with provinces to deliver the program. It also said getting the funds will be key.

Pitcairn said he is hopeful local businesses will receive the support necessary to survive during the pandemic, and is encouraged to see the community uniting in sup-

port of each other.

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Richmond services for people experiencing homelessness

By HANNAH SCOTT

Local Journalism Initiative reporter

People experiencing homelessness during the COVID-19 pandemic can turn to the following resources for help.

COVID-19 information and services

9-1-1

If you are experiencing any of the following severe COVID-19 symptoms, call 9-1-1 or go directly to the nearest emergency department:

- Severe difficulty breathing
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

Richmond Primary Care Network phone triage service

- Health information and resources for COVID-19 related concerns
- Line open from Monday to Friday, 9 a.m. to 6 p.m.
- Service available to all Richmond residents in multiple languages at 604-278-9711, extension 4153

HealthLink BC provides a free provincial health information and advice phone line on any COVID-related concerns by calling 8-1-1.

Outreach Services

CHIMO community services

- Information and support services, including assistance with housing and benefit applications
- Homelessness prevention program
- Rent bank
- Outreach workers available by phone (604-279-7077) or email (chimo@chimoservices.com)

Turning Point Recovery Society—outreach and resource support program

- Outreach support for substance use and mental health programs and services
- Outreach workers on-site at Brighthouse Park (corner of Minoru and Granville beside lacrosse box) Monday to Thursday, noon to 1 p.m. handing out bagged lunches and

other supplies

- Outreach workers also available by phone (604-644-7247) from Monday to Friday, 9 a.m. to 5 p.m.

Crisis lines

- CHIMO community services crisis line, open 8 a.m. to midnight every day—call 604-279-7070 for free and confidential crisis support
- Greater Vancouver crisis line, open 24/7—call 604-872-3311 for free and confidential crisis support and suicide intervention

Counselling services

- Richmond mental health and substance use—call 604-204-1111 for all mental health and substance use services in Richmond, through Vancouver Coastal Health

Shelter

- Salvation Army's Richmond House Shelter (12040 Horseshoe Way) provides emergency shelter space for men and women, as well as three meals a day, recreation activities and other assistance—call ahead to check space availability (604-276-2490)

No or low cost community meals

- Church on Five (10200 No. 5 Rd)
 - Free take-out meals, Wednesdays at 6 p.m.

Richmond Food Bank (5800 Cedarbridge Way)

- Free pre-packed food hampers, Monday to Saturday from 10 a.m. to 3 p.m.

Seniors Centre at Minoru Centre for Active Living (7191 Granville Ave)

- Low-cost prepared meals for pickup, Monday to Friday from 10 a.m. to 2 p.m.

St. Albans Church (7260 St. Albans Rd)

- Free take-out dinners on Tuesdays, 5:30 p.m.
- Free take-out lunches on Fridays, 11:30 a.m. to 12:30 p.m.
- Free Sunday outreach hamper delivery for homeless, at-risk and single parents

Turning Point Recovery Society (Brighthouse Park Pavilion)

- Free bagged lunches, Monday to Thursday from noon to 1 p.m.
- Free food hamper delivery by appointment to regular household clients only

Toilet and washroom facilities

24 hour portable toilet services:

- 7: City of Richmond Works Yard
- 10: Hugh Boyd Park turf
- 24: Sea Island (Burkeville)
- 36: Lang Park (Saba and Buswell)

Public washrooms with showers, available from 7 a.m. to 30 minutes before sunset:

- 17: McNair Park
- 19: Minoru Park, by track
- 27: Steveston Community Centre

Other public washroom facilities available from 6 a.m. to 10 p.m.

- 1: Alexandra Park
- 3: Blundell/West Dyke
- 4: Branscombe House
- 8: Garden City North Park
- 9: Garry Point Park
- 14: London Landing/South Dyke
- 16: McLean Park

- 18: Minoru Park, by bowling green
- 21: No. 3 Rd/South Dyke
- 22: No. 7 Rd Pier
- 28: Tait Waterfront
- 29: Terra Nova / North Dyke & Playground
- 30: Terra Nova Middle Arm
- 32: Thomas Kidd
- 33: Middle Arm Park

Other public washroom facilities available from 7 a.m. to 30 minutes before sunset

- 2: Blundell Park
 - 5: Brighthouse Park
 - 6: Britannia Shipyards
 - 11: King George Park
 - 12: London Field House
 - 13: London Heritage Farm
 - 15: McDonald Beach
 - 20: Nature House
 - 23: Palmer Fieldhouse
 - 25: Scout/Guide Campsite, Woodward's Landing
 - 26: South Arm Park, adjacent to pool
 - 31: Terra Nova Park, red barn
 - 34: West Richmond Pitch and Putt
 - 35: West Richmond Community Centre, exterior east side
- hannahs@richmondsentinel.ca



No or low cost community meals and food programs.

Richmond COVID-19 homelessness guide provides assistance

Richmond has a new resource guide for people experiencing homelessness during the COVID-19 pandemic.

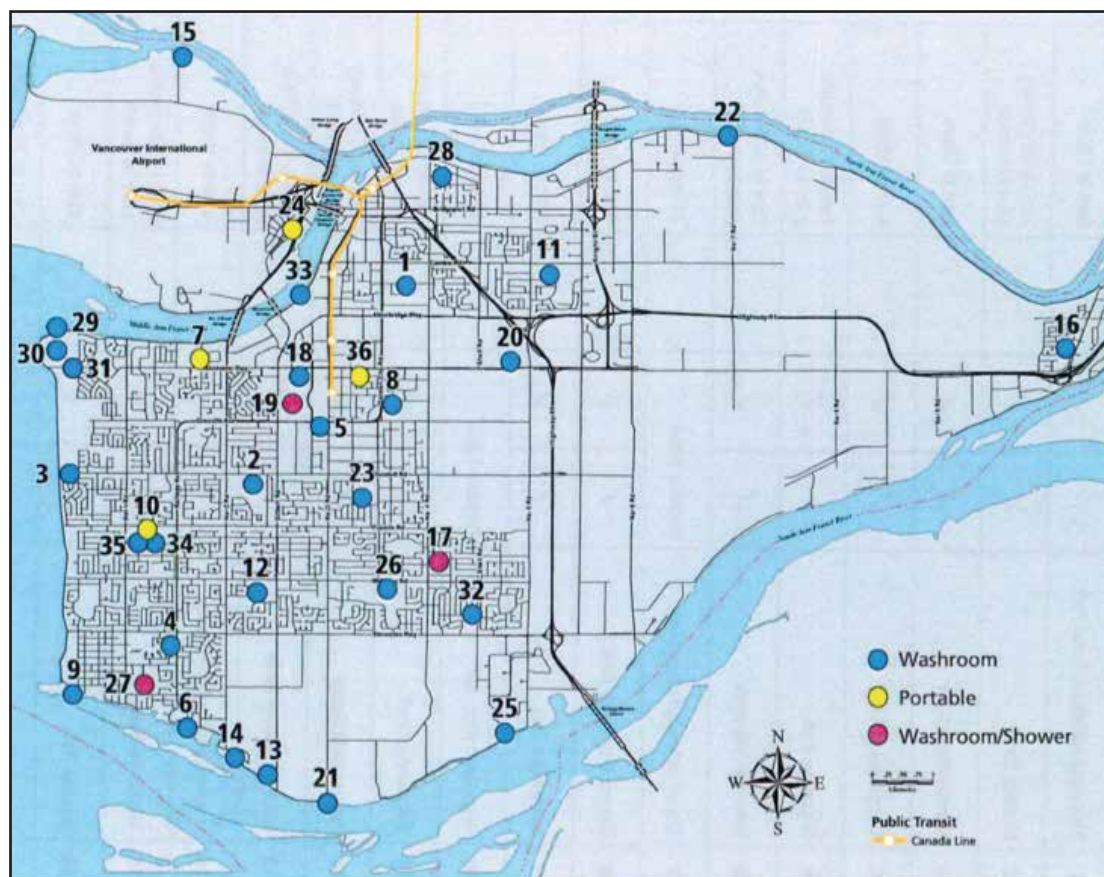
The guide is part of Richmond's homelessness strategy, developed in collaboration with various community partners.

It is available through service providers across Richmond and online at richmond.ca/safety/COVID-19/covid-affected-services.htm.

It outlines resources available to individuals experiencing homelessness during the COVID-19 pandemic, says city spokesperson Clay Adams. Services include meal programs, counselling, crisis lines, bathroom and shower facilities.

Richmond's homelessness strategy is intended to guide work over a period of ten years (2019-2029). During its creation, the city liaised with a number of community groups and individuals, including residents with lived experience.

At least 70 individuals experience homelessness in Richmond, according to the 2017 Metro Vancouver Homeless Count. Non-profit service providers, who collectively serve over 190 clients experiencing homelessness, estimate the number to be much higher.



Public washrooms in Richmond

*We are still open
for all your essential needs!*

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CENTRE**

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42 Quality Merchants Ready to Serve You. Located at Blundell & No.2 Rd.

Please refer to our website blundellcentre.ca for updated store hours and status.

RAPS COMMUNITY REPORT Caring for the animals who care for us

Kittens just keep coming



**Eyal
Lichtmann**

The kittens and cats that the Regional Animal Protection Society rescued at the beginning of April have presented challenges, but have also provided a perfect example of a community coming together.

On the last day of March and the first days of April, as reported here last issue, RAPS rescued 30 adult cats and 20 kittens, in three litters, from a situation in Richmond where a well-meaning individual was feeding stray cats until the numbers got out of hand.

Already, 10 more kittens have been born since the rescue and at least four more mothers are pregnant. (The situation changes by the day. Follow our social media for the latest!) This rescue has really brought our organization back to its roots.

RAPS was founded 25 years ago—it's our anniversary—as a few deeply dedicated volunteers who trapped and spayed/neutered feral cats in Richmond. Because we have been trapping for decades in Richmond, and while other municipalities are dealing with tens of thousands of stray feral cat colonies, Richmond rarely sees a situation like this in our city anymore because of RAPS.

Nevertheless, while we as an organization have been dealing with this influx of dozens of cats, we have been thrilled and overwhelmed by the positive, supportive reactions from people in our community. People stepped up immediately to foster the kittens and their mamas and the applications to adopt the kittens and cats have been flowing in.

The health of the cats is overwhelmingly good. Veterinarians at the RAPS Animal Hospital exam-



Photo submitted
Several of RAPS' rescued cats have recently given birth, bringing the total number of cats up to 60.

ined and treated the animals and staff at the RAPS Richmond Animal Shelter are assessing the personalities of the adult cats to determine suitability for their forever homes. Even so, this unexpected springtime surprise has created a burden. We estimate each animal will cost about \$1,000 to care for, including veterinary treatments and routine care. This comes at a time when, like most businesses and charities, RAPS' revenues are down. The RAPS Thrift Stores, which are an important source of revenue, are closed due to the pandemic. The RAPS Cat Sanctuary is likewise closed to the public. The Animal Shelter is open for emergency responses. The RAPS Animal Hospital, an essential service, is fully operational, with extraordinary protocols in place to limit human-to-human interactions.

As a result of this situation, we have put out a call for support. Everything we have ever done has been possible because of the support of animal-loving people in our community. Now, more than ever, this is true.

The need to help community organizations now is why Giving Tuesday has been moved up to May this year. Giving Tuesday was founded in 2011 to encourage people to consider philanthropic giving amid the commercialization of the holidays between U.S. Thanksgiving and Christmas. This year, recognizing the need of charities facing the unprecedented economic impacts of COVID-19, it has been moved to May 5.

The human world may be slowing down, with people staying home and businesses shuttered. But animals continue to need the care and support they expect and deserve. RAPS is trying to do more with less.

If you are in a position to support a local charity at this time, please take time in the coming days, in honour of Giving Tuesday, to make a contribution to a cause of your choice. We hope you might consider RAPS.

Eyal Lichtmann is CEO and executive director of the Regional Animal Protection Society.

MY NAME IS DICEY

.....
Dicey is a nice but shy boy. He does get along with other cats, but only ones that are seemingly independent and quiet themselves. He would probably do well as an only cat at home so that his personality can really come out.

****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.****



ADAPT ME!

REGIONAL ANIMAL PROTECTION SOCIETY (RAPS)

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



Birdwatching: nature from the comforts of home

By HANNAH SCOTT

Local Journalism Initiative reporter

With more time spent inside, it's easy to forget the plants and animals of our neighbourhoods. But backyard or balcony birdwatching is a good way to enjoy nature from the safety of your own home.

World Migratory Bird Day takes place annually on the second Saturday in May in Canada and the US—May 9 this year. There are many birds building nests in and around Richmond during this season, and they can be observed from indoors or on community walks while practicing physical distancing.

"It's not a case of looking for rare species, it's about observing what's out there and what (you) can see in (your) backyard," says Rich Kenny, community facilities programmer for Richmond Nature Park and Terra Nova Park.

Kenny says expensive equipment isn't necessary, especially for young birdwatchers. Basic bird ID sheets can be found on the Internet, and he suggests printing these out and keeping them next to windows for easy bird identification.

While most birds don't need to be fed by humans at this time of year due to the abundance of natural food sources, Kenny says people who want to watch birds up close should consider a backyard or balcony hummingbird feeder.

Some of the most common birds to spot in Richmond at this time of year include chickadees, robins, sparrows, juncos, spotted towhees, hummingbirds, woodpeckers, and northern flickers.

"On a good day, you've got a good chance of seeing eagles flying around," says Kenny.

Enthusiastic birdwatchers can join online communities through initiatives like Project FeederWatch, which tracks participants' individual bird feeder counts during the winter months.

iNaturalist is an online nature tracking community that allows users to

identify plants and animals in their community through photographs. There is a downloadable app aimed at people of all ages, as well as an additional Seek app with a more kid-friendly approach.

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Birds can be spotted all around, even through your window or on a community walk.
Photo by Hannah Scott

Video contest to share kids' views on COVID-19

Richmond's Childlike Faith Academy of Music and Theatre (CFA) is hosting a short video contest to help provide the public with a better understanding on children's perspectives on COVID-19.

Open to children aged six to 16, the contest invites participants to make a video that shares their feelings during the crisis. At the same time, it allows them to use their creativity while at home. With safety always a priority, along with the co-operation of parents, contestants are being urged to make their videos without unnecessary outings from home.

Organizers want contestants to use their imaginations through the use of comedy, dance, physical expression, costumes or original music.

Guidelines for the videos, which are to be three to five minutes in length and in English, are

as follows:

- What children are struggling with most during COVID-19
- What they appreciate most, or what they have learned, during COVID-19
- Salutations to medical personnel or other frontline workers
- Any positive or encouraging message during COVID-19
- Be creative and freely express views and feelings during these challenging times
- Videos must be authentic, original and not previously shown on any social media
- All contestants must reside in Greater Vancouver

To enter, participants are required to have their parent's or guardian's permission, to like CFA on

Facebook, share this contest on their timeline, and tag three friends. The video link should be submitted with the contestant's name, age, parent or guardian contact number and city of residence via email to cfacademy@live.com.

Entry deadline is May 17. The CFA will post all submitted videos on its Facebook page at www.facebook.com/childlikefaithacademy from May 10 to 28.

Winners will be announced via Facebook June 6 to 8. The top three videos with the most likes on official Facebook posts will each win a prize, thanks to sponsor KMT Production Ltd. First prize is a \$300 Visa gift card and \$100 scholarship, second prize is a \$200 Visa gift card and \$100 scholarship, and third prize is a \$100 Visa gift card and \$100 scholarship.

Richmond residents working in tandem

By HANNAH SCOTT

Local Journalism Initiative reporter

In this time of uncertainty, volunteers are working together to support vulnerable Richmond residents.

The COVID-19 Richmond Coming Together Facebook group is just one example of community generosity.

Created by Richmondite Karina Reid, the group is supporting the Richmond Food Bank as well as providing a community hub for people with extra supplies to share—and for those in need of help.

"The first thing I thought about was food banks," says Reid.

She learned that many Richmond Food Bank delivery drivers were elderly and had stepped back from their roles to avoid increased risk of catching COVID-19.

So Reid offered the help of members of her Facebook group, building a small administrative team to help co-ordinate deliveries and clients. There are 31 confirmed drivers, and most are doing weekly deliveries to food bank clients through



Photo courtesy Vicky Ryan

Members of the Richmond Coming Together Facebook group are serving as volunteer food bank drivers, delivering supplies to those in need.

a matched client-volunteer system.

Through connection with other volunteer groups—including Mamas For Mamas, the Richmond Food Bank and the Richmond Poverty Response Committee—the Richmond Coming Together group aims to help as many people as possible.

In addition to already established food bank deliveries, Reid's Facebook group organizes other drop-offs and community connections. People who have surplus supplies—like toilet paper—can make a post offering to drop off to those in need.

If the group's administrative team sees a post from someone saying they need particular supplies, they reach out to see how they can help.

The community hub is also providing assistance to single mothers. This support includes drop-offs of food baskets, children's clothes and other necessary supplies.

"Those are needs that can be met, and we can help fulfill those needs together," says Reid. "I have never been more proud to be a Richmond resident than now."

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Platinum Pro-Claim supports PPE drive

Platinum Pro-Claim is known as "the restoration company that cares." And amid the coronavirus crisis, it is continuing to demonstrate that reputation.

The Richmond business recently collected donations of personal protective equipment for healthcare workers and others on the frontlines in the fight against COVID-19.

Their mission was part of the PPE Drive started by Canadian hockey legend Hayley Wickenheiser, who has aligned with the Conquer COVID-19 team of medical and business professionals. The initiative has been widely promoted by Vancouver actor Ryan Reynolds to his many social media followers.

"They keep us safe, let's do our part to keep them safe," Richmond Cares, Richmond Gives CEO Ed Gavsie said of the dedicated healthcare workers.

Bindy Dulay, business development manager at Platinum Pro-Claim, says getting residents involved in this local and national community building effort contributes to solutions. Dulay said the response to the recent drive in Toronto was incredible.

"This issue extends to many facets of healthcare, including shelters and daycares," Dulay said.

Healthcare items in need include masks, gloves, surgical gowns, face shields and other personal protective equipment to help keep healthcare workers safe.

**RICHMOND
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OUR COMMUNITY NEWS

RICHMOND AT A GLANCE

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Isolympics puts novel spin on ultimate frisbee

By **DON FENNELL**

 @rmdsentinel

For Noa Lichtmann, and many others, ultimate frisbee is the perfect game. So naturally they were disappointed when the COVID-19 crisis cancelled the season.

But thanks to a pair of progressive coaches, Danie Proby and Ari Nitikman, they'll still be able to stay competitive and keep their skills sharp.

Essentially a challenge series featuring disc tricks, Elevate Ultimate's Isolympics is obviously a departure from the traditional outdoor pursuit. Yet high school teams from around the province were quick to sign up when the coaches put out the call on Instagram.

"I decided to enter our Burnett team," says Lichtmann, explaining that teams are represented by a selected player in a single knockout competition.

Burnett won its first round challenge, where a player was required to do as many squats as possible in a minute while balancing a frisbee on her head. This was, of course, carried out at home—thus the name Isolympics. Other challenges (or tricks) include spinning a disc on your finger, like a basketball, and throwing and catching the disc behind your back with the same hand.

"I am thankful to be able to participate in the different online programs Danie and Ari are offering in place of the actual academy we'd be attending if not for the pandemic," says Lichtmann. "I miss my friends, both from Elevate and Burnett, but it is great to have a connection with them through Isolympics. I look forward to the day when we'll all be on the turf together throwing a disc."

Many other ultimate athletes have also expressed their appreciation, saying it's made isolation at least bearable.

It's only been a couple of weeks since Proby and Nikitman launched the creative alternative to ultimate. Both are overjoyed by the feedback.

"It was great," Proby said. "We've been coach-



Photo submitted

Richmond's Noa Lichtmann is a keen participant in Isolympics, a novel spin on ultimate frisbee.

ing youth ultimate for many years now and were really in touch with what the kids are going through. Just as in other sports, ultimate is everything to them. Many had been training for a long time and looking forward to provincials this year."

Lichtmann, who only picked up the outdoor game about a year ago, was drawn by the uniqueness of the sport and the spirit and athleticism of the players. She was looking forward to joining both her Elevate and Burnett teammates in Washington state for competitions this season.

"When people think of frisbee, they usually think of the beach," Lichtmann says. "But ultimate is the coolest sport. After Danie and Ari's visit to our school, I was hooked. From when I first started playing, I could tell it was going to be a place where I could express myself and just have fun. The ultimate community is full of some of the goofiest, most fun and accepting people. Whenever I play, I know I am in a free-to-fail environment of supportive people."

Recent recipients of a BC small business award for Elevate Ultimate, Proby (coach of Team Canada's under-20 women's team that was set to compete at the worlds this summer in Sweden) and Nikitman are equally obsessed with the sport. They're driven to pass on the best qualities of the game to their young protégés—including goal setting, accountability, sportsmanship and open-mindedness.

"Our aim goes beyond helping athletes make their school teams or even Team Canada," Proby stresses. "Our mission is to pass on skills and values that will transcend the field."

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We've been coaching youth ultimate for many years now and were really in touch with what the kids are going through. Just as in other sports, ultimate is everything to them. Many had been training for a long time and looking forward to provincials this year

—Danie Proby

RYBL coach Dhillon posting basketball drills

By DON FENNELL
@rmdsentinel

Basketball may be out of sight, but it's far from out of mind for many Richmond youth. While the COVID-19 crisis has forced the cancellation of the popular Richmond Youth Basketball League (RYBL) spring programs, organizer Jessy Dhillon has found a novel way to keep the players active at home.

Using the power of social media (@richmondyouthbasketballleague on Instagram), Dhillon posts a "drill of the day."

"Each day, I will try to make a short video of a skill that the kids can learn and work on at home," he explains. "In keeping with our grass-roots philosophy, we focus on drills that are based around the fundamentals of the game."

Dhillon hopes that parents and guardians can also use the drills as a resource to teach their children.

"The unique thing about basketball is that you can work on skills anywhere and with minimal space," he says. "My goal is to motivate kids to be active during these unprecedented times. I also just want to be there for my city in any way I can."

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Photo submitted

RYBL basketball coach Jessy Dhillon is posting a "drill of the day" for Richmond's young hoops players to practice their skills at home.



Regional watering regulations
MANAGING THE DEMAND FOR DRINKING WATER

LAWN WATERING REGULATIONS

MAY 1 to OCTOBER 15 | TWO DAYS PER WEEK

Residential lawn watering allowed between 4 am and 9 am

EVEN ADDRESSES
Wednesday, Saturday

ODD ADDRESSES
Thursday, Sunday

Watering trees, shrubs and flowers with a sprinkler is allowed any day between 4 am and 9 am.

For the complete regulations, visit metrovancover.org
To report a violation, call 604-276-4355

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ACADEMY OF MUSIC
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by May 17, 2020

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#COVID-19affect #StayHome
#RichmondSentinel #CFAcares

LET CHILDREN SPEAK, FILM, & WIN!!

WINNER PRIZES

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Total value of **\$900**

AGE RANGE

6-16 YEARS OLD

COVER TOPIC

THE AFFECT OF COVID-19

CFA WEBSITE

www.childlikefaithacademy.com

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Koinonia church supports hospital relief fund

By DON FENNELL

[@rmdsentinel](#)

In the midst of the COVID-19 crisis, Koinonia Evangelical Church members recognize more than ever the importance in giving back.

The Richmond congregation has collectively made a donation of \$10,000 to Richmond Hospital Foundation's COVID-19 Relief Fund to help address the immediate needs to health care teams.

"We're in an unprecedented crisis, and as a local church we are called to respond to our neighbour's immediate needs," said Rev. Joshua Chow. "Our hearts and prayers go to the frontline doctors, nurses and staff at Richmond Hospital and those who are in need of their services."

Rev. Chow is the lead pastor of the church, which has a congregation of more than 600—many of whom live and work in Richmond and have received health care from the hospital. Church members understand the importance of sup-

porting life-saving care in their community.

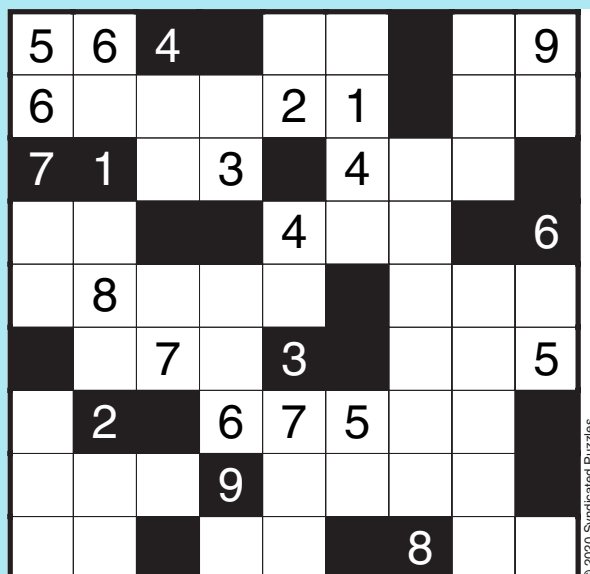
For some 30 years, Richmond Hospital Foundation has raised more than \$100 million to help fund vital medical equipment, improvements in patient care and upgrade facilities. Its ongoing goal is to inspire joyful giving within the community to build a better and healthier future for Richmond.

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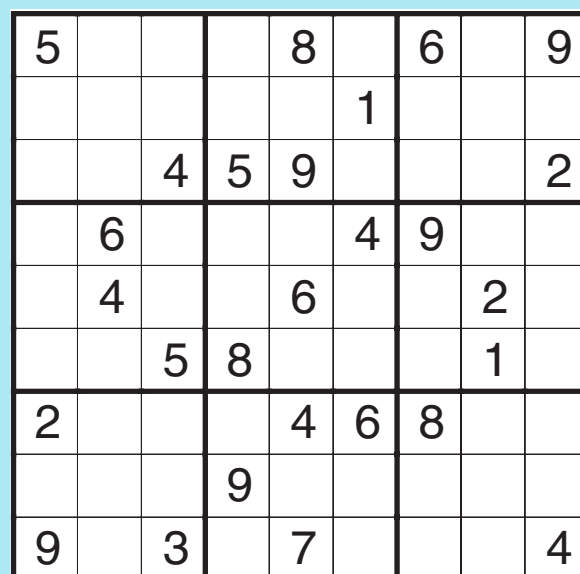
STR8TS

No number can be repeated in any row or column. Rows and columns are divided by black squares into compartments. Each compartment must contain a 'straight,' a set of numbers with no gaps in any order, eg. [4,2,3,5]. Numbers in black cells are not part of straights but also cannot be repeated in their row or column.



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SUDOKU



Safe Seniors, Strong Communities

As the Official Opposition Critic for Seniors Care, I am pleased to share with you that Richmond Cares, Richmond Gives has been selected as the agency to deliver the services our seniors can request when they **call 2-1-1** or **fill out a form on the website: www.bc211.ca/safe-seniors-strong-communities/**

Linda Reid, MLA Richmond South Centre
604-775-0891 | Linda.Reid.MLA@Leg.bc.ca

COVID-19 GARBAGE ISSUES – HEALTH SAFETY ALERT

HELP PREVENT THE SPREAD OF COVID-19

There is a serious issue with used masks, single-use gloves and wipes being littered and improperly disposed in Richmond. We need to do better as a community to prevent the spread of COVID-19 and keep collection crews safe as they provide this essential service.



AT HOME:

- Put used masks, single-use gloves, wipes and other hygiene materials in a plastic bag, tie the bag securely and then put it in the garbage.
- These items are not recyclable, and they must be secured in plastic bags, not placed loosely in the garbage.
- Do not dispose of these items in your Green Cart or other recycling bins.
- Do not dispose of these items down toilets, sinks or drains as this clogs pipes and causes backups. Only toilet paper is designed to be flushed.
- Collection crews will be tagging bins if loose materials are found and may not collect affected bins.

IN THE COMMUNITY:

- Do not litter masks, single-use gloves, wipes and other hygiene materials – you are putting others at risk.
- Toss these used hygiene materials in the garbage.
- Better yet, carry a plastic bag with you, place them in the bag and then into the garbage.
- If caught littering, hefty fines could be applied under Bylaw #6803.



Please be responsible and courteous to others in the community, especially our waste collection front line workers, by disposing of these materials properly. Do your part to keep others safe.

Environmental Programs Information:

📞 604-276-4010 ✉️ garbageandrecycling@richmond.ca 🖱️ richmond.ca

