



VOL. 7 ISSUE 1

NOT-FOR-PROFIT

JAN. 31 - FEB. 13, 2023

RACING INTO 2023



Record turnout for
Icebreaker, Kidsrun

12

Richmond Arts Awards seeking nominations

Members of the public are invited to submit nominations for the 15th annual Richmond Arts Awards.

People can nominate an extraordinary emerging or established artist, arts leader, cultural practitioner, educator, group, or arts business that has significantly contributed to the arts or is deserving of recognition. Nominations are being accepted in the following six categories:

- Arts education
- Artistic innovation and excellence
- Business and the arts
- Cultural leadership
- Volunteerism
- Youth arts

All artistic disciplines are eligible: culinary, literary, performing, and visual arts, as well as craft, environmental arts, new media, and social practice.

The award winners will be honoured at a gala awards ceremony hosted by Mayor Malcolm Brodie at the Gateway Theatre.

The Richmond Arts Coalition will award a \$300 cash prize to the winner of the youth arts category, which recognizes a performing literary, media, or visual artist 24 years of age or younger whose artistic practice demonstrates outstanding promise and commitment to the Richmond arts community.

Richmond residents are encouraged to submit nominations online at richmond.ca/artsawards. Nominations are being accepted until 5 p.m. on Monday, March 13.



Photo courtesy City of Richmond

In-process weaving created by a community member at Richmond Arts Centre's fabric arts studio.

The Richmond Arts Awards are presented through a partnership between the City of Richmond and Richmond Arts Coalition. The program has recognized 84 honourees since 2009.



Screen grab from Google Maps

Heather Dolphin Neighbourhood Park on Dolphin Avenue is one of three neighbourhood parks in Richmond slated for replacement in 2023.

Provide feedback on playground replacement

The City of Richmond is inviting the public to take part in shaping three neighbourhood park playground replacement projects.

The city's parks and open space system provides over 80 playgrounds for the community to visit and enjoy.

The playgrounds identified for replacement in 2023 are:

- Heather Dolphin Neighbourhood Park at 9260 Dolphin Ave.
- Great West Cannery Park at 12691 No. 2 Rd.
- Odlinwood Neighbourhood Park at 10811 Shepherd Dr.

These parks were constructed in the 1990s, and playground replacement is required to ensure that the city's parks

continue to provide safe, inclusive, and enjoyable playground amenities.

From now until Feb. 12, Richmond residents are invited to visit Let'sTalkRichmond.ca to learn more about each park, view photos of new ideas and existing playgrounds, and provide feedback online. The public's feedback will help inform the planning and design of the neighbourhood park playgrounds.

Closure of the existing playgrounds for construction is planned to begin through this summer and fall, with completion anticipated in winter 2023.

For more information, email parks@richmond.ca, call 604-244-1208, or visit Let'sTalkRichmond.ca

City workshops explore home, homelessness

The City of Richmond invites residents to a two-part community conversation titled "Home," where participants will learn about the important meaning of "home" and homelessness.

The two-session conversation will focus on the circumstances of homelessness in Richmond. Together, participants will learn some key considerations, talk about what contributes to homelessness, and explore ideas about how community members can help foster a more connected and inclusive community.

In part one, participants will consider the meaning of homelessness through shared experiences, stories, and discussion. Part two builds on discussions from part one and will explore ideas to create a sense of belonging for everyone in the community. Participation in part one is recommended but optional for participation in part two.

The sessions are free to attend; however, registration is required and will be open until the day prior to the session. Light refreshments and pizza will be served at all sessions. The conversations are open to all Richmond residents aged 16 years and over.

There are two ways to register:

- Online at richmond.ca/register (see registration numbers below)
- By phone at 604-276-4300, weekdays from 8:30 a.m. to 5 p.m.

For part one, participants can choose between two opportunities:

- Feb. 8 from 5:30 to 7:30 p.m. at Richmond Cultural Centre (registration number: 204292).
- Feb. 11 from 11 a.m. to 1 p.m. at Richmond Cultural Centre (registration number: 205112).

When people find a home, they find belonging, stability, and well-being. Engaging in community conversations about homelessness is a priority initiative of the city's Homelessness Strategy.

For more information, visit richmond.ca/homelessness

Councillors consider updates to election sign bylaw

By HANNAH SCOTT
Senior Reporter

City councillors discussed possible amendments to the bylaw that covers election and political signs during last week's general purposes committee meeting.

The city's Election Sign Bylaw was adopted in 2011 and amended in 2018. It currently prohibits signs placed on city and public property, except on boulevards in front of residential property with the owner's consent. The bylaw includes a number of other regulations that limit the type of signs, their maximum size, and when signs may be placed.

According to a report to the committee from Mayor Malcolm Brodie, the recent municipal election saw an unprecedented number of issues relating to election and political signs.

"It is noted that the high volume of signs did not lead to increased voter participation for the election as turnout was reported to be very low," said Brodie in the report.

Issues included the volume of signs and the number placed in a single area, waste related to single-use signs that may not be recyclable, and the inequity of candidates with more financial resources being favoured by "uncontrolled proliferation" of signs, according to Brodie's report.

During the permitted advertising period for the election, 20 formal complaints were received and investigated, along with a number of informal complaints. Brodie noted in his report that it is challenging to manage and enforce election signs, particularly when the campaigns of existing elected officials are contravening the Election Sign Bylaw.

Eight municipal bylaws and policies within the Lower Mainland were reviewed, and five bylaw amendments are proposed:

- Eliminate the boulevard exemption, thus prohibiting placement of signs on all city property.
- Require written consent from a property owner—on a city form—before signs are placed on private property, including properties not containing an inhabited building.
- Prohibit signs attached to trees, planters, and shrubs on private property.
- Limit signs on a single parcel to one per candidate or group.
- Prohibit parking or storage of a private vehicle displaying an election sign on public property.

During the committee meeting Brodie said the intention of the amendments is imposing limits to a



Photo courtesy City of Richmond

City councillors recently discussed possible amendments to the election sign bylaw.

situation that became unsightly.

"We're not trying to stop the freedom of expression, we just want a clean city, we want to showcase our city, we want to use materials that are going to be sustainable, we don't want to give unfair advantage to candidates who can afford signs, and we want to be able to more effectively enforce the various rules that we have," said Brodie.

A number of community members spoke to the situation, with many opposed to the possible changes. Councillors discussed current enforcement of bylaws, rules about signs on business property and farmland, and the boulevard exemption—including what constitutes a sign being "in front of" a parcel of land.

"I have no problem with us restricting signs on public property; the exception to the boulevard (rule) is for the front of people's properties, and I think that's a reasonable exception to have," said Coun. Andy Hobbs. "People will still, in my mind, be able to have signs on the front of their property. The exception is for what's in front of your property, not behind it."

Hobbs added that one problem with the boulevard exemption is the specific location of people's property lines, so the exception might require further examination or detailed guidance to bylaw officers.

He also suggested the possibility of strategically located "sign parks" on public land in different neighbourhoods throughout the city. This suggestion led

to a referral motion that directs staff to comment on sign placement throughout the city, sign material and size restrictions, and the number of permitted signs per candidate per location.

"I think this is a motion that's dysfunctional to democracy," said Coun. Michael Wolfe. "What's great about signs is that people can ask for one and they don't have to pay."

He added that signs allow people to show their opinions and support for multiple candidates. Signs can also include the date of an election, which helps keep people informed.

On the issue of waste created by signs, Coun. Bill McNulty said all the signs he and running mate Coun. Alexa Loo put up were returned to the printer for materials to be reused. Several councillors also expressed an interest in looking at voter turnout, which they recognized is a related but separate issue.

"To me the most important part of this whole set of recommendations is the treatment on the boulevards," said Brodie. "If we find places where people can have their signs, and they're visible, and it's fair and equal, then I think we can take a look at all the rest of it in light of what we have said we're prepared to go with."

The referral motion passed by a narrow 5-4 vote, with Couns. Carol Day, Kash Heed, Laura Gillanders, and Wolfe opposed.

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Children's Arts Festival returns

The popular Richmond Children's Arts Festival is returning in full form with a program of free, hands-on fun on B.C. Family Day (Feb. 20) from 10 a.m. to 4 p.m.

The Richmond Library and Cultural Centre will transform into a celebration of imagination and creativity with an exciting line-up of music, dance,

writing, and more for children aged three to 12.

Entry to the festival site is free and includes drop-in access to a range of activities and performances. Parents can also preregister children for scheduled and structured artist-led Creativity Classes.

For details, visit childrensartsfestival.ca



Photo courtesy Richmond Public Library

Richmond Public Library is having a public event on Feb. 3 to celebrate Chinese New Year.

Celebrate Chinese aNew Year at library

Richmond Public Library is welcoming the Year of the Rabbit. This year's event at the Brighthouse branch will be a cross-cultural community celebration that honours traditions, highlights cultural experiences, and welcomes people of all ages.

On Feb. 3 from 3:30 to 6:30 p.m., people can stop by the Brighthouse library for an afternoon of Chinese song, dance, art, crafts, and traditional experiences.

Youth and the young at heart will delight in the dance exhibitions that include a K-Pop demonstration, a lion dance, and Chinese folk dances. Children will be captivated by the Monkey King puppet show and the Han-style costumes showcased in the costume show. There will also be a choir performance of traditional Chinese New Year folk songs by a local seniors' choir. For those looking to try their hand at some traditional Chinese activities, there will be Chinese calligraphy stations, ink painting and a compass fortune-telling workshop.

The library is grateful for the event partners and sponsors whose contributions have helped to make this celebration possible: Big Bear Education, CLF Kong Fu Club, Chinese Couplets Study Club, E Show Dance, Richmond Chinese Senior Group, Richmond Family Place Society, S.U.C.C.E.S.S. Richmond Chinese Women's Club, Touchstone Family Association, and VISM Education Group.

This event is free to attend and no registration is required. To learn more, visit yourlibrary.bibliocommons.com/v2/events

Support group launching for male caregivers

The Richmond Family & Friend Caregiver Hub, a program of Richmond Cares, Richmond Gives (RCRG), is launching a new, monthly support group for male caregivers.

The free sessions are open to men of any age who provide unpaid care to an older adult, whether a family member, friend, or neighbour.

"Male caregivers have unique experiences and challenges," says Carol Dickson, manager of RCRG's seniors community support services. "We want to provide a space where they can connect with their peers and strengthen their support networks."

Beginning on Feb. 17, the group will meet on the third Friday of every month at South Arm Community Centre. The sessions will be conducted in English, with Chinese translation available upon request.

"When you become a caregiver, it can feel overwhelming," says Dickson. "Support groups like this one are an important outlet, allowing caregivers to speak openly about their successes, but also the more stressful aspects of their role. They get to see that they're not alone."

To register for the Male Caregiver Support Group, or to request more information, call 604-279-7099 or email caregivernavigator@rcrg.org

People can also visit the Caregiver Hub online at rcrg.org/caregivers. The website includes a complete list of services as well as a calendar of upcoming workshops and events.



Photo courtesy Richmond Cares, Richmond Gives

In February, the Richmond Family & Friend Caregiver Hub is launching a new support group for men who provide unpaid care to an older adult.

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Library launches eduroam Wi-Fi service

Richmond Public Library (RPL), together with BCNET and CANARIE, has launched eduroam, the secure, global Wi-Fi service for the higher education and research community, at all library locations.

With this new service, staff, students, faculty, and researchers from any participating Canadian or international post-secondary institution can automatically connect to the internet at the library. The eduroam service securely connects participating customers to the library's internet connection, which is powered by the City of Richmond's network infrastructure, using the username and password from their home institutions.

"Our libraries are popular go-to destinations for local students," said Charles Leung, manager of information technology at Richmond Public Library. "Enabling eduroam at RPL will enhance our in-library experience. We are always seeking out meaningful initiatives and partnerships such as this one, where we can inspire learning."

RPL locations are extremely well utilized by students of all ages to study, do research, and work on group or individual projects. In addition, Richmond is a travel destination and a connecting hub, welcoming newcomers and students from around the world. The ability for Canadian and international post-secondary students to use eduroam to stay connected to their institution's online resources while on the go provides vital access to the internet and improved access to online learning.

Students and faculty at eduroam-equipped institutions can quickly and easily access the service at the library. It should seamlessly connect without any action required. RPL joins over 194 locations in BC and 626 sites across Canada that offer eduroam.

"The library offers seamless connectivity to this world-wide roaming service, supporting Wi-Fi access for education and research, anytime and anywhere," said Clarence Lee, director of client services and communications at BCNET, which represents B.C. colleges, universities, and research institutions. "As more



Photo by Hannah Scott

eduroam Wi-Fi service is now available at Richmond Public Library branches.

libraries join eduroam, we are enabling broader internet access and bridging the digital divide."

Christina Colangelo, program manager of identity and access management at research company CANARIE, said: "Students, staff, and faculty with eduroam access can securely learn and work from wherever, whenever—including now at RPL. We're pleased to work with BCNET and the library to expand eduroam access at more public places—supporting smart cities initiatives across Canada."



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Dine Out returns with 29 Richmond locations

By HANNAH SCOTT
Senior Reporter

The annual Dine Out Vancouver Festival is back, with 29 Richmond restaurants among the 369 locations taking part.

A number of different cuisines are available, with menus for different meals including breakfast, brunch, lunch, and dinner. Some locations also offer take-out, vegetarian, and gluten-free options. Three price ranges suit a variety of budgets.

"Our Dine Out menu is a reflection of some of our guest favourites," says Steveston Seafood House owner Shane Dagan. "It's a fantastic opportunity for customers who may not normally engage with our restaurant to have a beautiful meal and get a substantial discount from our regular pricing. This year is an especially special year for the Steveston Seafood House as we celebrate 45 years of serving our community."

Dagan expects more than 2,000 customers over the 15-day event, which is more than previous years.

Freebird Table & Bar general manager Steve Lobsinger says the restaurant anticipates at least triple last year's numbers given the lack of pandemic restrictions in place this time around.

"January and February are traditionally slower volume months for most restaurants, and these events benefit both the income of the staff and the restaurant. Staff get more shifts and more customers, and restaurants are better able to meet ever-increasing costs of operations," he adds.

Little Mexico Cantina's Ajit Thaliwal says the restaurant is participating in Dine Out for the first time, which helps business in the off-season and keeps people employed.

Julia Kubotani of Yuu Japanese Tapas says the event is also a great way to put

money back into the local community and neighbourhood, although she anticipates it may be less busy than last year's event based on the higher interest rate. The restaurant has several new menu items: wasabi mayo prawn on Pringles potato chips, a new hot and sour option for their signature "volcano ramen," and a creamy rose scallop udon.

"We are featuring our special ramen, Wagyu Shoyu, on our Dine Out menu," says David Chan of Afuri Ramen & Dumpling, another first-time participant in the festival. "We want to offer a chance for diners to explore different aspects of our offerings. Diners will get a taste of two small plate appetizers, a choice of ramen, and our newly added ice cream sando as dessert."

Here is the full list of participating Richmond restaurants:

- 75 West Coast Grill (7571 Westminster Hwy.)
- Afuri Ramen & Dumpling Richmond (140-7971 Alderbridge Way)
- Blue Canoe Waterfront Restaurant (140-3866 Bayview St.)
- Britannia Brewing - Steveston (12240 Second

Ave.)

- Bruno Restaurant (8499 Bridgeport Rd.)
- Cactus Club Cafe - Richmond Centre (1666-6551 No. 3 Rd.)
- Cask Whisky Vault (8400 West Rd.)
- Catch Kitchen + Bar (200-3866 Bayview St.)
- Cavu Kitchen Bar (5911 Minoru Blvd.)
- Chop Steakhouse & Bar (10251 St. Edwards Dr.)
- Earls Kitchen & Bar - Lansdowne (304-5300 No. 3 Rd.)
- Ember Indian Kitchen (135-6168 London Rd.)
- Flying Beaver Bar & Grill (4760 Inglis Dr.)
- Freebird Table & Bar (5991 Alderbridge Way)
- Gyu-Kaku Japanese BBQ - Richmond (7971 Alderbridge Way)
- Harold's Kitchen and Bar (7551 Westminster Hwy.)
- Hotpot Palace (168-7911 Alderbridge Way)
- Jamoneria by ARC (1020-12471 Horseshoe Way)
- Little Mexico Cantina (150-3131 Chatham St.)
- Meet Oyster (150-4160 No. 3 Rd.)
- Milltown Bar & Grill (101-9191 Bentley St.)
- Monkey 9 Brewpub (14200 Entertainment Blvd.)
- Moxies - Richmond (3233 St. Edwards Dr.)
- O'Hare's GastroPub (5031 Steveston Hwy.)
- The Shoestring Cafe (180-4611 No. 6 Rd.)
- Steveston Seafood House (3951 Moncton St.)
- The Canadian Brewhouse (1305-4755 McClelland Rd.)
- Yokohama Teppanyaki & Sushi Bar (140-12251 No. 1 Rd.)
- Yuu Japanese Tapas (1118-3779 Sexsmith Rd.)

Dine Out is on through Feb. 5. For more information and menus, visit dineout.vancouver.com/restaurants/

—With files from Samuel Cheng

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Photo courtesy Freebird Table & Bar
Freebird Table & Bar's signature southern fried chicken is on the menu for Dine Out this year.



Photo courtesy Steveston Seafood House



Photo courtesy Afuri Ramen & Dumpling



Photo courtesy Yuu Japanese Tapas

Podcast tells stories of opioid overdose crisis

People whose lives have been impacted by the opioid overdose crisis feature in a new podcast by a Kwantlen Polytechnic University (KPU) communication studies researcher and faculty member.

Beginning Jan. 16, *Unsilencing Stories* is a series of in-depth and moving audio interviews with 40 bereaved people in smaller communities in

B.C. and Alberta. Facilitated by Dr. Aaron Goodman and student researchers Jenna Keeble and Ashley Pocrnich, the participatory research project provided space for people who've lost loved ones to drug poisoning to share stories rarely found in mainstream media.

"We're supporting our collaborators in honouring loved ones, expressing grief publicly, as well as challenging stigma and perceptions about who is worthy of being mourned," says Goodman, who has taught journalism and communication studies at KPU since 2012.

The research team invited pairs of collaborators, some of whom knew each other previously, to interview each other remotely. This approach allows affected individuals to express themselves freely and create nuanced knowledge about the overdose crisis, says Goodman.

The project is supported by a \$60,000 KPU Chancellor's Chair Award, which Goodman is using to engage students to develop their skills in working closely with members of a largely unheard and marginalized community. Students also gain experience with oral history and podcast production, says Goodman.

More than 32,000 "opioid toxicity deaths" were recorded in Canada between January 2016 and June 2022, according to Government of Canada figures. In the first 10 months of 2022, 1,827 fatal overdoses occurred in B.C. alone.

The KPU project assisted bereaved people in communities of less than 100,000 residents, including Cranbrook and Prince George in B.C. and a number in Alberta. Goodman notes a recent study by researchers from the B.C. Centre for Disease Control and the University of B.C. found people in rural communities have about 30 per cent higher odds of experiencing fatal drug



Photo courtesy Kwantlen Polytechnic University

Kym Porter lost her 31-year-old son Neil Balmer to fentanyl poisoning.

overdoses than those living in urban centres.

Kym Porter, who lives in Medicine Hat, Alta., lost her 31-year-old son Neil Balmer to fentanyl poisoning in 2016. She is a member of Moms Stop the Harm (MSTH), an organization made up of families affected by substance-use-related harms and deaths. Porter also helped recruit a number of people in Alberta to join the study.

"The fact that we're doing this project is saying something about all of our loved ones—that they deserved love, that they deserved to be treated with kindness and respect," says Porter.

Experts and advocacy groups like MSTH are calling on authorities for a safe, regulated supply of drugs.

Goodman says his team's project illustrates the need for governments to fulfill this obligation. He adds his group's work does not provide a complete picture, but is a step towards what he hopes could become a nationwide project amplifying silenced voices.

Keeble says working on the project was a "transformative and meaningful experience."

"We have worked together to create something powerful that will inform other researchers and the general public, and serve as a call for action from elected officials to prevent further overdose deaths," she adds.

Keeble, who has since completed an honours journalism degree at KPU and plans to begin graduate studies in the fall, says research opportunities such as this are valuable for undergraduate students, faculty members, and the community.

"KPU's emphasis on fusing thought and action makes this kind of innovative research possible," she says. "It feels exciting to be a part of a project that places an emphasis on knowledge mobilization and serving community needs."

Unsilencing Stories is available now at unsilencingstories.com/ and through most major podcast directories, including Apple Podcasts, Spotify, and Google Podcasts.

Construction again disrupts Canada Line service



Photo courtesy TransLink

Canada Line service between Bridgeport and Richmond–Brighouse stations will end early through Feb. 17.

Service on the Canada Line between Bridgeport and Richmond–Brighouse Stations will be temporarily impacted through Feb. 17.

Service will end at 9:30 p.m. on weekdays, about four hours early, allowing construction crews to continue work on the new Capstan station. Regular service will resume on Feb. 18.

These temporary impacts will mainly affect customers travelling to and from Bridgeport, Aberdeen, Lansdowne, and Richmond–Brighouse stations. Extra bus service will be available between Bridgeport and Richmond–Brighouse stations, with buses stopping at each impacted station and running about every 10 minutes.

The temporary service changes are necessary to ensure the safety of workers and the public, as crews will be using a large crane to begin installing escalators and station roofs. The crane cannot be used safely above the track while trains are in operation.

Capstan station remains on track to open later this year.



Photos courtesy Kate Walker

MacNeill secondary's Buzz Art Club raised more than \$2,500 for Covenant House Vancouver with the annual Art-A-Thon event.

MacNeill art clubs raises funds for charity

By HANNAH SCOTT
Senior Reporter

Students in the Buzz Art Club at MacNeill secondary took part in the Annual Art-A-Thon fundraiser earlier this month.

This year's event donated over \$2,500 to Covenant House Vancouver. Previous highlighted charities include the BC Children's Hospital Foundation, Downie Wenjack Fund, and BC Cancer Foundation. The art club meets every Thursday at lunch.

"In October or November, we start discussing themes for the Art-A-Thon, we talk about what we want to do, narrow down charities, and vote on our charity of choice that year," explains teacher sponsor Kate Walker. "Covenant House has been on the radar for some time."

Students then complete a small prototype of their final painting in pencil and paint. They are challenged to think about their audience, as well as considering a theme. This year's theme was "stories," encouraging students

to think about cultural, personal, social, historical, or environmental aspects of their own stories.

"A lot of kids did different things from their home country, their journey as a student (or) as a teenager, personal stuff, (or) historical parts of their background," says Walker.

Along with working on their art, students also spend several months collecting sponsorship donations from fellow students, parents, teachers, and friends. On the day of the Art-A-Thon, Jan. 14 this year, 21 students painted for a marathon 11 hours with several short snack breaks. The finished paintings were displayed at the school's open house.

I want them to be able to see the value in doing a charity event when they're able to give to other people, and feel that they've been able to contribute to society for something that is an important cause.

— Kate Walker



"(Students are) learning to be independent, self-advocate, and see their contributions go into the community and have a positive effect on someone's life," says Walker. "The confidence that they get giving to other people is a life skill. I think them giving to people that they don't know and that they feel compassionate about, to do that at a young age is very powerful for them."

Opus Art Supplies donated 85 per cent of the canvases for this year's event. The school's parent advisory council also donated funds for art supplies.

To date, the Buzz Art Club's Art-A-Thon has raised over \$15,000 benefiting nine different charities. Most students in the club are currently in grades 10 to 12, with a few Grade 8 students.

"Every fall, the returning art club students, one of their highlights of the year is to work with their friends and work with the club to raise money for an event they feel passionate about—I think that's important," says Walker. "I want them to be able to see the value in doing a charity event when they're able to give to other people, and feel that they've been able to contribute to society for something that is an important cause."

After the Art-A-Thon, Buzz Art Club members will collaborate on a large group project where individual two-dimensional pieces will be connected like puzzle pieces.

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Students organize charity pickleball tournament

By HANNAH SCOTT
Senior Reporter

Two students at Cambie secondary recently put together Play for Hope, a pickleball tournament to raise funds for the Canadian Cancer Society.

Vice-principal and English teacher Sarah Ardat says Grade 12 students Jed Tan and Joar Hussain were motivated by an assignment and a connection with teacher Linda Wong, who lost three sisters to cancer.

"Every year I like to challenge my Grade 12s to think about the greater good of our community. They were given an English assignment that required them to think about issues in the community and come up with ways to eliminate and mitigate them," says Ardat. "The purpose of this assignment was really about giving back—to think of ways to perform acts of kindness, but also to be challenged to think further about how they can create a 'pay it forward' movement."

Wong suggested raising money for the Canadian Cancer Society. She is also an avid pickleball player with connections to the pickleball association.

"After a few conversations with her, the two boys decided they would hold a charity pickleball tournament as a way to raise money for the Canadian Cancer Society," says Ardat. "She is their inspiration."

The community event allowed people to try out the growing sport of pickleball, while raising money for a good cause. The planning process was a learning experience for Tan and Hussain, who received help and support from Wong as well as the president and vice-president of the pickleball association.

"An event like this is not an easy task," says Ardat. "Preparing for this tournament proved to have a sharp learning curve, but they gave it 100 per cent. They learned about the charity, what it takes to run a tournament—not just run it, but run it well—and how to communicate with various parties."

Tan and Hussain were able to raise awareness within their social circles, and shared the message with a wider community during the tournament.

"I think the other challenge was the question I posed to them—whether this assignment was naïve. The boys responded that they believe being kind is a choice and anyone can be involved and help their community if they want to," says Ardat.

The students took on many organizational tasks, including booking the gym, spreading the word to community members, asking local businesses to donate raffle prizes, building a team of volunteers to help run the event, and learning about the sport.

"They first opened registration to Pickleball BC members, then opened it up to the community," says Ardat. "They did this through a promotional video, and had members register by scanning a QR code."

The Play for Hope tournament took place at Cambie secondary last weekend. The fundraising goal was \$2,000, of which \$1,600 was raised through registration fees.

Community members can make donations via the Canadian Cancer Society website, adding a note for the donations to go to "Team Inspired Relay for Life," which is Wong's team for the Relay for Life Fundraiser.

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Boyd students share flowers to spread joy

By HANNAH SCOTT
Senior Reporter

Social justice students from Hugh Boyd secondary handed out 500 flowers earlier this month to brighten the day for many seniors.

The third Monday in January (Jan. 16 this year) is sometimes known as Blue Monday, or the most depressing day of the year, a concept that originated in 2004 through psychologist Cliff Arnall and a Sky Travel advertising campaign.

Sixteen of teacher Michael Taylor's Grade 11 and 12 students took part in the "flower flash mob" outside the entrance to the Richmond Seniors Centre and Richmond Public Library. Their Blue Monday initiative was part of a school equity project called the Lift Project, aimed at uplifting people in the community.

"In particular, students hope to lift the spirits of seniors, and raise awareness into the issue of social isolation among this cohort—a topic we studied in class, and that students recently discussed in a podcast interview with a University of British Columbia professor," says Taylor.

Wearing matching Lift Project buttons, students tried to bring enthusiastic energy through upbeat posters and music. Each donated flower had a note tied to it, offering seniors an opportunity to start a pen pal relationship.

"It was an amazing experience," says Grade 12 student Emma Errore. "People were so surprised, and it was so nice to see them leave with their flow-



Photo submitted

Grade 11 and 12 social justice students at Hugh Boyd secondary handed out flowers on Blue Monday (Jan. 16 this year) to brighten seniors' days.

er in one hand and a beautiful smile on their face. A woman told me that we made her day, and I felt so grateful. I think we reached the goal: to lift up others on this Blue Monday."

Fellow Grade 12 student Sophie Chang described the event as "meaningful and impactful."

"The part that impressed me the most was when we were giving out flowers, there was a man who received one, yet gave it back to us. He explained it as an act of kindness. I believe this is how our soci-

ety cultivates love," says Chang.

Aseana Acabado, in Grade 12, says: "We all have battles that no one knows about. Being able to put a smile on people's faces warms my heart and gives me so much comfort, pushing me to keep on going. This small act of kindness amplified our sense of community and the essence of reaching out to people, allowing me to relate better with them. It's an experience that I will forever be grateful for."

•hannahs@richmondsentinel.ca

B.C. filmmaker reveals story behind iconic local band

By JIM GORDON & LEETA LIEPINS
Contributors

The *Our City Tonight* team sat down with local filmmaker Teresa Alfeld to talk about her new documentary, *Doug and the Slugs and Me*, featuring the iconic Vancouver music group.

Our City Tonight (OCT): *It was really nice to see a film made about this band, because it reminded us of how many hits they had and how influential they (were). What is additionally great about this documentary is the tie-in with you, the filmmaker, and growing up next-door to Doug Bennett of Doug and the Slugs. How did this all come together, and how did you find yourself part of the story?*

Teresa Alfeld (TA): I certainly didn't set out to make a film that I would be a character in. A few years ago, I did my first documentary called *The Rankin Files* with my producer John Bolton. It is about a 1980s-era politician. We were looking for music that really captured Vancouver in the '80s that was high-energy and fun—naturally I thought of Doug and the Slugs. When we premiered the film, we had such a positive response from people who loved hearing the music. Great feedback not only about the film, but also the use of Doug and the Slugs. People obviously still love these guys, and nobody's ever told their story. Luckily, I had a connection with the band and I also have a connection to the family. We set out to just do a fun film about Doug and the Slugs, but it ended up taking some turns.

OCT: *They were so successful, so quickly, and some of the scenarios are fairly cliché—although that's not to diminish what they did. There was the infighting, one guy getting more credit than the rest of the band, and when you get into the late '80s they were not even talking anymore. What you did in this movie that was so incredible was you got access to Doug's personal journals. That*



Photo courtesy Teresa Alfeld
Teresa Alfeld directed the new documentary *Doug and the Slugs and Me*, profiling the Vancouver music group.

must have been wonderful to feel the trust between you and Doug's widow, having grown up as neighbours.

TA: Once we set out to make the film, I reconnected with Nancy Hare, Doug's widow, and she gave me access to the archive. That had all the photos, the music videos, the broadcast specials, and after a while, she handed me another box. It contained 39 personal diaries belonging to Doug that he started writing when the band was getting off the ground in 1980 and concluded in 1989. I'm pretty confident that Nancy would not have given those to me had she not had a personal relationship with me dating back almost 30 years at that point. It was an enormous responsibility, and I'm the only person who has read all those journals more than once. I had to make strong decisions as to what Doug would have wanted out there and what I don't think he would have wanted.



We made decisions, often in collaboration with the family, about what we needed to use to (best represent) Doug's voice in the film.

Doug and the Slugs and Me is available for viewing on CBC Gem.

For the full video interview, visit richmond.sentinel.ca/videos

Jim Gordon and Leeta Liepins are contributing writers to the Richmond Sentinel.

The Butterfly Effect explores possibilities of time travel

By SAMUEL CHENG
Reporter

The butterfly effect, also called the ripple effect, is a phenomenon proposed by mathematician and meteorologist Edward Lorenz in 1961. It is the suggestion that when a butterfly flaps its wings, it creates a storm on the other side of the world; hence the name.

Often, people would wish to travel back in time to fix or change a certain event or timeline in hopes of a more favourable outcome. Little do they know that even the tiniest change can potentially have a significant

impact.

The movie *The Butterfly Effect*, written and directed by Eric Bress and J. Mackye Gruber, features Ashton Kutcher as Evan Treborn and Amy Smart as Kayleigh Miller.

Evan suffers from blackouts due to painful periodic headaches. When he is out cold, he discovers that he can time travel back to undesirable moments in his childhood.

Evan tries to change the past in hopes of a better outcome for himself, his family, his friends, and his crush Kayleigh. However, he realizes that while amending one situation or moment is possible, it often changes the

sequence and outcomes of future events as well. This leads to the endless cycle of resolving one problem while creating another.

The moral of *The Butterfly Effect* is that every little action and gesture counts, even when people are unaware. A simple act of kindness can give people hope while an oblivious cold glance could be the last straw for someone.

While the movie may not feature the most jaw-dropping special effects, audiences can draw meaning from the story and the potential phenomenon it points towards.

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Photo by Brian Cliff
The Harry Jerome Indoor Games, scheduled for Feb. 4 at the Richmond Olympic Oval, are taking place for the first time since 2020.

Harry Jerome Indoor Games return to Richmond

By MATTHEW CHEUNG
Reporter

The Harry Jerome Indoor Games are returning to the Richmond Olympic Oval on Feb. 4.

The annual track and field event has been held at the Oval since 2011, but its origins date back to 1964. After being cancelled in 2021 and 2022, organizers are eager to return to the event this year.

"This year will be a challenge as we try to return to a more normal situation as the COVID threat is declining," says Doug Clement, a member of the Harry Jerome Organization communications committee. "Meet organizers Carl Savage and Fred Pawluk are attempting to regain the rhythm of the now-annual event since 2011 at the Richmond Olympic Oval. Track and field clubs across the province have been severely affected by the pandemic and it is unknown how well organizations can support an indoor competition as early as Feb. 4. It is encouraging to know (that) over 200 entries have been received—we are hoping to meet our normal entry of over 500 athletes of all ages."

In 1964, Vancouver hosted the inaugural Achilles meet, now called the Vancouver Sun Harry Jerome International Track Classic. That event, held at Empire Stadium, was the preview to the Summer Olympic Games in Tokyo. The name of the event was changed to the Harry Jerome International Track Classic in 1984.

Harry Jerome was born on Sept. 30, 1940, in Prince Albert, Sask. He moved to the Vancouver area in 1951 and excelled in all sports that he participated in, including baseball and football.

With speed being his greatest trait, he became one of Canada's top sprinters. At the age of 18, the North Vancouverite had already broken the record for the 220-yard sprint that had previously been held by Olympic gold medallist Percy Williams.

Jerome's popularity rose in 1960, when he matched the world record for 100 meters, recording a time of 10.0 seconds at the Olympic trials in Saskatoon. The results from the trials highlighted Jerome as one of the top up-and-coming sprinters heading to Rome for the 1960 Summer Olympic Games, but things did not go his way. In the 100-metre semifinals, Jerome pulled a muscle and failed to qualify for the final run.

In the 1962 British Empire and Commonwealth games, Jerome finished last in the competition and was blasted by the media, who labelled him a quitter although tests confirmed that he had torn his left thigh muscle so severely that he might not compete ever again.

Jerome slowly began to live up to his previous hype when he returned to the 1964 Summer Olympics in Tokyo, earning a bronze medal in the 100-metre final. He finished fourth in the 200-metre final, receiving some recognition from the media.

Jerome went on to claim gold in the 1966 British Commonwealth Games, setting a world record of 9.1 seconds over 100 yards, and also won gold at the 1967 Pan American games. At the 1968 Summer Olympics in Mexico City, he finished seventh in the Olympic final, sending a message that regardless of his injuries and the negative press, he never gave up.

He then retired from running competitive-

ly and started working for the Federal Ministry of Sport, developing the B.C. Premier's Sports Awards Program in the hopes of encouraging young people to pursue their athletic dreams. Jerome was awarded the Order of Canada in 1971 and named B.C.'s Athlete of the Century.

He suddenly passed away on Dec. 7, 1982 at the age of 42 due to a brain aneurysm.

Competitors who wish to participate in the 2023 Harry Jerome Indoor Games can sign up for the event through the website. People can register until the end of the day on Feb. 1 for the \$17.50 early bird price, but their name will not be printed on their bib. Registration on the day of the event (Feb. 4) is \$25 per person subject to availability.

Participants must have a 2023 BC Athletics or equivalent membership to take part in the meet. Athletes who do not have such eligibility because their elementary or high school does not have a club may participate in the meet with a Day of Event membership, which is only for those who are in the junior development age group (born between 2010 and 2014).

The Harry Jerome Indoor Games takes place on Feb. 4 and includes a variety of events like races, shot put, race walks, high jump, mixed relay, and 60-metre hurdles. The event provides opportunities for competition for all age groups ranging from junior development to adults.

"The Harry Jerome Indoor Games is unique in that it provides opportunities for age groups U16, U18, open, and masters athletes to participate in the legacy from the 2010 Olympic Games," says Clement.

For more information, visit harryjerome.com
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Richmondites taking part in Special Olympics

Richmond will be well represented at the 2023 Special Olympics B.C. (SOBC) Winter Games, which are taking place in Kamloops from Feb. 2 to 4.

Presented by Prospera Credit Union, this will be Special Olympics B.C.'s first Provincial Games in four years. It provides a powerful opportunity for athletes with intellectual disabilities to step into the spotlight, reconnect with friends, and be celebrated for their abilities.

At the 2023 Special Olympics B.C. Games, about 500 athletes with intellectual disabilities will give their all in the eight SOBC winter sports: five-pin bowling, alpine skiing, cross country skiing, curling, figure skating, floor hockey, snowshoeing, and speed skating. The participating athletes will be supported by about 150 volunteer coaches and mission staff, as well as 800 local volunteers.

Athletes earned their spots in these Provincial Games through their performances in Regional Qualifiers held from January to May 2022. They are currently training hard in the year-round Special Olympics programs in their communities, getting ready to pursue personal bests in Kamloops and compete for the chance to qualify for the 2024 Special Olympics Canada Winter Games in Calgary.

"The 2023 Special Olympics B.C. Winter Games will be an incredible opportunity for athletes with

intellectual disabilities to show their skills, compete with pride, and develop meaningful friendships," says SOBC president and chief executive officer Dan Howe. "We are so grateful to all the volunteers, sponsors, donors, and supporters who are helping athletes achieve their dreams."

Members of the public can make a difference for deserving Special Olympics B.C. athletes by getting involved in rewarding roles in the year-round Special Olympics programs in their communities, and by donating to help make the empowering SOBC Games experience possible. People can find 2023 SOBC Winter Games stories, photos, and more at sobcgameskamloops.ca

From Feb. 3 to 5, Tim Hortons is bringing back the Special Olympics Donut, a treat that changes lives and builds inclusion. When supporters buy this delicious donut, 100 per cent of the proceeds go directly to local Special Olympics community programs, supporting more than 41,000 athletes with intellectual disabilities across Canada.



Photo courtesy Special Olympics B.C.
Vincent Li is one of the Richmond floor hockey athletes taking part in the Special Olympics B.C. Winter Games.

From Feb. 18 to March 5, people can take part in the Polar Plunge for Special Olympics B.C. at in-person events or get cold and creative at home. Presented in partnership with the Law Enforcement Torch Run for SOBC, this frigid and fun event raises funds and awareness for Special Olympics B.C. Learn more and register at plunge4specialolympics.com

Record turnout for 2023 Icebreaker and Kidsrun

By **HANNAH SCOTT**
Senior Reporter

This year's Steveston Icebreaker and New Balance Kidsrun saw a record turnout, with 850 participants between the two races.

"It was awesome to see that many participants running the streets and paths of Richmond, and I bet there were upwards of 1,500 people in Steveston on that Sunday when you account for the friends and family cheering everyone on," says race director Jared Hulme.

With luck on their side—light rain began after the event ended—Hulme says the day was perfect.

"The morning was spectacular, with a gorgeous sunrise and picturesque views. Watching almost 700 runners race off the start line was super rad and I could feel the energy from the sidelines," says Hulme. "We enjoyed all the children running and smiling, and it was very special to watch my son take part in his first ever race at two and a half."

The post-race health and wellness expo returned to the Steveston Community Centre gym, along with the awards presentation.

"During this, without a doubt, the most exciting moment was (when) two of the three team awards went to local elementary schools, Dixon and Errington elementary. When calling them to the stage, the gym erupted in cheers—and flashes from all the cameras. Both teams won a pizza party from



Photo by Brian Cliff Photography
Race director Jared Hulme's son Jaxton took part in his first Kidsrun with his mom Andrea.

our amazing sponsor, Pizza Factory," says Hulme.

In total, almost \$6,000 was raised for KidSport Richmond, and funds raised for the Kajaks Track and Field Club are also expected to reach a record high.

"This event has such an impact on our club, and we are truly grateful for all the support," says Hulme. "Each year, more and more local businesses reach out to be involved and this speaks volumes to Richmond's strong community spirit."

The organizing team will debrief in the coming weeks, followed by a well-deserved break. The rise

of the COVID-19 Omicron variant delayed the 2022 Icebreaker to April, meaning the team put together two events in under eight months.

"I am very proud of this team; their dedication and passion to serve the community is incredible, (and) it is a fun group to be around. We will probably aim to get things rolling in late summer and we hope to somehow build on the success of this year's races," says Hulme.

Kajaks manager Karen Fisher-Hagel says the race committee works all year to make the event happen.

"We are so grateful to them and all the volunteers that make this event so unique and successful. A special thank you to our amazing partners who make this event happen each year—the event is a success because of you," she says.

Garrett Collier, Kajaks head coach, adds: "Kajaks now looks to this year's track and field season, hosting five home competitions (with) athletes looking to compete at regional, provincial, national, and international meets. First up, (the) March 11 'Try it Track Day' will be a great opportunity for athletes aged nine to 13 to experience a track and field practice."

For more information on the Icebreaker and Kidsrun, visit icebreaker8k.ca/, and for more information on the Kajaks Track and Field Club, visit kajaks.ca/

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Ultimate Fighting Championship gaining popularity

By SAMUEL CHENG
Reporter

Arjan Bhullar, a former Ultimate Fighting Championship (UFC) fighter from Richmond, won the ONE Championship heavyweight world title in 2021. He was the first fighter of Indo-Canadian descent to compete in the UFC.

"I was an Olympian and a martial artist," says Bhullar. "It just runs in the family."

Bhullar runs the Bhullar Wrestling Club, which aims to promote the sport of mixed martial arts while providing guidance and support to young athletes.

"Martial arts teaches you to have humility and respect," Bhullar adds.

Over the last 15 years, the sport of mixed martial arts (MMA) is becoming increasingly popular. Despite the similarities, MMA and UFC are not interchangeable terms. MMA refers to the sport itself, whereas UFC is the organization that facilitates and promotes the sport.

UFC was founded in 1993 and is currently owned by Zuffa, LLC. It is headquartered in Las Vegas with Dana White as the president and face of the company.

"After my contract with UFC ended, I signed with ONE Championship, an organization based in Singapore," says Bhullar.

UFC started out with a "no rules, no scores, no time" objective, striving to bring audiences the purest form of fighting. However, given the importance of safety, concise and specific rules have been established to protect fighters' health.

In the UFC, divisions are determined by gender and weight classes. Male fighters range from flyweight to heavyweight level, and female fighters from strawweight to featherweight level.

UFC events can either be main events, with star-studded matchups, or non-main events. Main events are also numbered for audiences to more easily find the fight they are looking for.

In a non-main event, each fight lasts up to three rounds while main events can go up to five rounds. Both types of events are fought in an arena called the Octagon, overseen by a referee and three judges. The Octagon is measured at 9.1 metres (30 feet) in diameter, with metal chained fences that are 1.8 metres (six feet) high.



File photo by Don Fennell
Arjan Bhullar is a former Ultimate Fighting Championship (UFC) fighter from Richmond.

Additionally, the arena is elevated on a 1.2 metre (four foot) platform with foam paddings layered on the top of the fences. The mats of the arena are replaced after each fight for health and sanitary reasons.

UFC fighters must abide by a strict dress code that aims to provide an equal playing field between competitors. Padded gloves must be worn at all times with a minimum of 2.54 centimetres (one inch) of padding around the knuckles. Mouthguards, protective cups, jockstraps, and other accessories are compulsory in order to participate in fights.

There are seven different outcomes to a fight: submission, knockout, technical knockout, forfeit, judges' decision, disqualification, and no contest.

cation, and no contest.

First is submission, where the winner is declared when one of the fighters taps three times or verbally concedes the match.

A knockout is determined when one fighter cannot continue a fight due to loss of consciousness. On the other hand, a technical knockout is called when a fighter is conscious but the referee deems it will be too dangerous for the fight to continue.

A fighter can end a fight by forfeiting if they are injured or unable to continue the duel. If a fight goes on to the maximum number of rounds without a submission or knockout verdict, then the winner is determined by the scores of three judges.

If a fighter commits multiple flagrant fouls or breaks the rules intentionally, such as eye gouging or hair pulling, it results in an immediate disqualification.

Lastly, a no contest call is made if a fight is forced to end for reasons beyond the control of both players. In this case, there is no winner and no loser.

Viewership for UFC games is on the rise, as the organization is becoming more and more popular around the globe. UFC 243: Robert Whittaker versus Israel Adesanya, which happened in October 2019, marked the highest live attendance at 57,127. There were 2.4 million pay-per-view purchases for UFC 229: Khabib Nurmagomedov versus Conor McGregor, which happened in October 2018.

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Richmond golfers make 2022 top 100 list

The Professional Golfers' Association (PGA) of B.C. is recognizing its top 100 golf professionals of 2022, as determined by the association's Professional Development Program (PDP) Order of Merit presented by sporting apparel brands Sunice and Bobby Jones.

The PDP Order of Merit acknowledges PGA of BC Professionals who make outstanding contributions to the association, their communities, the province's golf industry and—most importantly—themselves. The PDP pro-

vides an avenue to showcase and reward the diverse strengths of PGA of B.C. professionals by crediting their participation in continuing education, the association's annual buying show and awards program, tournament competition, and various forms of volunteerism.

The top 100 golf professionals of 2022 are listed with their primary facility or employer affiliation for the past year. The Richmond golfers are below:

• Mike Cyndroski (Richmond Country Club)

- Nathan Leonhardt (Par-Tee Golf)
- Doug Morgan (Richmond Country Club)
- Graham Ogden (Richmond Country Club)
- Cory Renfrew (Modern Golf Vancouver)
- John Vu (Quilchena Golf & Country Club)
- Daniel Yoon (Richmond Country Club)

To view the final standings for 2022 and more information about the Professional Development Program, visit pgabc.org/news/pgabcnames-top-100-golf-professionals-2022

Richmond computer repair business growing

By **SAMUEL CHENG**
Reporter

Cowboy Computer Repair is a new Richmond business that aims to troubleshoot and fix everyday electronic items including computers, cellphones, and printers.

Andrew Shepanik, the company's founder and owner, started Cowboy Computer Repair when his financial advisor reached out for help with a printer problem. After five hours of hard work, Shepanik—who had experience working with electronics—was finally able to revive the printer back to life.

"He was pleased to find his printer could now print several pages without jamming, so pleased in fact that he suggested: 'You should do this as a job.' From there on, I decided to do just that," says Shepanik.

Shepanik's goal is to help people keep their electronics for as long as possible. He's driven by a love for the technologies and video games, as well as a previous career in information technology.

"Alongside my interest in all things technological, I decided to begin opening up items that had ceased to function to see what exactly caused them to break," says Shepanik. "I'm always learning, making me a little better at troubleshooting each and every day."

The name "Cowboy" stems from Shepanik's lifelong love for Western cowboy films.

"With the added bonus of going horseback riding with a cowboy hat and boots more than a few times, adding 'Cowboy' to 'Computer Repair' was a no-brainer," says Shepanik.

Cowboy Computer Repair provides numerous



Photo courtesy Andrew Shepanik
Andrew Shepanik is the founder and owner of Cowboy Computer Repair.

services including consultation, troubleshooting, software installation, electronic detailing, and repairing. Consultation can be either in-person or over the phone. Electronic repairing includes anything from computers to printers, and even items as small as fans.

Shepanik values customer satisfaction and customer feedback. He aims to do everything in his power to cater to each client's needs, even if it means directing the client to another professional.

Shepanik's time in the computer repairing business hasn't always been smooth sailing. Advertising, according to Shepanik, has been the single most challenging aspect of the business.

"I cannot count the number of times I paid for an ad space somewhere only to have my email flooded with offers from people trying to sell me another ad. If I didn't know any better I'd be drowning in ads," he says.

Despite the challenges presented by the pandemic, Shepanik managed to continue working and found alternative solutions.

"I offered to help people over the phone, then offered more hands-on business when I got vaccinated," he says.

Shepanik's proudest moment of being in business was with one of his clients at Skylight Optical. He managed to solve a problem at not just one, but two branches located in Richmond and Vancouver respectively.

As the sole proprietor and the company's only employee at the moment, Shepanik finds satisfaction in discovering the root of each problem as well as seeing the smiles on his customers' faces. He also performs periodic follow-ups to make sure that the solutions he provides actually resolve issues permanently.

"Having return customers is generally a bad thing, as it can mean that my solution was not nearly as permanent as I would like it to be," says Shepanik.

Shepanik says when starting a new business, having a budget is crucial. After that, it's all about self-motivation and the drive to succeed.

"If you see an opportunity in front of you and you think you can't handle it, remember that learning from failure is far more valuable than wondering 'What if?' after the chance passed you by, embarrassing or not," says Shepanik.

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Awards celebrate B.C.'s top entrepreneurs

Small Business BC (SBBC) is celebrating the 20th anniversary of the province's largest award contest for entrepreneurs, the Small Business BC Awards.

What started out as a simple business planning contest has evolved to become the largest and most recognized awards program dedicated to small businesses in Western Canada. Over 6,000 businesses, from every industry and every community in B.C., have competed to be named one of the top small businesses. Each winner is awarded \$10,000 in prize money, a top business title, and one year of free advisory support from SBBC.

Last year, Coquitlam business Soul Bite Foods Inc. was the winner of the Premier's People's Choice Award. The business provides vegan comfort food while combating food waste in Canada and around the world.

Other past SBBC Award winners from the Lower Mainland include:

- Sister's Sage (Vancouver), winner of the Best Community Impact 2021
- Charcuterie Vancouver (Vancouver), winner of the Best Immigrant Entrepreneur 2021
- Emelle's Catering (Vancouver), winner of the Best Marketer 2020

Every year, the Small Business BC Awards are held as an opportunity to bring attention to small businesses having a positive impact in the

province. To acknowledge and support their hard work, British Columbians are encouraged to nominate their own business or to put forward a local business that has had a strong impact on their community.

The 20th Anniversary of the Small Business BC Awards features four award categories. Businesses can enter a total of two categories—the Premier's People's Choice Award and one of three business pitch categories (business impact, e-commerce, and youth). The Premier's People's Choice Award is decided exclusively by a public vote.

In the three business pitch categories, the top five finalists are selected based on a public vote and written responses judged by internal business experts. Finalists then proceed to pitch their business to a panel of B.C. business leaders who decide the winner of each award category.

Award nominations are open through March 10, and can be submitted at sbbc.co/nominate. Once a small business is nominated, it must gain as many public votes as possible, leveraging all creative channels.

An in-person awards gala will be held on June 2 in Vancouver to announce and honour the winners of the awards. Tickets will go on sale in April.

For more information on the Small Business BC Awards, visit smallbusinessbc.ca/awards/

Kwantlen documentary film festival returns

Kwantlen Polytechnic University's documentary film festival, KDocsFF, is returning to an in-person format for the first time since 2020 with its biggest festival to date. The festival is Metro Vancouver's premier social justice film festival.

"It feels wonderful to be back in theatre. We have missed our audience, speakers, exhibitors, and partners so much," says Janice Morris, founder and festival director. "While the last two years were a unique challenge and much was learned, going back to an in-person event is re-energizing."

KDocsFF will screen 25 films from Feb. 22 to 26 at the Vancouver International Film Centre (Vancity Theatre) in Vancouver. The five-day span makes it the longest in-person KDocsFF to date.

"Our last face-to-face festival in 2020 featured 12 films over four days. Even our virtual festivals capped out at 20 films," says Morris.

After undergoing a renovation in 2020, Vancity Theatre now has the capacity to feature more than one film at a time. In addition, this year, there will be double-feature presentations as well as joint panel discussions.

The theme of the 2023 KDocsFF is People. Places. Power.

"Many people ask me if I choose the films first or the theme. Every year, it's the films first, and the theme somehow finds a way to emerge all on its own. There is so much synergy amongst this year's official selections, in fact, that it led to the idea for the double features and joint panel discussions and Q&As," adds Morris.

Some notable double features this year include:

- *Unarchived* and *Writing with Fire*
- *The YouTube Effect* and *Backlash: Misogyny in the Digital Age*



Photo courtesy Kwantlen Polytechnic University
Kwantlen Polytechnic University's documentary film festival, KDocsFF, is returning from Feb. 22 to 26.

• *The Scattering of Man and End of the Peace*

• *The Doctrine of Recovery and Returning Home*

• *The Monopoly of Violence and The Cost of Freedom: Refugee Journalists in Canada*

Alice Street and *Jean Swanson: We Need a New Map* are both features that will return this year after much success last year. The films brought together the film subjects and have led to joint projects in the Downtown Eastside and the Vancouver Mural Festival.

"This film combo is one that simply must be viewed in person. Furthermore, while we had a successful screening of these films last year, the story didn't end there. As our audience knows, KDocsFF exists to do much more than be an excellent film festival. We are proud of being an outstanding film festival, but that has never been the end goal. The end goal has always been creating awareness, engagement, and community solution-building," says Morris.

Some notable figures are scheduled

to attend this year's festival: Carol Todd, the mother of teen Amanda Todd who lost her life due to bullying; Phyllis Jack-Webstad, the creator of Orange Shirt Day; and Dewayne Lee Johnson, who is the subject of one of the films and a successful plaintiff against Monsanto.

Farhana Yamin, international lawyer and the subject of *Rebellion*, is a keynote speaker at the festival. Alex Winter, the director of *The YouTube Effect*, will also attend. The former actor turned award-winning documentarian is best known for starring in *Bill & Ted's Excellent Adventure*.

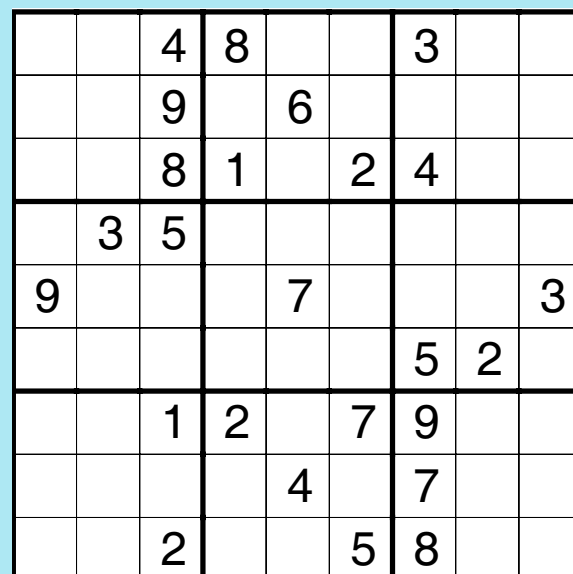
Tickets start at \$5 a film and are on sale now. Find the full schedule at kdocsff.com/upcoming-events

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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