

# RICHMOND SENTINEL

## OUR COMMUNITY NEWS

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April 2018



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## HERINGERS HANDOVER

Founders bid adieu  
but new owners vow to  
keep more than name

# 04

Photo by Chung Chow

Chad and Karen Heringer created the popular Steveston butcher shop, that bears their name, but have sold it to Vancouver business Windsor Meats, to enable them to retire. The new owners promise to keep all that's great.



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# Racism forum: One person can make a difference



Photo courtesy Kwantlen Polytechnic University  
Under a photo of his torched mosque in Victoria, Texas, Omar Rachid tells how one simple act of friendship, a friend offering keys to his synagogue, restored his faith in humanity.

By LORRAINE GRAVES  
@LGsentinel

International Day Against Racism was a day of modest heroes, unassuming bridge-builders, and most of all, hope.

On March 21, Kwantlen Polytechnic University hosted Shared Challenges, Shared Opportunities, a day-long forum with a diverse group of individuals who have, and are taking action against racism in concrete ways.

In his opening remarks, emcee for the day RCMP Insp. Baltej Singh Dhillon spoke of leaving Malaysia as a child for Canada.

"My father passed away so we couldn't stay there. Like many, we struggled when we came to Canada but I made a new life for myself."

Dhillon became the first RCMP member allowed to wear a turban in uniform.

"Not once did I think I was a trailblazer. I was a kid from Surrey," Dhillon said.

Saying that there is a hardcore minority who won't change their racist opinions, Dhillon affirmed there is hope.

"There are people who are absolutely looking to be informed. It is critically important that we sit with people, have coffee with them.

"We've got more to do. I want to make it unsafe to those who use hate, use their time here on earth

to bring separation rather than bring harmony to us. I want a better place."

Richmond vice-principals Lisa Romalis, of the Jewish Day School, and Sukaina Jaffer, of the Az-Zahraa Islamic Academy, spoke of their schools' shared annual event where students collect blankets, clothing and make food to take to the Downtown Eastside of Vancouver, one of the poorest urban neighbourhoods in Canada.

"We put our faith into practise," Jaffer said. "There is so much commonality that we share."

Said Romalis: "We're neighbours. This is what neighbours do."

Rosalind Karby spoke of her work with two local Jewish congregations and the Anglican Diocese of New Westminster to bring a Syrian family from a Jordanian refugee camp to Canada.

"I believe the government's heart is in the right place and that temporary restrictions will not remain," said Karby of the recent government slow-down of refugees sponsored by private groups like hers.

Noor Fadel shared how one person made all the difference.

"Some of you may know me as the 18-year-old that was attacked on Skytrain on Dec. 4."

Fadel said the attacker spewed verbal abuse, and then took action.

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SAT., APRIL 7 9-11 AM

**Carrie Beaman Workout for Cancer  
Fundraiser**  
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FRI., APRIL 13 - SUN., APRIL 15

**Art About Finn Slough Exhibition**  
Richmond Cultural Centre

SAT., APRIL 21 10:30 AM - NOON

**Earth Day**  
Hamilton CC

SUN., APRIL 22 6 AM - NOON

**City Centre Recycles!**  
City Centre CC

SUN., APRIL 22 11 AM - 3 PM

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# Heringers welcome new owners

By LORRAINE GRAVES  
@LGsentinel

It will still be called Heringers—the butcher shop and more in Steveston—but Chad and Karen Heringer will no longer be there.

After 28 years, they will be enjoying what they are calling their, “Freedom 55,” hitting the road with their airstream trailer and enjoying retirement.

They have sold their shop and all that goes with it, including their recipes.

The new owners plan to keep the shop much the same, “perhaps adding a few things too,” Karen says.

After so many years in a business that they say “has happily consumed every aspect of our lives,” Chad and Karen call their departure and much-deserved retirement “bittersweet.”

“We are so grateful for the rare opportunity we have had to share our lives and food passions with so many people,” she says.

The shop’s Heringers name and phone number will not change as the new owners move in.

“We encourage you to give them some adjustment time as they learn about you and your expectations.”

Saying they will miss us all, Chad and Karen add: “We hope that everyone will work together to keep the little butcher shop we had such joy in creating a going concern for many years to come.”

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## Richmond Amateur Radio Swap Meet

By LORRAINE GRAVES  
@LGsentinel

The Richmond Amateur Radio Club’s second annual swap meet Saturday, April 7 runs from 9 a.m. until 12:30 p.m. at South Arm United Church at Steveston Highway and No. 3 Road.

In addition to items for sale, there will be amateur radio emergency communications displays.

In disasters, amateur ham radio operators often assist emergency personnel with their communications needs even when normal channels are down.

“Amateur radio emergency communications organizations from across the Lower Mainland exhibiting at a single venue informs the public about Amateur radio’s role in providing emergency radio communications,” said Urey Chan, president of the local club.

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## RACISM FORUM

From Page 3

"He told me to choke on it, grabbed my head and put it in his crotch," she said.

"I just remember looking at the passengers, a clear image I'll never forget, this guy stands up on one of the seats, he looks, and he sits down."

It wasn't until (the attacker) hit me in the face that someone way the other end of the train pulled him off and told him to 'Get the f\*\*k off the train.'"

His name was Jake Taylor.

"I had someone stand up for me but not everyone gets that privilege," she said.

To encourage others, of all origins and faiths, to tell their stories, Fadel has created Speakuptogether00.com because, "No one should be treated that way."

She reminds people they can text 87-77-77 or use the SeeSay app on their phones to discreetly summon transit police.

Const. Gareth Blount of the RCMP hate crimes team said preventing hate crimes is good policing.

"We have to look at it and ask are they creating hatred? I want to do something before that happens. I would rather change someone's opinion and make them more accepting

than throw the book at them and make them even more entrenched."

Saying there may be many more hate crimes than are reported, Blount offers his test.

"Do you feel safe walking around in the community. It doesn't matter what stats are out there. It's how you feel."

Blount's words of advice are when in doubt, report.

"If you see hate posters, try not to touch them. We will remove them. The more we see this, the more people find it accepting."

RCMP Insp. Chris Degale leads the region's national security team.

"Many of the cases that come to our attention actually have a mental health component."

Reiterating the need for prevention and that it takes a village to raise a healthy community, Degale said: "We rely on our community every day."

While introducing Omar Rachid and Dr. Gary Branfman, from Victoria, Texas, Insp. Dhillon stressed how "the good in us shines through when our neighbours, our friends, our fellow humans are in their greatest time of need."

Rachid quoted from former U.S. President Jimmy Carter: "War is a necessary evil, but it is still evil."

And Rachid knows first hand,

having lost family and his home in a civil war.

Today, he is a businessman and a member of many community groups like Rotary.

Branfman too knows the cost of hatred and war.

"I lost family and possessions in Soviet Russia," he said.

"When I moved to Victoria, Texas, somebody recognized me from soccer and said, 'I didn't know you were Muslim. You're such a nice guy,'" said Rachid.

The Muslim community saved for eight years to start building a mosque in 1988. The opening was a joyous event with many from the wider, non-Muslim community in attendance.

Things changed suddenly one night: "Jan. 28, 2017 at 2:15 a.m. I got a call from the mosque treasurer. The mosque was on fire," says Rachid.

It was proven to be arson, Rashid said.

"It feels as if someone had just delivered an eviction notice for your entire community," he said.

As soon as Branfman heard what happened, he handed his friend the keys to the synagogue so the Muslim community had a place to pray and to gather.

The story of the keys went around the world with stories in the United Kingdom and on CNN.

Branfman ended their panel with a quote from Albert Einstein.

"The world is a dangerous place not because of those who do evil, but because of those who look on and do nothing."

Dhillon ended the day by saying: "The task ahead of us, the lesson that comes from out of your powerful stories, is that we shouldn't wait for that fire. We shouldn't wait for some incident to occur before we reach out."

• [L.Graves@richmondsentinel.ca](mailto:L.Graves@richmondsentinel.ca)



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- **INFO: [Speakuptogether00.com](http://Speakuptogether00.com)**
- **Report street harassment: [vancouver.ihollaback.org](http://vancouver.ihollaback.org)**
- **Call RCMP to report a hate crime**
- **To report suspected terrorist activity: 778-290-4576**
- **[hatecrimebc.ca](http://hatecrimebc.ca)**





A vibrant illustration for the Richmond Cherry Blossom Festival. The scene features a large, full moon in the upper left, a cherry blossom tree in the upper right, and a crane in flight. In the background, there's a traditional Japanese torii gate and a pagoda. The foreground is filled with pink cherry blossoms and petals falling onto a green lawn. The text is overlaid on the lower half of the image.

  
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# Well-honed who dunnit coming to Gateway

By LORRAINE GRAVES  
@LGsentinel

First off, get your tickets to Gateway Theatre's *Nine Dragons* now.

Director Craig Hall says it came close to selling out for every night of its four week run in Calgary: "We played to 92 per cent (sold out) houses."

The detective thriller, written by Gateway artistic director Jovanni Sy, works on many levels.

Hall says Sy carefully honed the script.

"He took four years to really knock it out of the park," Hall says.

*Nine Dragons* began its world premiere tour at Calgary's Vertigo Theatre before moving on to two-and-a-half-week run at Winnipeg's Royal Manitoba Theatre Centre, where word-of-mouth drove ticket sales up as well. The play is a Vertigo, Royal Manitoba and Gateway production.

Vertigo Theatre specializes in mysteries, Sy says, "so it was an obvious fit."

Director Hall sets the scene saying the play has resonance today.

"It's Hong Kong 1920: our main character is Tommy Lam, the best detective on the colonial Hong Kong police force but because he is Chinese, he can only rise so far. He's the one trying to solve the serial murder of a bunch of Chinese women, because the colonial force isn't interested."

"Suddenly a white woman is murdered in the same fashion and everybody's motivated. The whole force is mobilized," he says.

But Tommy is no longer lead detective. He's put under the supervision of an inexperienced white police officer.

The plot thickens.

"Tommy's main suspect happens to be the son of the wealthiest Chinese man in China. And of



Photo by Tim Nguyen

**Hong Kong police detective Tommy Lam, played by John Ng, wrestles with colonialism to catch a serial killer in Gateway Theatre's thriller, *Nine Dragons*.**

course the colonial force doesn't want to have anything to do with that so he goes rogue," says Hall.

*The Globe and Mail* in their review said: "*Nine Dragons* looks (with video design by Jamie Nesbitt, sets by Scott Reid and lights by Anton de Groot) and sounds (courtesy of Andrew Blizzard) as beautiful as it does sinister."

Some of what Hall describes as his stellar cast may be familiar to Richmond audiences.

John Ng appears on CBC's *Kim's Convenience* and Scott Belis is a regular fan favourite at Bard on the Beach.

Hall says about 12 per cent of the show is in Cantonese with English subtitles.

"It's nice you actually get to hear Tommy's genuine voice and not what he has to be for his colonial superiors."

The production design has embedded the English subtitles with a screen blended into the set, as part of the play, not an add-on.

"We have an excellent design team and actors. They are from all over the place."

The team for the original Calgary production has stayed together for the entire world premiere tour.

"I'm excited to be back in the groove with them because I love the show. The more time I spend with it, the more I love it," he says.

Speaking of the cultural issues we face here today, Hall says: "I think there is all that deeper resonance of the piece. Really, at it's base, this is a genre play, a fantastic play. This is a fantastic nail-biting crime thriller."

*Nine Dragons* runs evenings at Richmond's Gateway Theatre from April 12 to April 21 with two additional matinees, one of which is a tea matinee with free cakes and tea provided before the performance courtesy Gilmore Gardens and Anna's Cakes.

The other matinee will have traditional Chinese subtitles for the entire production so bilingual families can enjoy and support local theatre together.

Tickets are available through gatewaytheatre.com or in person at the Gateway Theatre box office.

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



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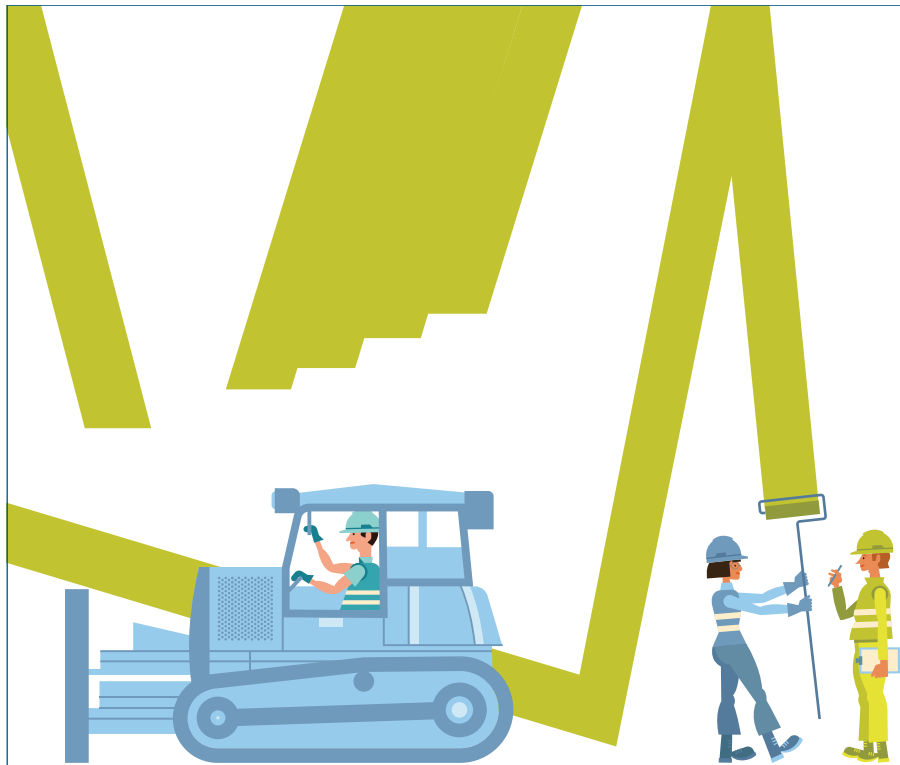
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## Good day, good people,

By LORRAINE GRAVES  
@LGsentinel

Thursday, March 15 dawned sunny and warm, the air smelling of spring. The warming sand at the Habitat for Humanity build site on Ash Street hinted at the year to come.

The parents, Dureti Mohamed and her husband Gumachu Taha wandered about, checking out their new home under construction while their two preschoolers, Nanati and her brother Dursa, quietly played.

Progress is obvious everywhere. What was a few foundations late in 2017 now sport not only walls but also windows are going in, Energy Star windows that will cut the operating costs

for Ash Street's newest residents when they move into their own homes later this year.

The window installation is courtesy 25 volunteers from Bentall Kennedy, which has also made a \$25,000 donation to the project.

"Here we are doing wonderful things to help people with their homes," said Tony Astles, the president of real estate service at Bentall Kennedy.

He commented on how it was the first time some of this group of employees, some of whom have been together for 20 to 30 years, had swung a hammer or used a level since they built their own first homes.

"I am hearing lots of laughter and chuckles around the place today."



Photo by Chung Chow

Habitat for Humanity homes are near completion on Ash Street.

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# good work

As a firm, Bentall Kennedy has been in the building and property business in Canada and the U.S. for a long time, and has built many rental homes across Canada, according to Astles.

Dennis Coutts, CEO of the greater Vancouver Habitat for Humanity glowed with quiet delight to see the good-natured bustling, the progress and the Taha-Mohamed family enjoying the progress.

He spoke of the purpose of Habitat for Humanity—giving people safe, affordable homes, a hand up and not a hand-out because all families are expected to contribute 500 hours of their own time to volunteer for the project as well as make the mortgage payments on their homes.

Once the family owns the house, they pay all the taxes on their home as well as making regular payments. If they choose to sell, they must sell back

to Habitat for Humanity but will receive their amassed payments, less the property taxes they paid, to carry with them as a down payment on their next home.

Gumachu Taha adds his Habitat volunteer time to his full time job as a manager for London Drugs' Olympic Village store and his time working as an interpreter.

In addition, he has just finished his studies at Langara where he earned a certificate in management and business. Taha originally came to Canada as an Ethiopian refugee from a camp in Kenya.

Asked what an affordable home of their own means, Taha says: "It means a lot. By providing a house we can call home, and having a place where our children can grow up calling it home. That is what Habitat for Humanity means for us."

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# Ken: too young to be old

By LORRAINE GRAVES  
@LGsentinel

There's a new book out, just launched on March 21 at the Richmond Cultural Centre, in a room festooned with blue and yellow balloons, *Hello, My Name is Ken*.

Amongst bouquet of daffodils, author Diana Frizell sits at a table signing her book chronicling the vivid life and eventual death of her brother, Ken Frizell, a man who lived his whole life in Richmond.

"Ken was a Down Syndrome fellow," Diana says. "He was 15 months older than me so we kind of grew up like twins. Because of his developmental pace, we kind of grew up together. It's not like I blew past him."

"We developed kind of similarly so that by the time we were three and four years old, we were inseparable. We just bonded completely and stayed like that our whole lives."

Diana sounds perplexed when she describes some people's reaction.

"Growing up with Ken, we'd often get, 'Oh it must have been so hard for you as a family,' but oh my God, no. He was a gift. He taught us more. I don't know what my life would have been without him. He was definitely not a burden."

The first half of Diana's book chronicles Ken's life in his family, his school—Richmond High where he won the drama prize in Grade 12,

and his community where he was an enthusiastic sportsman and worker, holding down a variety of jobs.

"The reason I wrote the story is that he was this amazing guy all his life. As with all people with Down Syndrome, they are predisposed to Alzheimer's Disease. He was unfortunate enough to get it," Diana says.

By age 50, fifty percent of people with Down Syndrome will have Alzheimer's. For everyone else at that age, without a rare, and likely inherited, disposition to early on-set Alzheimer's Disease, their dementia risk is very low. Alzheimer's Disease is one kind of dementia.

At first, at age 48, there were small problems with Ken's leg; it wouldn't work properly and would sometimes hurt but Ken, while highly verbal, didn't have a way to describe what was happening to him.

Then Ken started to have big problems. He had trouble speaking. Many health care professionals, unfamiliar with the wide range of abilities people with Down Syndrome have, didn't realize these were new problems for Ken, that he had once functioned very well, at home and in the community.

"When he was not able to move properly, not able to eat properly, the doctors would ask us, 'Has he always been like this?' Mom's reply was always, 'He was an amazing fella.'"

Part of Diana's reason for writing the book is to educate others so they



Photo by Chung Chow

Author Diana Frizell offers a signed copy, to 24-year-old Katelyn McPhedrian and her mom Lisa at the March 21 launch of *Hello, My Name is Ken*.

can learn the difference between a healthy person who happens to have Down Syndrome and someone with Downs who has dementia.

"That's why it's important to get the message out because I was his sister. I am only 15 months younger and I knew him so well. It's very different from what a parent or a professional might know," says Diana.

"That's why it's so important to get this book out to as many people as possible about what aging with Downs is like."

Then, one day, Ken had a grand mal seizure, the first epileptic episode of his life. The medical professionals took notice. The diagnosis came; Ken

had early-onset dementia, likely Alzheimer's Disease.

Diana said her family tried to help Ken cope with his declining abilities.

"It was very challenging. It moved so fast. We could barely keep up. Every time we found a solution, he'd moved on."

She tells of how Ken's Downs complicated their ability to get care, of how it was hard to know what to do or where to go. Her parents, now Ken's main caregivers, had to cope with an adult who, for the first time in his life, was sullen and sometimes angry with frustration.

See Page 11



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## TOO YOUNG

From Page 10

Living and working in Victoria as a financial advisor for Coast Capital, Diana came home to help out whenever she could as did Ken's older brother and his wife who had a family and jobs of their own.

Most of the care fell to Ken's parents. There were no resources for people with Downs and dementia, no one they could turn to for suggestions.

Then one bright light arrived; one day a week Ken went to adult day-care.

Diana tells of his time at the Kinsmen Club's facility on Bowling Green Rd. just east of Richmond Hospital. "The Kinsmen were the only ones to help. Ken was too young to be old. We had a heck of a time getting respite for mom and dad. It was really challenging for us. We were finally able to secure one day a week at the centre. They knew us quite well. We were obviously a little different from a normal client who would walk in. They were there for us when we couldn't find anything else."

How did adult daycare go?

"Ken loved it there. He would come to life again. He'd say, 'See ya later,' to mom and she'd have an afternoon to get things done," says Diana. "He brought life to other people in that facility."

Diana saw it with her own eyes.

"He had this incredible ability to

light up a room even with people who weren't responding to much of anything else."

Within a few years of diagnosis, Ken's ending came as kindly as he lived.

"The palliative care ward of Richmond Hospital, they were the most compassionate part of the whole process," Diana says. She names, with gratitude, the stand-outs in Ken's care team, Beth and Dr. Alexiadis.

Speaking of both her brother and his palliative care team, Diana says, "Kindness, compassion—my God, if we just live our lives more like that."

All money beyond the bare cost of the book goes to the Ken's Place Foundation.

"The money's gotta go somewhere. I set up this foundation, as an online resource centre for people aging with Down Syndrome. It's also to teach people in facilities and people who help people with Down Syndrome to give them the resources they need so they can help people with Downs and Alzheimer's cope a little better."

Hoping others will benefit from their hard-won knowledge, Diana says: "What we need exists. It's just getting the word out there. We just need to pull it together."

When asked what she thinks Ken's reaction to this book would have been, Diana replies: "He would be cheering me on. He was my biggest fan and I was his. He would do a toast. He could toast like nobody."

For more info, visit [kensplace.ca](http://kensplace.ca)

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

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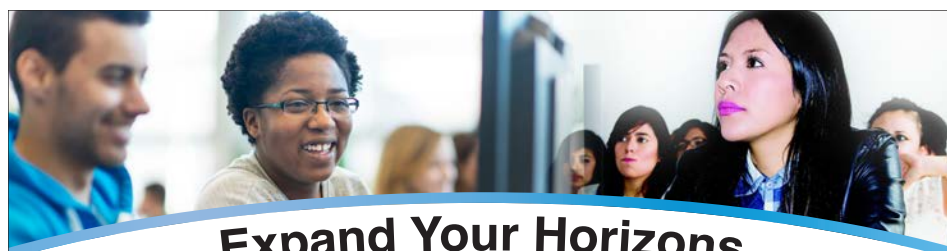
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# At Westcoast Poké, gotta eat 'em all

By AHMAD ALI JAFFER  
Youth Reporter

Richmond is now home to the fresh and innovative Vancouver-based restaurant brand, Westcoast Poké.

Zachary Cho, co-founder of the restaurant, began this journey along with some of his best friends, as they saw a lack of healthy and innovative food options available.

Within one year of envisioning the idea, they opened the doors to their first location, and a year later their second, located at Ironwood Plaza in Richmond.

They pride themselves in providing nutrient-dense food to busy people who wish to maintain a healthy lifestyle.

Their motto, 'Live Raw,' is exemplified in the ingredients they use, from the fish, to the vegetables and toppings.

It made sense to open the location in Richmond, with Steveston being a fishing village, and the diverse community receptive to a variety of cuisines.

"People forget that there's other markets outside of Vancouver, so opening this location felt right," said Cho.

The restaurant's aesthetic is affiliated with the cuisine's Hawaiian roots, from the colour scheme to the decor items, and the hospitality showcased by the employees.

The company's culture of transparency is embodied in-store, as customers are able to know exactly what's going into their food.

They are also very innovative, and

constantly seek ways to appeal to different people, such as the use of a vegan tuna substitute, and a monthly feature bowl utilizing a new base and a new seafood.

The deli-style option introduced at the Richmond location is truly a traditional approach, found at fish markets in Hawaii, allowing customers to pur-



**Zachary Cho and his Westcoast Poké team.**

chase the fish and use it in recipes at home.

Zachary explains how "the sauces are all designed by the head chef, built in house, and really set (them) apart from everyone else."

Opening up more locations would allow people in different communities to experience what the restaurant has to offer.

When giving advice to someone wanting to open up their own successful business, Cho recommends doing your research and planning it out.

Hard work and dedication are both key when being an entrepreneur, and success requires a huge investment of time and resources.

However, Cho says it's rewarding to see people in the community holding his Poké bowls, and seeing their positive feedback on social media.

Westcoast Poke is located at Unit 3030, 11666 Steveston Hwy.

• [student2@richmondsentinel.ca](mailto:student2@richmondsentinel.ca)



# Great Richmond restaurant a hidden gem

By LORRAINE GRAVES  
@LGSentinel

At Bridgeport and Sexsmith Roads, just around the corner from No. 3 Road, you can easily see the car wash on the corner. What you can't see is the tiny hole-in-the-wall restaurant Shibuyatei.

Chef Takeo Sato runs a bargain-priced, yet high-end Japanese restaurant in this unassuming spot with good parking. It's simple and clean. The food is far from plain. Like a well-cut gown with simple lines, all the elegance of this establishment is in the food.

It's freshly made simple food with fine ingredients and great technique. Chef Sato says while even the famous, and expensive, Japanese restaurants half cook their chicken for teriyaki early in the day so it's quick to do up when an order

comes in, he sizzles each order from fresh. That surprised us because our lunches came quite quickly.

From what I and my colleagues consumed, the fresh cooking makes a noticeable difference. The chicken was tender and juicy with the sauce not too salty and rich in flavour. The condiment that came with the bento box again was rich but in a different flavour. The dressing—unlike any I had had before—on the salad was complex yet not overpowering. Everything had different flavours without being weird.

Asked about his food, Chef Sato



CHEF SATO

is clear that he creates depth of taste from careful cooking and great ingredients. He uses no MSG.

"Also," says Chef Sato, "Many restaurants use pork fat (lard) in their soups and noodles. It's not healthy for you. I do not use pork fat in my food."

After lunch, Chef Sato showed us a quick clip of a TV show with Anthony Bourdain and his equally famous Japanese counterpart. On the wall of the restaurant, is his highly favourable review, in Japanese, of Chef Sato's work.

We also were treated to a quick clip from a famous live Japanese

food review show. Again, Chef Sato wowed the critics. Having eaten at Shibuyatei, I can see why.

From the online reviews, it sounds like it might not be a great place to take children but, other than that, most are laudatory with one TripAdvisor reviewer saying: "The food is absolutely stunning. Authentic, No flavouring, colourings or MSG. Fresh tasty and by far the best meal we had. A total gem. When we visit Vancouver again we will get a cab to Richmond just to eat here."

This licensed venue accepts credit cards and cash. Shibuyatei offers sake and beer. Eat in or take out.

The quality of the food, the freshness and most of all the richness of the flavours belie their price.

Lunches at Shibuyatei are about \$10 while suppers range from \$11 to \$14.

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



  
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# Cherry Blossom Festival a gift of spring

By **DON FENNELL**  
@DFSentinel

For about two weeks each spring, one of the most colourful of flowers is in full bloom.

A time of re-awakening, the second annual Richmond Cherry Blossom Festival April 8 at Garry Point Park is also an opportunity for residents to celebrate another cultural gift.

"While many think of Richmond today as being very diverse, it really goes back to the roots of the community," says City of Richmond spokesperson Ted Townsend.

While most everyone welcomes the arrival of the cherry blossoms, they are especially synonymous with the Japanese community, he notes.

In Japan, cherry blossoms are seen as a metaphor for the ephemeral nature of life and associated with mortality. They are often reflected in



Photo by Clayton Perry

## Colourful cherry blossoms in Richmond's Garry Point Park.

Japanese art.

Garry Point Park is home to 255 Akebono cherry trees planted by the B.C. Wakayama Kenjin Kai (Association) with the support of the City of Richmond.

"Last April, in spite of a strong and

gusting westerly wind, the first Cherry Blossom Festival in Richmond, hosted by the B.C. Wakayama Kenjin Kai, was successful in introducing the audience to experience an authentic cherry blossom festival as celebrated in Japan," said event organizer Jim Tanaka.

"It is hoped that a grove of 255 Akebono cherry trees will not only bring the seed of enjoyment, but become part of the essence of the quality of life for our diversified island community and the visitors for years to come."

Tanaka added that Mary Hirano, the event co-organizer, chose harmony as the theme of this year's festival, to bring the diversified community together, to reconnect with old friends, meet new ones and rekindle the sense of community.

The free, public event will take place on Sunday, April 8, from 11 a.m. to 4 p.m.

View the beautiful cherry blossoms on display, take part in cultural demonstrations, enjoy local eats and be amazed by the performances by a local Taiko drum group and dancers.

For more, visit [www.richmond.ca/cherryblossom](http://www.richmond.ca/cherryblossom).

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



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M/W/F	8:45 - 11:45 am	2014	\$218.80
M/W/F	9:00 - 11:30 am	2015	\$182.30
M/W/F	12:45 - 3:30 pm	2014 & 2015	\$200.55
T/TH	8:45 - 11:15 am	2015	\$128.70
M/T/W/TH/F	9:00 am - 1:00 pm	2014	\$497.65
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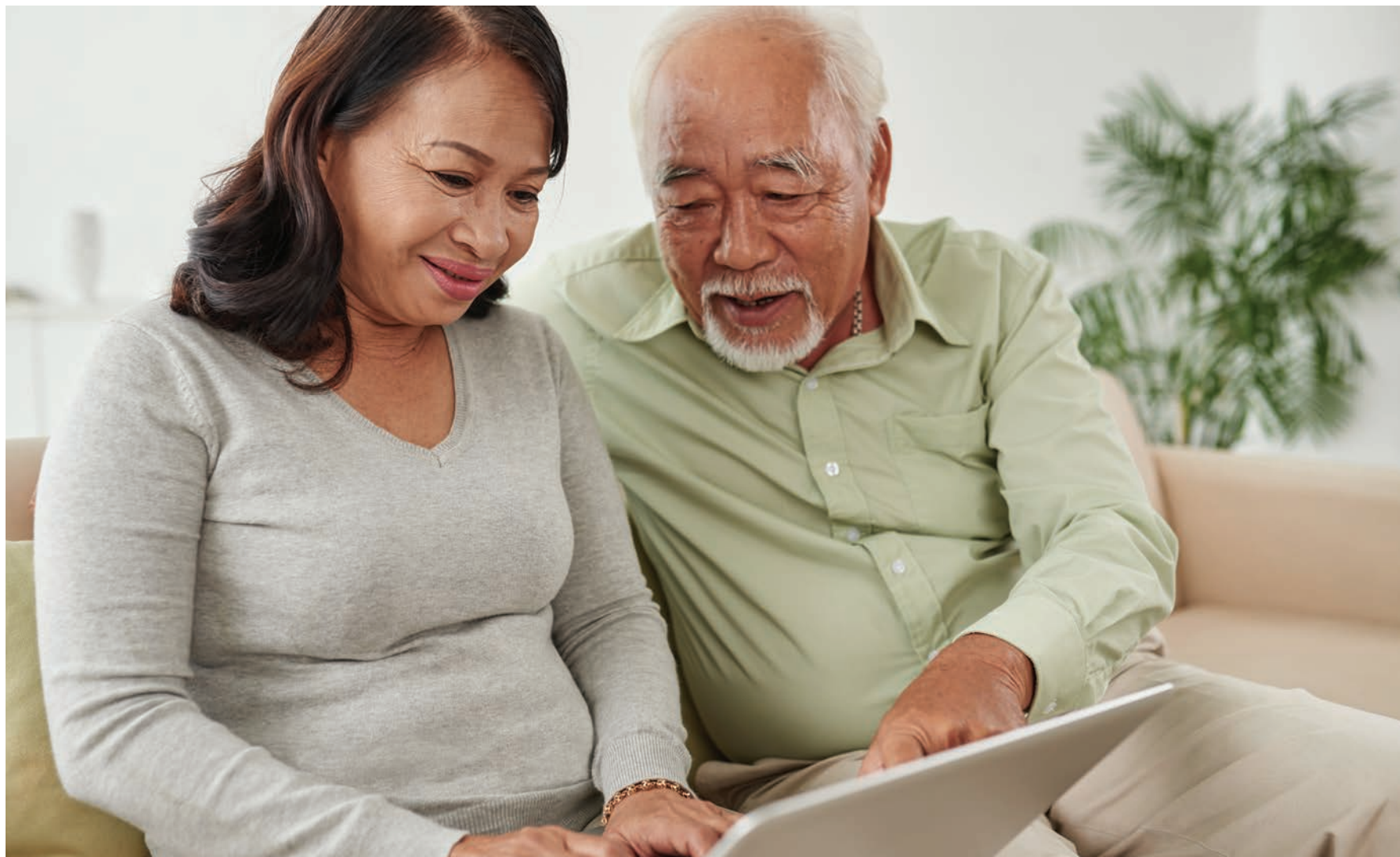
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# Popular strength coach fondly remembered

By **DON FENNELL**  
@DFSentinel

The sudden passing of a popular strength and conditioning coach has left the local sports community shaken.

Scott Hebert was the owner of Excel Fitness, and had been training athletes for more than 15 years. He was formerly the assistant strength and conditioning coach for the Vancouver Canucks from 1999 to 2001.

"I got a message on Sunday morning (March 18) letting me

know Scotty had passed on. I read it with shock and sadness," said Andrew Clark, manager of high performance and fitness at the Richmond Olympic Oval. "There was nothing on social media yet and I was in complete disbelief. I am still in disbelief. He was one of the fittest, most upbeat, authentic and positive people I have ever met."

Clark had known Hebert for almost 20 years. He said Hebert never changed.

"He walked into the room with a big welcoming smile and he greeted you by name or the nickname he had for you. For me it was always 'Clarkie'."

For the last few years, Hebert played a key role as the strength coach for the Greater Vancouver Canadians, a B.C. Major Midget Division team that features players from Richmond. He was a fixture at the Richmond Olympic Oval working with the players Tuesday nights.

"I am not sure I have ever met anyone easier to work with," Clark

said. "The players loved his energy and intensity and the coaches his presence. He added energy to every room."

Clark said everyone would describe Scott as an amazing person, but you would also hear him described as a great coach, trainer, educator, mentor, colleague and friend. He was genuinely interested in others' success.

"Scott's passing has, and will continue to leave a huge void in the fitness and sport community," Clark said. "He was a gifted

coach who positively impacted the well-being, health and performance of thousands of people. He was best known for his work with hockey players but also worked with dancers, lacrosse players, martial artists, baseball players and tennis players. Scott's personality, energy, and positive outlook brought so many young athletes back to Richmond year after year.

"He was an amazing coach who seemed to effortlessly connect with people," Clark said. "While his athletes came to train, I believe that deep down what drove them was a desire to be around and inspired by Scott."

Hebert was also a Reebok master trainer for BC, certifying fitness professionals in a variety of courses through Reebok University.

A GoFundMe page—tinyurl.com/scotthebert—has been set up in Hebert's memory to support his daughter's pursuit of a post-secondary education.

•dfennell@richmondsentinel.ca



**SCOTT HERBERT**



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2018 HIGH SCHOOL

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**Submit 30 to 45 second video about:** a) hazards of impaired driving OR b) perils of drug abuse.

**Entry Deadline:** Video must be submitted to The Richmond Sentinel by midnight, Sunday, April 1, 2018

**Criteria:** Video with most Facebook likes by Friday, June 1, 2018 will be declared winner

**Limit:** A maximum of three videos will be accepted per high school.

- Entries must be emailed to The Richmond Sentinel at [martinv@richmondsentinel.ca](mailto:martinv@richmondsentinel.ca) by midnight April 1, 2018
- The Richmond Sentinel reserves the right to reject any video submission based on inappropriate content, such as foul language or suggestive scenes.

\*courtesy Richmond District Parents Association



In their own words...

# Improving Richmond's mental wellness support



Similar to many illnesses, people experiencing mental illness exist everywhere, including Richmond. For years, our Council has advocated for both increased supports from Vancouver Coastal Health, as well as to provide a program that will address the needs of front line RCMP officers. We want the necessary professional help available for our most vulnerable and we've wanted it for some time now. Happily, I can report that preliminary discussions have begun between Richmond RCMP and Vancouver Coastal Health to potentially bring to Richmond a front line initiative that has already proven its success in other Metro Vancouver cities.

This partnership, which would comprise a mental health nurse and an RCMP member, would establish the new Mental Health Crisis Team to provide a joint, coordinated response to individuals who are experiencing mental health, addiction and other health related behavioural crises. The team would be called out to relevant community situations to provide crisis intervention, risk assessments, community

education, follow-up and referrals to mental health.

Mental Health calls for service often require substantial police resources to stay at the hospital while waiting for the patient assessment. This in turn removes officers from other patrol duties. The development of a Mental Health Crisis Team can help alleviate the strain encountered by front line officers and fast track potential patient intakes, which benefits all.

The support provided by this new team would be instrumental in getting the appropriate assistance the people who need it. It would allow mental health professionals to help Richmond's most vulnerable while freeing our RCMP officers to focus on equally important patrol duties—a very positive outcome.

This model would be based on similar programs in other Cities, including Vancouver (where the program is called Car 87) and Surrey (where the program is called Car 67). More information will be provided on this initiative later this year.

While there is certainly a need for more, many supportive mental health services are available in Richmond. These include Pathways Clubhouse, Transitions operated by Richmond Public Health, Richmond Addiction Services and the Anne Vogel Clinic. One of these service providers, Pathways Clubhouse, is now located at Storeys, an affordable, supportive housing

and services centre located in Richmond's City Centre, along with Coast Mental Health, S.U.C.C.E.S.S., Tikva Housing Society and Turning Point Recovery Society. The combination of partners and supportive services allows a variety of vulnerable groups to be served, including low-income families, seniors, and individuals with mental health and addictions issues.

In particular, Pathways Clubhouse is a non-profit based on a proven model of rehabilitation and accredited by Clubhouse International. It provides meaningful work and relationships for those living with mental illness. At Pathways Clubhouse a work environment provides focus for all parts of a person's life: skills, interests and relationships. Clubhouse work is real and meaningful because it fulfills members' actual needs. From here, people progress to jobs in the outside world. The true measure of success is the many stories (like the building name) told by members. The positive changes and personal growth experienced by many who would otherwise be considered 'lost' is testament to the organization's work.

Our City has greatly benefitted from being the home of Pathways Clubhouse for over 30 years. Pathways Clubhouse, and the many other Richmond organizations dedicated to mental wellness, provides hope, encouragement and opportunities to its members. I can't give a stronger endorsement for the type of work that this organization does.

## City of Richmond Council Meetings Calendar

**Parks, Recreation & Cultural Services**  
4:00 p.m. Tuesday, March 27  
Anderson Room  
Richmond City Hall

**Development Permit Panel**  
3:30 p.m. Wednesday, March 28  
Council Chambers  
Richmond City Hall

**General Purposes Committee**  
4:00 p.m. Tuesday, April 3  
Anderson Room  
Richmond City Hall

**Finance Committee**  
Following GP Meeting, Tuesday, April 3  
Anderson Room  
Richmond City Hall

**Planning Committee**  
4:00 p.m. Wednesday, April 4  
Anderson Room  
Richmond City Hall

**Council Meeting**  
7:00 p.m. Monday, April 9  
Council Chambers  
Richmond City Hall



For meeting agendas and reports visit [www.richmond.ca](http://www.richmond.ca).  
Agenda and reports are usually posted the Friday prior to meetings.

## Council Meeting Live Streaming



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

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



# Ravens' coach is also a Devil of a player

By **DON FENNELL**  
@DFSentinel

Natalie Korenic started playing ice hockey at the age of six. But like many kids, she was playing street hockey long before that.

"When I was three, the kids in the neighbourhood, who were all quite a few years older than me, decided they needed a goalie," she recalls. "So they stuck some pads on me that nearly went up to my chin and told me to stand in net."

Fast forward, and Korenic is now both playing and coaching the game she grew to love.

This weekend, she will trade in her place as an assistant coach behind the bench of the Richmond Ravens' Pee wee A team to suit up with the Richmond Devils, who are hosting the senior AA women's provincials at the Richmond Ice Centre. However, she'll doubtless be keeping an eye on the other action as the Richmond Ravens girls' hockey association hosts its 21st annual Ice Classic. That event, also through April 1, features recreation teams at the Initiation, Novice cross-ice, Pee wee, Bantam and Midget levels from throughout Western Canada and the Western United States.

## GROWING THE GAME

"Female hockey has changed dramatically from the time I started," Korenic says. "When I started there was a total of three teams in Richmond. Today, there are three teams for nine- and 10-year-olds alone. It's really incredible to see that kind of growth and interest in the sport."

Women's hockey has enjoyed strong growth globally. Korenic says this year's Olympics was a perfect indication. While Korea didn't have a good team, the fact they had a team at all shows we're mov-

ing in the right direction.

"Last year, China came to Vancouver and played against several teams, including my own, in the South Coast league. It's great to see Canada do well, but we need a stronger level of hockey across the board."

Not long ago, there were calls to take women's hockey out of the Olympics because Canada or the United States consistently beat everyone handily. But as more countries begin developing their teams, with the Scandinavian countries in particular making big strides, Korenic sees a bright future. She says the fact NHLers didn't participate in men's hockey at these Olympics also meant more people were watching women's hockey, and were awed by the skill.

However, she stresses that level of exposure once every four years is not enough. There are two professional women's leagues in North America, but no teams in B.C. And none of the players get paid much.

"A great inspiration for how to have a properly functioning women's league is Australian rules football. They brought in a women's league two years ago and they have been filling stadiums."

Class valedictorian of her 2010 graduating class at Steveston-London Secondary School, she is now business operations lead at Aspect Biosystems. The company is at the leading edge of 3B bioprinting and tissue engineering. But the visionary 20-something Korenic is taking a more traditional approach to the B.C. women's championships. As cliché as it may be, she says the Devils are approaching them one game at a time.

"We're not a high scoring team, but we're fast and hard working so we need to use that to our advantage. Every team in our league can

beat any other."

Korenic says there are no dreams of a pro hockey career for any of the players competing in this weekend's tournament. They're all either working or going to school, and hockey is a way to stay active or socially connected.

"We are all fortunate to have a place to play competitively after minor or college hockey, so I hope that our league is able to continually improve and grow. I hope the B.C. championships helps promote this (opportunity)."

## EXPERIENCE AT EVERY LEVEL

Not unlike her own journey as a player, Korenic has coached every level of Ravens' hockey. She is currently assisting with the Pee wee A team.

"I did one year of Can-Skate when I was five, but switched over to hockey the following season," she explains. "I was wanting to play hockey like the boys, but the switch was also instigated by the fact we had to do a skating carnival at the end of the year. All the girls had to dress up as Miss Piggy in pink tutus. That definitely sealed the deal."

Korenic thinks it's a misconception kids need to learn to skate before starting hockey. At the young ages, she argues, hockey is a great place to learn to skate.

"With all the gear on, you're not afraid to fall. In fact, you're taught how to fall and get up properly."

Korenic was one of only five players on her Initiation squad, making the Atom Bulldogs her first "real team." But there was a wide range of ages, the youngest player being five and the oldest 10. With female hockey still in its infancy, such age gaps were typical in her first few

years. She played Pee wee for five years between the ages of seven and 12.

"My favourite team would have to be either my second-year of Pee wee or second year of Midget," she says. "I don't think we won any trophies or banners, but I remember that being such a great Pee wee season. I think it was that we had such a cohesive group of players, a supportive parent group who enjoyed spending time at the rink together, and a fantastic coach who pushed us to work hard while still having fun."

## SANDER STRONG INFLUENCE

The Midget season was similar. "AJ Sander was a fantastic coach through all my three years. He creates a special kind of atmosphere, and you really become entrenched in it."

Having coached more than a thousand games during his long, and decorated, coaching career, Sander has contributed to the development of female coaches as much as anyone, Korenic suggests.

"Over the last several years, he has brought back many of his past players and developed their coaching abilities. When I played for him, all his assistants were past players as well as from his days coaching boys."

Korenic doesn't know what specifically sparked her passion to coach, just that it was there. She wanted to help young players, just like those who helped her.

"It's just different when you have a younger female coach because you feel like you can relate to them," she says. "You start to see yourself in them and see the



## COACH

From Page 20

potential of what you can do.”

In her 12 years of minor hockey, Korenic had two such assistant coaches in Dana Pretty and Katie Malysh.

“Now more than ever, we see more women playing the sport and increasingly more women are referees. But I still don’t think are enough women behind the bench, and not enough being done to put them there.”

### PROUD OF PEEWEE’S PROGRESS

After coaching with the Midget A team for the last three years, Korenic realized she missed working with a younger age group. She credits Pee wee A head coach Gord Taylor for inviting her to join the staff.

“I’ve learned a lot from him and we’ve had a great time coaching together this season,” she says. “We came in with only one returning player, and the rest had never played rep before. So everyone learned a lot about what it takes to compete at that level.”

One of the biggest differences is the tenacity and physicality required.

“Sure it’s non-contact, but you still have to get in the corners and bump people around a bit to get the puck,” Korenic explains. “In September we lost several games by seven, eight goals. But our players wanted to learn and get better and were willing to work hard for it. By the end of our season we were having one- and two-goal games, and we finished first at a tournament in San Jose in January. It was great to see the players build their confidence.”

Korenic says everyone wants to win, especially the top prize at the end of the year. And she believes



Photo by Chung Chow

**Natalie Korenic will help anchor the Richmond Devils’ blueline at the senior AA provincial women’s hockey championships Thursday, March 29 to Sunday, April 1 at the Richmond Ice Centre.**

it’s important players work towards these goals. But at the end of the day, it’s important to put things in perspective and measure success by improvement.

### HARD WORK HAS ITS REWARDS

“Hard works beats skill,” she says. “Be aggressive, determined and relentless. As a coach, I would rather have a weaker players that works hard than a more skilled player who is lazy.”

Korenic also implores her players not come off the ice saying: “I could have been better.”

“I heard this from AJ throughout

my years in Midget, and it’s something that has stuck with me. Now I pass it along to the players I coach. He instilled in us the importance of working hard for ourselves, but also playing for the rest of the people on the ice with us.”

She says communication is another key to success. But for whatever reason, younger players in particular have a hard time grasping its importance.

“In the league I play in (Senior A women’s) communication is critical, and you can hear players talking the whole game.”

As much as Korenic loves hockey, though, she eventually needs a rest. And she’s looking

forward to an off-season.

“I am a strong advocate for not playing hockey all year round. I don’t think any kid should be playing just one sport. Kids often get burned out because they play a full season though the winter, then play spring hockey, and then do camps through the summer. It’s great to do a camp or two to stay fresh, but throughout my years of minor hockey I switched between softball, lacrosse and field hockey. Not only is it important to develop the different muscle groups and transferable athletic skills, but you also get to meet different groups of people.”

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



# Classifieds

FREE Richmond classifieds to advertise your lost & found items, volunteer opportunities, pets, sale items, events and free stuff!

To post your FREE classified please email us at [classifieds@richmondsentinel.ca](mailto:classifieds@richmondsentinel.ca). Deadline: Thursday, April 5 for the Mid- April issue (25 words max.)

## Reunions

**RICHMOND SECONDARY SCHOOL** would like to invite all former students and staff to celebrate the 90th RHS reunion Sat. April 21 from 12 to 6 p.m. If you would like to share time or mementos, contact Beth McKenzie ('74) at [bethgibson54@gmail.com](mailto:bethgibson54@gmail.com) or [rss.alumniassoc@gmail.com](mailto:rss.alumniassoc@gmail.com)

**STEVESTON SECONDARY HIGH SCHOOL** would like to invite former grads and staff to celebrate the Graduation Class of 1968 50th Grad Reunion Sat. Sept. 22. Contact Bonnie Young Murray at [bon55@telus.net](mailto:bon55@telus.net) for details.

## Wanted

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## Donations

**LARGE ANDERSON FAMILY.** We received your letter about making a donation to the family of Gaylene Woods. We will not publish the phone number or address of the family, for privacy reasons. However, if you wish to contact them, please call Managing Editor Martin van den Hemel at 604-910-8684. Thanks for your generous offer of support.

## Sales

**THE RICHMOND AMATEUR RADIO CLUB (RARC)** is having their second annual swap meet and amateur radio emergency communications displays on Sat, April 7, 2018 from 9 a.m. to 12:30 p.m. at the South Arm United Church in Richmond located at 11051 No. 3 Rd. (on Steveston Highway).

**LONDON HERITAGE FARM SOCIETY**, 6511 Dyke Rd., hosts the 12th annual plant sale Mother's Day weekend, May 12 and 13 from 10 a.m. to 5 p.m. The sale features over 100 varieties of plants, including heritage farm perennials and annuals, hanging baskets, organic vegetable seedlings, heirloom tomatoes, herbs and more.

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- Richmond Hospital
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## MID-MARCH ANSWERS

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- 4 gulfellicella
- 8 eighteen
- 10 oneyear
- 12 pacificauthentic
- 17 garagedoorremote
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- 20 cannerymuseum

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- 1 victormartinez

- 3 erykmartin
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- 9 thailand
- 11 trinitywestern
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9	8	5	3	7	2	1	6	4
6	3	2	5	4	1	7	8	9
1	5	4	6	8	9	2	3	7
7	9	6	4	2	3	5	1	8
8	2	3	7	1	5	4	9	6
2	7	1	9	6	4	8	5	3
3	4	9	2	5	8	6	7	1
5	6	8	1	3	7	9	4	2

**RICHMOND**  
**SENTINEL**  
OUR COMMUNITY NEWS

### Managing Editor

Martin van den Hemel, [martinv@richmondsentinel.ca](mailto:martinv@richmondsentinel.ca)

### Reporters

Don Fennell, [dfennell@richmondsentinel.ca](mailto:dfennell@richmondsentinel.ca)  
Lorraine Graves, [lgraves@richmondsentinel.ca](mailto:lgraves@richmondsentinel.ca)

### Photographer

Chung Chow

### Advertising Sales

Don Grant, [dgrant@richmondsentinel.ca](mailto:dgrant@richmondsentinel.ca)

Willy Wu, [willyw@richmondsentinel.ca](mailto:willyw@richmondsentinel.ca)

### Production Manager

Jaana Bjork, [jaanab@richmondsentinel.ca](mailto:jaanab@richmondsentinel.ca)

### Graphic Design

Florence Liang

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200-6751 Westminster Hwy.  
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### General inquiries

Tel: 778-297-7108 | Fax: 778-297-7109

### Newsroom

Tel: 778-297-5005



@RmdSentinel



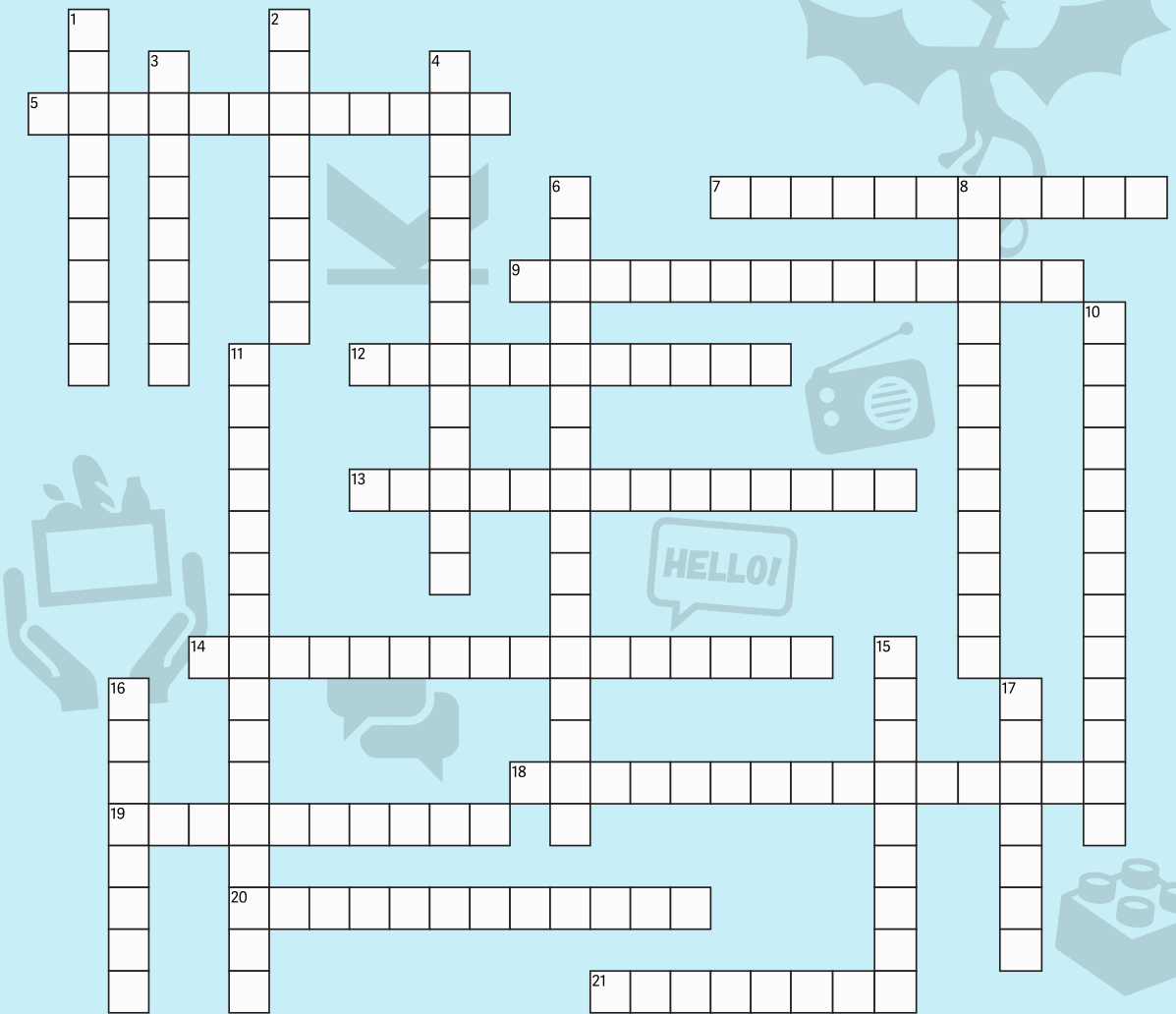
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# Fun & Games

## NEIGHBOUR AND FRIENDS



**ACROSS**

- 5 Richmond’s medical health officer
- 7 Upcoming Gateway play
- 9 Sold-out show at Gateway
- 12 Habitat family profiled
- 13 Authored garage door openers article
- 14 Have your say with \_\_\_\_ .ca

- 18 Jewish group offered \_\_\_\_ when mosque torched
- 19 Sentinel sports reporter/hall of famer
- 20 Ninetieth celebration April 21
- 21 Habitat for \_\_\_\_

## SUDOKU

The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9.

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

**DOWN**

- 1 Long-time Steveston shop with new owners
- 2 Venue for March 21 anti-racism forum
- 3 Retired community leader, RCCS
- 4 Speaker & MC KPU anti-racism forum
- 6 Book launched at Richmond Arts Centre 3/21
- 8 Richmond club, emergency communications & swap meet
- 10 Forum: Shared Challenges, Shared \_\_\_\_
- 11 Date of Down Syndrome Day
- 15 Playwright of upcoming Gateway offering
- 16 Needs non-perishable food items, volunteers
- 17 Student led leadership conference

Answers will be posted in the next issue in Mid-April

## MARKET HAVE YOU PUZZLED?

Text or Call us for the Answers to All Your Real Estate questions.

**LORNE & RYAN CHERNOCHAN** (604) 818-8517 | [ryan@chernochan.com](mailto:ryan@chernochan.com) | [www.friendinrealestate.ca](http://www.friendinrealestate.ca)



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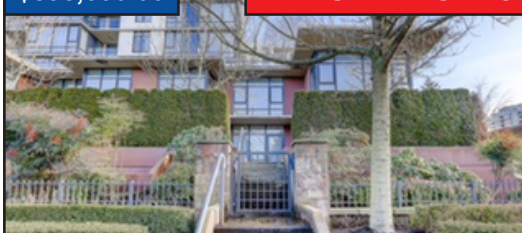
## Gurdial S. (Dale) Badh Group 604-303-SOLD (7653)

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\$895,000.00

FEATURED LISTING



### TH9-9171 Ferndale Drive, Richmond

Privacy and Convenience ! This spacious West facing Corner Unit offers 3 bedrooms, 1577 sq ft functional open layout. Hardwood flooring throughout. Open kitchen features granite counter, stainless steel appliances & contemporary cabinets. Large west facing patio space. Excellent amenities w/fully equipped gym, clubhouse & children's play area. Central location & walking distance to all amenities. **Call Dale for more details**

\$5,300,000

FEATURED LISTING



### 6620 no 6 Road, Richmond

Private Country Estate Family Home built on 2 acres in the heart of Richmond with unsurpassed quality & workmanship throughout. Unique open floor plan with 8 bdrms /10 baths over 8300 sq ft on 2 levels. Welcoming Porte-Cochere entry. Spacious Grand Foyer. Entertainment sized living/dining room ready for large gatherings. Features a large Rec room up and Media Room with wet bar on main. 1 bedroom legal suite for mortgage helper or use as an in-law suite. **Call Dale for more details**

\$1,425,000.00



### 8054 Chester, Vancouver

Spacious 5 Bedrooms, 3 Bathroom, 2,377 square feet living space in total. Lot size 33 x 121. Recent updates include roof, furnace, water tank, windows, doors, carpet and hardwood flooring. 2 bedroom suite with separate entry for mortgage helper. **Call Dale for more details**

\$2,249,900.00



### 10931 Dennis Crescent, Richmond

Spacious custom built family home in the sought after MacNair area of Richmond. This 2 level split has 4,510 square' of living space and offers 6 bedroom and 5 bathroom. Situated on a 9,555 square foot 83' x 115' corner lot. **Call Dale for more details**

\$6,200,000.00



### 8720 no 5 Road

"Located on the Highway to Heaven". Rarely available 9.8 acre property zoned AG-1 agricultural. Can be re-zoned to Public Assembly/ Institutional use to allow for Churches, Temples, Mosques, Schools etc. This is a fantastic central location close to shopping, schools, transit, golf courses, parks/recreation and Steveston Village. Quick access to Hwy 99 to Vancouver or South to Ferries and USA border. **Call Dale for more details**

2,588,800.00



### 13571 Blundell Road, Richmond

SOUGHT AFTER ACREAGE IN EAST RICHMOND. READY TO BUILD! Country living in the City! Come build your brand new dream home here on this PRIME 1.48 acre property. Zoned Agricultural AG -1. Fantastic views of the North Shore mountains! Building plans are available. Central location close to city, shopping, recreation, golf courses and quick access to connector, Knight street north to Vancouver and Hwy 99 south. **Call Dale for more details**

\$1,849,900.00



### 11500 Westminster Hwy Richmond

BUILD YOUR DREAM HOME HERE. 0.5 acres zoned AG-1 Frontage 84' x 258' Central Location close to shopping, recreation, golf, transit, Hwy 99, Knight Street, connector to New Westminster or Alex Fraser Bridge to Surrey. School catchment is Henry Anderson Elementary an A.R. MacNeill Secondary. Sold as is where is. **Call Dale for more details**

\$1,449,900



### 4880 192nd Ave., Surrey

PRIME LOCATION TO BUILD YOUR DREAM HOME. 3.1 Acres zoned A-1 in ALR. Land Value. Some out buildings and fruit trees. Close to shopping, Hwy 10 and easy access to South Surrey and White Rock. **Call Dale for more details**



[www.GurdialBadhGroup.com](http://www.GurdialBadhGroup.com)

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The above information while deemed to be correct, is not guaranteed. This advertisement is not intended to solicit properties already under contract.