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# RICHMOND SENTINEL

## OUR COMMUNITY NEWS

VOL. 2 ISSUE 20

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November 2018



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**Veteran Jim Lamond and Bill  
McNulty distribute poppies in  
honour of Remembrance Day**

08

WEAR A POPPY

WEAR A POPPY

*Photo by Chung Chow*

Second World War veteran Jim Lamond and Coun. Bill McNulty are fixtures at Ironwood Shopping Centre in the days leading up to Remembrance Day on Nov. 11, distributing poppies for donations.

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# Larson ready to contribute as trustee

By **ANDREW HUNG**  
Contributor

**H**eather Larson is a veteran when it comes to Richmond schools, with 19 years of experience as an educational assistant, buyer, and homestay coordinator.

Now, she is ready to take on the role of school trustee, having been elected to the Richmond Board of Education for the first time on Oct. 20.

"I'm very excited, but it's also a surreal feeling," said Larson, adding a thank you to the public.

She finished in fourth place with 13,258 votes to nab one of the seven trustee spots.

Larson retired from her job as the homestay coordinator of the international students program in 2013, but she still has many family, friends, and students in the school district.

From her lengthy and varied experience, she believes that increased and more effective dialogue between everyone in the school district is crucial.

"We need to build relationships and maintain them. I see that as a duty as a trustee, and that's what I want to bring to the table," she said. "We need to have better communication between departments."

Each department has many needs, a lesson she learned firsthand as an educational assistant, where everything she "thought and did was from (the angle) of an EA."

Larson then moved on to the purchasing department, where she worked for four years. Building the trust of the individuals who were buying items was one of her objectives, and she would make the effort to understand and listen to their concerns and needs.

"It's getting out there and talking to peo-



Photo by Chung Chow

**Heather Larson was elected to the Richmond Board of Education on Oct. 20.**

ple to see what's needed. You have to find out what (they) need. There are certain barriers, and you have to work within (that). But if you work together, then you have the opportunity to find the best solutions."

One of the challenges that schools are facing today is funding for special needs students and educational assistants. Because funding is only reserved for disabled students who are given a designated number, students who need financial help but haven't been diagnosed with a disability are unable to get funding.

"This puts a lot of pressure on families, teachers, and everyone."

Effective communication will be important in overcoming this challenge, as well as in the discussion surrounding SOGI 123, the sexual orientation and gender identity policy promoting safety and inclusivity for all students.

Larson believes that there were many opportunities for people to be informed throughout the past year.

However, not everyone really understood

what SOGI stood for, including a "very outspoken group from outside the Richmond district that were going for fear," she said.

"There are a lot of people who do understand, but a lot who don't. But it's working together."

SOGI is absolutely necessary, Larson said, and it must be monitored.

Ultimately, Larson hopes to give all students equal opportunities to reach their potential, which can only happen in a non-threatening environment.

"Everybody is entitled to an education in a classroom, and to be safe. Whether it's religion or gender or ability, everyone is entitled to be safe."

To create an inclusive learning space will require cooperation and teamwork.

"I truly believe networking is incredibly important," she said.

"Everyone I have met over the years brings strength. If we work with everyone, then we can find the solution in times that are tough. When we bring those all together, you'll get the best answer."

## Cranberries family affair for Mays

By **DON FENNELL**  
@DFSentinel

**C**ory May is seeing red, but couldn't be happier.

Harvest season is one of the most exciting and busiest, times of the year for May—exactly the way he likes it.

The process of gathering a ripe crop from the fields is labour-intensive, and even with expensive and sophisticated farm machinery is a massive undertaking. But as a proud descendant of a pioneer farming family in Richmond, agriculture is in his blood.

"I always knew I would be doing this. I love the whole experience," says Cory, a third generation cranberry grower/owner for Ocean Spray.

The Mays are the largest cranberry growing family in the world. Cory is following in the footsteps of his dad Randy and grandfather Duncan, who along with Duncan's five sons planted their first cranberries in the 1960s and joined the

**See Page 6**



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## UPCOMING EVENTS IN NOVEMBER

SAT. NOV. 3 10AM TO 1 PM

### General Swap Meet

Steveston Community Centre

SUN. NOV. 4 10 AM TO 3 PM

### Winter Market

Thompson Community Centre

SUN. NOV. 4 10 AM TO 4 PM

### Mushroom Show

Richmond Nature Park

SUN. NOV 11 10:20 AM START

### Remembrance Day Service

City Hall Cenotaph

SAT. NOV. 17 10 AM TO 4 PM

### South Arm's Christmas Craft Fair

South Arm Community Centre

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# Innocuous, insidious killer

By LORRAINE GRAVES

@LGSentinel

They don't look like much. They are unremarkable mushrooms. Not the flashy bright red ones with white spots. Not the ones that grow to the size of a saucer. Death Cap mushrooms, properly known as *Amanita phalloides*, ("Amman ee'ta fah loy' deez") do look like exotic Asian straw mushrooms and therein lies the problem.

According to mushroom expert Paul Kroeger, language and cultural barriers, along with these mushrooms, have proved to be a poisonous combination in the past in the Lower Mainland.

"We have had confirmed incidents in B.C. (since they were first found in the province in 1998)," said Kroeger.

The first man in Victoria ate them mistaking them for puff balls in 2003. In 2008, a Korean woman in Richmond who gathered them in Langley, mistook the *Amanitas* for Asian straw mushrooms. Kroeger said while the diagnosis was clear from the beginning, the source of the mushrooms was clouded by a language and cultural barrier.

"The third case was the fatal case of 2016 in which the three-year-old child from Victoria died,"



he says.

*Amanita* mushrooms don't taste bad. You can eat some as a test and seem fine, at the time. So just sampling one and seeing if you feel fine is a bad idea, said Kroeger.

That's the whammy because, "several hours after eating them, the mushrooms give you symptoms comparable to violent food poisoning," he says.

Most people recover from that, for a while.

"*Amanitas* can be lethal. They cause destruction of the liver and of the kidneys also. They have complex toxins that are not broken down by cooking, boiling, or drying. That have a long delay before the first symptoms. They only come to medical attention after severe damage has begun to be afflicted on the organs."

The saddest case involved a little boy in Victoria who died from eating soup that had a few Death

Cap mushrooms in it. Again, the adults had thought they were Asian straw mushrooms.

One mushroom can be a lethal dose for a full-sized adult, according to Lorraine McIntyre of the B.C. Centre for Disease Control.

Consulting mycologist Kroeger gets specific with the timeline: "It frequently has a delay of six to 12 hours after eating before you feel sick. And then there will be severe cramping vomiting, diarrhea sometimes containing blood and that will continue for several hours and then there is a remission."

That means you seem to get much better but, you aren't.

"At this time, these complex toxins have been broken up in the body and are circulating in the blood stream."

Where they set to work on your liver and other internal organs, destroying them.

"Then, you get a second-wave effect, approximately three days after ingestion, with very severe symptoms including signs of impending liver failure."

Kroeger warns that if you appear to be jaundiced, seek immediate medical care. Tell them if you have been eating wild-gathered mushrooms.

The liver failure is often terminal. With a bit of damage, the liver can



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# mushrooms under our trees

repair itself but with complete liver failure, the only treatment is a liver transplant. In that case, there is rarely time between the diagnosis and death to find a donor.

Though people with a very low dose of well less than one mushroom, have been known to survive.

Amanitas can look unremarkable to the untrained eye.

"They have caps that tend to have a greenish colour, pale or greenish brown or greenish yellow colour but sometimes the green will be very faint to almost white, yellowish, browning."

There are other distinguishing characteristics but Kroeger cautions only to pick and eat wild-gathered mushrooms you are absolutely sure of.

"If you suspect they're growing in your yard, send a photo to [info@vancmyco.com](mailto:info@vancmyco.com) or take them to the Mushroom Show at the Richmond Nature Park. See Sentinel classified ad for details.

"I'd like to stress there are hundreds of species of mushrooms growing with trees and they have an overall beneficial effect. The vast majority are not harmful. We encourage people not to make war on mushrooms because the vast majority are not dangerous and actually help the trees," Kroeger says.

If you think you or someone you know may have eaten a Death Cap mushroom, call the BC Drug and Poison Information Centre at the BC Centre for Disease Control at 604-682-5050 or 1-800-567-8911.

Mushrooms, the part we see and sometimes eat, are actually just the fruit, like apples are to apple trees. The part we can't see, the mycelium, is made up of microscopically small bits that can spread up to a mile underground.

"They can live with the tree roots for a long time before they actually make the mushrooms. They grow underground with the tree roots. Amanitas may be introduced with tree roots (when the trees



Photos by Chung Chow  
**Mushroom expert Paul Kroeger.**

are planted) and may not be visible until the tree reaches maturity."

Like many mushrooms we see growing around the Lower Mainland, Death Caps piggy-backed into our area on the roots of imported trees, originally from Europe. It has taken years for the underground part of the mushrooms to mature to the point of fruiting, producing spores that can then be spread to other areas. They have meandered up the west coast.

Their North American timeline shows that it takes about 20 years for the above-ground mushrooms with spores—the mushroom's seeds—to appear.

While Vancouver has been mapped, Richmond has not yet been surveyed for death cap mushrooms.

"Amanita phalloides can grow with a variety of trees—conifers and broadleaf trees—but so far, they have been found exclusively with broad leaf trees—oaks, hornbeams, (edible) chestnut, filbert or hazelnut, linden trees and beech."

"If you know you have these mushrooms in your yard, they can be removed as frequently as they pop up. Put them in the regular garbage or they can be thrown in municipal green bin. DO NOT put them into home compost units; that may not kill off the spores."

He also cautions against kicking or stomping on them.

"This only helps to spread the spores. We recommend that people clear them out before mowing the lawn so you don't chop them up and spread them with the lawn mower."

You don't need to wear gloves to pick the amanitas from your lawn because, Kroeger says.

"The toxins are not known to pose a risk for brief gentle handling but to prevent transfer of toxins to other things, you should definitely wash your hands with soap and water if you handle them."

He goes on to say don't use alcohol in wipes or jells because they could actually allow the poison to get into your body through the skin so don't use hand sanitizer or baby wipes.

"All in all it is great to get the information about death cap mushrooms to Richmond residents because we suspect they may well be lurking there somewhere," says Kroeger.

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## CRANBERRIES

From Page 3

Ocean Spray co-operative shortly after. Today, their 200 farms cover nearly 2,000 acres and produce several hundred thousands barrels of cranberries annually.

With nearly 100 cranberry-producing farms, British Columbia is one of the largest producers of cranberries in the world. The industry creates nearly 400 jobs for local farmers, with the province's cranberry growers producing 37 per cent of Canada's cranberries.

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But B.C. is different from elsewhere in the co-op, since our cranberries are grown on peat moss.

"A lot of them are grown in sandy bogs where you can pinpoint the micro nutrients much easier," Cory explains. "Peat (makes it) a lot harder to know when to fertilize. But we're lucky enough that our dads had been doing

this long enough they developed a bit of a science."

"With family there are always such different scenarios because every day is different," Cory says. "One day you're on the tractor and the next day building your own machinery you need to work on the farm. You're always trying new things and building new things. Sometimes you go into the shop and build something that looks like it's out of a movie. A lot of the stuff you see on a farm you'll never see anywhere else."

### AT HOME WITH OCEAN SPRAY

"It's clear to me that the Mays are very dedicated to producing the best possible cranberries," says Ocean Spray's Kelly-Anne Dignan. "Cranberry farming is unique and I've been lucky enough to go to all the regions where and observe the thread that goes through it. You see generations of families dedicated to this fruit and bringing it to consumers. It's fascinating when you look at it,

See Page 7



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# MAY FAMILY

From Page 6

that there are only a few thousand families that grow cranberries in the entire world.”

In fact, only three countries—Canada, the U.S. and a small part of Chile—produce the crop that last year was exported to 104 nations.

“One of the things I’ve learned from my six years at Ocean Spray is farmers have that special spirit,” Dignan says. “Over the last 20 years we’ve seen tremendous growth and part of that is the public seeing the functional benefits of cranberries. It’s a super food, especially in an era when you’re seeing a lot of hot functional foods from South America. I think (the cranberry industry) is just beginning to tap into that.”

Cory says when the health benefits of cranberries started becoming to become widespread in the late 1990s, it was “humbling” knowing he was producing a product that can help people.

Cory has never doubted being a cranberry grower. Being part of Ocean Spray has only strengthened his faith.

“Ocean Spray is a big family. The co-op is all growers and we all work together, even outside of the country. We’re always talking to each other about being better. Ocean Spray is like an old friend you don’t have to see all the time, but when you do, you pick up where you left off. There’s so much to talk about. We feel like one big family. It’s really special.”

INSPIRING THE FUTURE  
Cody and his wife are



Photo courtesy Ocean Spray

**The May family has been harvesting cranberries in Richmond since the 1960s.**

the proud parents of three children of their own; two daughters and a son aged seven to 11. Cody says nothing makes them happier than visiting the farm.

“They love going before school. They all go in the water and love pulling the booms and pushing fruit into the elevator. Anything they can help out with. It’s pretty special.”

But, Cody stresses, as much as

he’d love for them to carry on the family tradition, he and his wife will do the same as his parents.

“My dad always had a rule that after we finished high school we either had to go (post-secondary) school for two years or work off the farm for two years to make sure this is what we wanted to do. We will do the same with our kids.”

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# Lamond knows not to take freedom for granted

By **DON FENNELL**  
@DFSentinel

Dressed in a navy blue legion blazer and grey slacks, Jim Lamond stands solemnly in front of the Richmond Cenotaph.

It is a routine the well-known and much-respected 89-year-old local resident follows every Remembrance Day, while paying homage to the untold individuals who have served their country in the ongoing fight for freedom.

Lamond is a member of Branch 291 of the Royal Canadian Legion, a non-profit organization founded in 1925 to support ex-servicemen and their families. For the last several years he's also been actively involved in distributing poppies as part of the annual poppy fund campaign. In fact, he and

Coun. Bill McNulty have more or less become fixtures this time of year at the Ironwood Plaza.

"I had a great uncle who lived in Montreal fight with the Canadians in the First World War," said Lamond. "He fought right through it, but was gassed." He died in 1923.

Lamond was a precocious 10-year-old in his native Scotland when the Second World War broke out in 1939. His dad, a police officer, was in the reserves when he was called up to active duty.

"I remember it very well. Dad left on the third of September 1939, the day war was declared. He was attached to the 51st Highland Division that fought at (St. Valéry-en-Caux), France."

In June 1940, the Scottish regiment was employed to enable 300,000 Brit-

ish and French troops to evacuate off the beach. But on June 12, the most difficult of decisions was made to surrender. Members of the 51st Highland Division were taken prisoners and spent the next six years in Poland in the Prisoner of War camps.

Shortly after the war ended, and his dad returned home to Scotland, Lamond enlisted for military service. He joined the army after completing training. He was posted to the Royal Artillery.

"I went into the army in June 1946," he explained. "I was 17-and-a-half and you could enlist, and so my buddy and I decided to join. We were going to get called up anyway, because as soon as you were 18 you were called to the armed forces." It was tense time when the USSR blockaded all land routes to

Berlin. It was state of emergency. My mother didn't say much, while my dad didn't either."

Lamond, meanwhile, was stationed in Germany during the Berlin Airlift, when the United Kingdom and United States began a massive airlift of food, water and medicine to citizens for nearly a year in response to the Soviet blockade.

"We were the occupation forces," he said.

Born in Greenock, in the west central Lowlands of Scotland, Lamond spent part of his childhood (during the war) living on his uncle's farm. He recalls driving an old, eight-gear Rolls Royce hearse flatbed that they used to pile hay onto.

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## LAMOND

From Page 8

"I just about broke my wrist changing gears," he chuckled. "But that was part of growing up."

Before signing up with the army, Lamond considered joining the merchant marines. He had several cousins who did so, and would have been able to join at 15.

"But mother didn't like the sea, and the boats were getting torpedoed," he said.

After his military service, Lamond decided to immigrate to Canada. He's been proudly serving this nation ever since in various volunteer capacities—including as the longtime chair of Richmond Sports Council.

But he never takes for granted the freedoms and privileges we all too often take for granted. Those made possible by the sacrifices of many who came before us.

"Remembrance Day to me is a time to remember the comrades you lost, even in peace time," he said. "They went to war to try and stop war. You hope the message gets through. We need to wake up and ask where does it all end?"

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



Photo by Chung Chow

Veteran Jim Lamond and Coun. Bill McNulty distribute poppies at Ironwood Plaza every year.

# 2019

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# Gateway's latest offering: a father's life and legacy

By LORRAINE GRAVES

[@LGSentinel](#)

Former CBC radio host Tetsuro Shigematsu tell his father's story in the upcoming play, *Empire of the Sun*, at Richmond's Gateway Theatre.

"In my heart I knew I would always come back to theatre and to telling my father's story in particular," he said.

"I had this realization, in my whole life, I had never had a single conversation beyond, 'Pass the soy sauce,'" he says.

It's not that they didn't have contact, Shigematsu says.

"He was always there at home, but when he sat at the dinner table, he was always listening to his shortwave Walkman to radio reports from all over the world."

But things changed when his father's health started to deteriorate.

"When my father's health began to falter several years ago, I had this moment where I just sort



Photo by Raymond Shum

Tetsuro Shigematsu's one person play, *Empire of the Sun*, previews on Thursday, Nov. 8 and opens Nov. 9.

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## A special thank you

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# GATEWAY

From Page 10

of checked in with myself; was I okay with him dying and not knowing who he is?"

More than self-interested curiosity propelled Shigematsu.

"I have two kids. If they are going to be anything like me, they are going to start wondering about their identity, who they are. They are going to ask me questions about their grandpa and I didn't want to say I didn't know."

And the story that his father told was amazing and enlightening; from the reason for leaving a promising life back in Japan to his world as a BBC radio announcer/producer in London.

Shigematsu's father experienced many of the major events of the 20th century, a real life Zelig.

"He told me he was there when Marilyn Monroe sang happy birthday to JFK (US president Kennedy) and

as a young boy, he stood in the ashes of Hiroshima."

*Empire of the Son* traces not just a father-son relationship but a history of both the world and the Japanese boy who fell out of love with Japan, in love with Somerset Maugham, and the man he became.

Shigematsu's one-person play is both intimate and cinematic with dramatic devices to draw the audience in to the world of the father, the son, and the son's children.

Threaded through the play is the cautionary tale to all adult children not to leave these conversations too late.

"My father ended up dying two weeks before the show opened. We thought he had a lot more time than that," says Shigematsu.

*Empire of the Son* begins Nov. 8 and runs through Nov 17. Tickets available through Gateway Theatre.

The last two runs of this play were sell-outs.

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# Richmond Connects offers helping hands

By LORRAINE GRAVES  
 @LGSentinel

Homelessness and poverty can seem like insurmountable problems when you need three levels of government cooperating to solve multi-faceted problems.

But on Thursday, Oct. 18, the people of Richmond came to St. Alban Church, 7260 St. Alban's Rd. for the annual Richmond Connects Day.

It is the product of many people and groups working toward a common goal, making life better for those who don't have a home or who live with precarious finances.

"For the day, this location becomes a one-stop shop of services, starting at 9 a.m. with a pancake breakfast followed with access to direct services such as haircuts, clothing meals and healthcare as well as information and referral to services that can be accessed year round," says De Whalen of the Richmond Community Connect Planning Group.

This year represents a name change and wider focus, according to Whalen.

"Here in the 10th year, the Homeless Connect team is reflecting the reality of our residents by holding a 'Community Connect' event with the same features of Homeless Connect. There are more and more people needing housing and services in Richmond, due in part to rising rents, low vacancy rates and incomes not keeping pace with costs. Therefore, the event aims to reach anyone in Richmond who is living in poverty or in precarious circumstances."

One of the first things people arriving at St. Alban noticed was the pop-up free bike and lock repair clinic offered by two Vancouver bicycle self-help groups. Many who live in poverty need bikes to get to their jobs. It's a common misconception but it turns out, some of the people living in Richmond who have no homes do have



Photo by Chung Chow

**Sherrie Moog, De Whalen and Dianne Woodhouse.**

jobs. A bike that both works and that can be locked means they can get from work to facilities like St. Alban when they have a long journey and no bus money.

The donated shoes, socks and backpacks made a difference because when you have no home, you have to be on your feet much of the time, carrying all you own with you and you have to walk everywhere. Poverty makes many decisions for you.

One of the important parts of Richmond Connects is a foot care clinic. When you live away from regular showers and laundry facilities, on your feet outdoors, foot problems arise. St. Alban offers a weekly hot shower service. Living rough often means no ready access to bathrooms let alone showers.

People living in poverty or on the streets do not want to look scruffy. They often have no choice. Just think of how you look when you get back from a week of tenting. Imagine living that way year round.

Hair cuts present an unaffordable luxury to many. Hair dresser Anja Liem, who gave Vincent and many

others a trim, allowed those attending to have the same pick-me-up anyone gets with a new hair-do.

Photographer Larry Scherban was then on hand to do portraits of the attendees after their make-overs. A good haircut and some new clothes last long after the sun set on this year's Richmond Connects.

In addition, flu shots and a doctor were available. Information on jobs, housing, mental health, food security and volunteering options abounded.

The pancake breakfast was well attended by various members of the community as was the hamburger lunch with some of the tastiest potato salad on the planet, according to some attendees and this reporter. Oddly enough, it was faintly pink. It tasted marvellous. It was good to connect with other Richmondites sitting around the large round tables eating.

"Over the years, St. Alban Anglican Church and the Richmond Salvation Army on Gilbert have become hubs of services for people who are experiencing homelessness and poverty," Whalen said. "Outreach workers from local service providers connect reg-

ularly with homeless individuals, providing necessities of life and personal connections to help make sustainable changes. People can also drop into Turning Point's Resource Centre and Chimo's lunch program to enjoy a lunch and referrals to needed services and programs."

On Saturdays, from 8 to 10 a.m., St. Alban also offer a shower to anyone who would like one, along with a hot breakfast, a bagged lunch, and internet access.

"None of these services have regular funding and rely on both in-kind donations and financial support."

The committee asks this year that Richmond residents consider giving a little extra so that donations can be forwarded on to the year-round services that do not have regular funding. Those services include outreach, life-skills counselling, community education, the extreme weather shelter and the outreach meal program.

"This financial support can make all the difference during the year for people who need help to get off the street and change their lives."

As evidence of the difference we can make, one of the women helping people find homes has left her own business to do this work.

A mom and a grandmother, she was once homeless when left parentless as a teenager. She knows how important a home is to starting your life over and told the story of a family, a young man and woman living without a home.

When she became pregnant, they needed a place to live. Richmond has a program that offers a home in a house awaiting demolition. This leg up gives a solid start while keeping a house from dangerous vandalism, a win-win. The new parents found work and eventually a long-term place to call home. Three lives back on track.

See Page 13





Draigh Lenoire gets a flu shot from Richmond Public Health's Chris Kwong.

## CONNECTS

From Page 12

It's hard to find a job when you have no fixed address, no place to wash yourself or your clothes and no place to get a safe night's sleep.

And there is concrete proof that Richmonddites can and are making a difference according to Whalen.

"After nine years of holding Homeless Connect events, the volunteer team is happy to see leadership in housing our homeless residents in Richmond. Approved by city council, the 7300 Elmbridge Way development will open its doors to 40 of our approximately 120 homeless folks in the months to come. This is good news."

While poverty and homelessness are far from gone in our city, Whalen lists the

Photos by Chung Chow

Richmond Connects offered a chance to make a difference, one hair cut (supplied by hair dressers including Anja Liem), one doctor's visit or even one pair of socks, shoes or a backpack at a time.



Photo by Larry Scherban Camera One Photography

Donald Terry went from mullet to clean cut, and he's got photographic proof.

way you can make a difference.

"To help, please send monetary donations c/o Richmond Food Bank Society, Unit 100, 5800 Cedarbridge Way, Richmond, V6X 2A7. Make your cheque payable to Homeless Connect"

The power of an individual, working with other individuals, to make life better. After all, isn't that what a community is?

•LGraves@richmondsentinel.ca

## Trustee to offer free legal help

By MARTIN VAN DEN HEMEL  
 @MartinvandenH

Trustee-elect and practising lawyer Richard Lee announced Monday that he'll be offering free legal help to those "who are currently falling through the cracks."

Lee said his new program will help those who aren't assisted by the legal aid programs or pro-bono programs.

Lee suspects his services will be in demand, based on his experience as a second-year law student at the University of B.C. when he and four other students helped the needy and First Nations people with their legal problems.

"...(No) matter how the legal justice system is run, there are always needy people falling through the cracks and there are always those people who are not being helped," Lee said.

"By starting this new free legal assistance program for self-representing parties, only time will tell us whether people need it. I think my heart is in the right place...but as they say, let's give it a go, let's do it"

Lee was elected Saturday, receiving 12,266 votes and finishing sixth.



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# RICHMOND REMEMBERS

Sunday, November 11, 2018



Take some time to remember our veterans at the  
Remembrance Day service at Richmond City Hall, 6911 No. 3 Road.

**10:20 a.m.**

Parade starts marching east towards Richmond City Hall cenotaph.

**10:40 a.m.**

Official ceremonies begin.

**11:00 a.m.**

Two minutes of silence, followed by wreath-laying.

**Following service**

Annual Remembrance Day Reception, City Hall Galleria. Everyone is invited.

**Ceremonies simulcast and online**

The service will also be simulcast into City Hall Council Chambers. Everyone is welcome inside and space is limited. First seating preference will be given to those who may not be able to stand outside for the duration of the service.

The ceremonies will also be streamed online. To access the webcast, click on the Remembrance Day information in the news highlights section on the home page of [www.richmond.ca](http://www.richmond.ca).

**Road closures**

In order to facilitate the event, streets will be closed and traffic patterns will be changed between 8:00 a.m. and 1:30 p.m. During this time, there will be restricted road access.

- Granville Avenue will be closed in both directions from Minoru Boulevard to Buswell Street.
- No. 3 Road will be closed in both directions from Park Road to Bennett Road.



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

## Without speech, pets convey pain through behaviour



**Eyal  
Lichtmann**

We didn't know that our cat, Toby, was in pain or even discomfort. Nothing seemed out of the ordinary. Then we took him for a routine dental procedure and Toby's personality changed.

When we got him home, it was clear to the entire family that something had changed. He seemed like a different cat. His enthusiasm and energy were greater and, rather than lethargic, he was playful and cuddly. He had been in pain and we didn't even know it. Freed of what must have been some nagging, chronic toothache, Toby was clearly enjoying life more.

This was good news, of course. But it was also alarming. As animal lovers, we all want to know that our pets are healthy and happy. It was a wake-up call for us to remember that animals not only can't tell us in words when they are troubled, sometimes even their behaviours don't give us the

clues we need.

When I shared this story with a friend, he told me a very sad story (with a happy ending). A family had no idea their dog was suffering from a painful condition. Then a painter who was working on the exterior of their house told them that whenever the family was away, the dog howled—not from separation anxiety, but clearly due to pain. They took the dog to the vet and the condition was remedied fairly simply.

"Many dogs are incredibly stoic," Dr. Assaf Goldberg told me. "They want their people to be happy and so they don't want to 'complain.' It's an incredible and challenging part of this amazing inter-species relationship we have."

Dr. Goldberg works at the RAPS Animal Hospital, which is the full-service, not-for-profit veterinary hospital we operate, the revenue from which is reinvested into all the programs RAPS deliver as an organization, including subsidized animal healthcare.

"Of course, every dog is different," Dr. Goldberg added. "There are so many ways a dog or cat may be telling you something is wrong."

Among the most obvious is a sharp

change in behaviour. Eating habits might change—but it's also important to note that they might not. Like people, a sore hip or a skin condition isn't necessarily going to affect appetite, said the vet. Aggressive behaviour that is out of character is an obvious sign. So is anti-social behaviour in an animal that is usually outgoing.

"Are they not greeting you at the door anymore?" asked Dr. Goldberg. "Do they seem to be avoiding you when they usually can't get enough attention?"

Sleep habits can also be an indicator—and not always in obvious ways, either. Having trouble sleeping can be a sign. But so can sleeping more than usual—it could mean your dog or cat's body is trying to heal itself, or they may be finding it difficult to move and sleep is the symptom.

"Self-grooming can be a sign, too," said Dr. Goldberg. "Licking themselves is comforting for cats and



dogs and so excessive grooming may indicate problems. Changes in breathing patterns, unusual posture, trembling—there are so many diverse ways your cat or dog may be indicating a problem."

Toby's dental issue was a reminder to my family to watch closely to see what our pets might be telling us. They can't speak our language, so we need to try to understand theirs.

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

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# The Wolves an honest portrayal of teens at Pacific Theatre

By LORRAINE GRAVES  
@LGSentinel

It was the simplest set I have ever seen—fake grass and nothing more, at all. Yet, *The Wolves* is a complex play with the most realistic acting I have ever seen.

The play opens with high school girls, the Wolves soccer team, stretching and warming up for a big game. Each has her own struggles, joys and secret hopes.

*The Wolves* is a chance to be a fly on the wall, experiencing the joking and sometimes fierce interactions, the strong team ethos, and their budding views of the outside world. It's a window into teen girl dynamics. And to boot, each actor performed flawlessly while doing intricate soccer drills.

The lighting gently changed to heighten action and mood. The background sound changed subtly to support the ambient mood. All dialogue was clear. An advantage of Pacific Theatre at Twelfth and Helmlock, you are never more than a few rows from the action.

The one big production change I would have liked is an intermission. The play subtly evokes vivid memories. When one of the girls' moms sends a childhood treat, orange slices, the scent of the peel harkens vibrant remembrances for every soccer parent or player watching.

Knowing only that it was about a soccer team, I took our Sentinel sports reporter.

His take? "The thing that I enjoyed most about it was the acting. I am

glad I went. It was a good show. The sports part was really just the setting...not the basis of the story."

An injury figures both in the script and the cast. Actor Anjel Magpan-tay flawlessly subbed in for the injured Amanda Sum.

*The Wolves* debuted off Broadway in 2016 and, a 2017 Pulitzer finalist, was part of the Lincoln Centre's 2017/18 programming. It is a fresh, current and accurate portrayal of the intense highs and lows of teenage life, straddling the divide, with one wobbly foot lifting off from their childhood while the other foot tentatively stretches toward adulthood.

Afterwards, a woman in the audience called *The Wolves*, "The most honest portrayal of teen behaviour I've seen."

And that was it, the honesty. The performances rang true. Those and the situations, heightened by adolescent hormones, the leaving of childhood's certainty and the longed-for approach of adulthood make this play what it is.

For the *The Wolves*, save the plane fare to New York. See a vibrant, current play in an intimate, professional theatre at home. With free street parking and tickets starting at \$21, this is a bargain. The house was nearly full on a Wednesday night.

*The Wolves* by Sarah DeLappe, presented by Pacific Theatre, a With A Spoon production in association with Rumble Theatre runs through Nov. 10. For tickets: 604-731-5518 or tickets@pacifictheatre.org.

•LGraves@richmondsentinel.ca

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# A NOT SO SILENT NIGHT



Wednesday, November 28 | 5:30pm - 8:00pm  
Audi Richmond Showroom @ the Richmond Auto Mall  
Purchase Tickets Online @ [nssn.eventbrite.ca](https://nssn.eventbrite.ca)

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## About the Event

The Richmond Christmas Fund Army is pleased to announce its very first signature event:

### A Not So Silent Night!

On November 28, over 300 community leaders and guests will descend upon Audi Richmond for a fun, festive evening in support of a great cause.

A Not So Silent Night will feature food and liquor stations interspersed among some of the finest cars and SUVs in the Audi collection.

Guests will also get to enjoy a one-of-a-kind experience in the Mobile Reality VR Racing Trailer!

Last but not least, our good friend and community supporter Howard Blank will be auctioning several unique, high-end items, any of which would make an unforgettable Christmas gift.

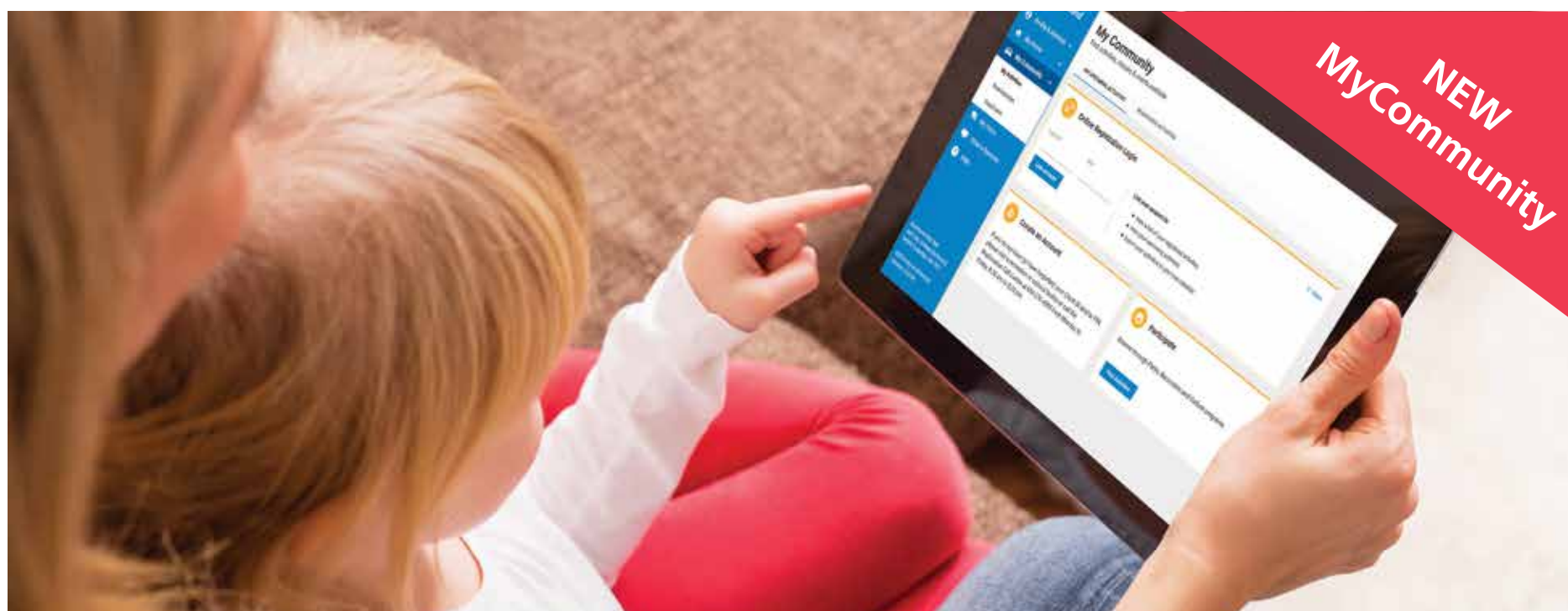
## How You Can Help

Tickets for A Not So Silent Night are \$100. 20 members of the Richmond Christmas Fund Army have already stepped up to purchase 10 each, instantly generating \$20,000 for families in need. We thank the following individuals and businesses for their generosity:

Michael Chiu (Mar-Con Wire Belt) | Bonnie Chu (Maple Freight)  
Wayne Duzita (Aeroterm) | Rob Howard (NCL Management)  
Lee Howarth (TD Wealth Private Investment) | Andy Hobbs  
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Alex Martyniak (EU Chamber of Commerce)  
Chuck Keeling (Great Canadian Gaming Corp.)  
Eric Schroter (Campbell Froh May & Rice)  
Paul Lermite (Assante Wealth Management)  
Vijay Sidhu (West Cambie Residents Association)  
Gail Terry (Richmond Auto Mall Association)  
Richard Vetter (WealthSmart Incorporated)  
Tony Kwan (Pryke Lambert Leathley Russell)  
Pat Watson (Richmond Cares, Richmond Gives)  
Nancy Small (Tourism Richmond) | Yolanda Chao (McDonald's)  
Harjit Sandhu (IG Wealth Management)  
Patti Martin (Patti Martin Real Estate Corp.)  
Gordon Walker (RCG Group) | Grant Bryan (O'Hare's GastroPub)

Tickets are available online at [nssn.eventbrite.ca](https://nssn.eventbrite.ca), with 100% of proceeds benefitting the Christmas Fund. Get yours today, and help ensure that everyone can share in the holiday spirit!





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**MyRichmond**  
*One Step, A Whole City*



# Storeys receives rave review from Avia

By **DON FENNELL**  
@DFSentinel

A new Richmond-based social enterprise is getting rave reviews from its customers.

The latest praise for Storeys Cafe is courtesy of Avia Employment Services, after the Storeys team catered the latter's fourth annual Disability Employment Month Forum and Tea on Sept. 25.

Lonnie Belfer, industry and community relationship liaison for Avia, described Storeys service as being "exceptional."

"Every year we look to enhance this event," Belfer said of the forum and tea held at the Pacific Autism Family Network's GoodLife Fitness Family Autism Hub on Sea Island. "This year

it was an honour to include Storey's Cafe as the caterers. The participants

loved the food. From the presentation of each of the dishes and the wonderful demeanour of the catering staff, they truly added to the amazing day."

Belfer said organizers from Avia (which as a division of Back in Motion Rehab has been proudly providing WorkBC services to local residents since 2012), were invited to a tasting at the cafe several weeks earlier to help select the menu items for its function. He said that made it easy to place the order.

"We could not have been more happy with the experience at our forum," Belfer concluded.

In recognition of BC Disability Employment Month, Avia has provided the forum and tea as a way for service agencies and those identifying with disabilities to share their stories of success.

The executive director of Turning Point Recovery Society also proudly

sends kudos Storeys' way.

"Our team at Storeys Cafe has done an extraordinary job during our first year to develop a fast, growing grassroots cafe and catering business in the heart of Richmond," said Brenda Plant, executive director of Turning

Point.

Spearheading the development of Storeys within the award-winning Storeys Building complex, Plant noted the catering business has been built

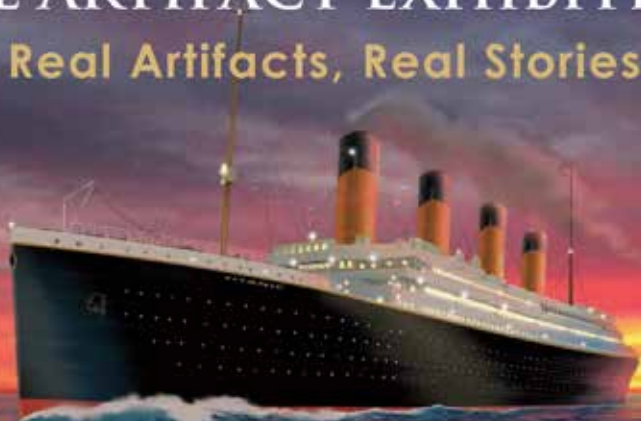
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COMMUNITY COMMENT



DEAR RICHMOND CONSTITUENTS,

Red poppies are a symbol of remembrance and hope. They are being worn by people across BC and around the world this month.

For us, it is a time to pause and remember the lives lost, to show our appreciation to the courageous veterans and their families, and to celebrate the people currently serving in the Canadian Forces.

Recently, I had the honour to participate in the 39 Service Battalion Open House at the Sherman Armoury in Richmond. It is the first armoury specifically designed for a militia service battalion in Canada.

My sincere thanks to the service battalion for welcoming me and for their ongoing service to our country in times of war and in times of peace.

As the MLA for Richmond North Centre, I'm committed to serving the vulnerable, speaking out against violence and prejudice, and supporting equal opportunities for everyone.

Lest we forget.



Teresa Wat, MLA

Richmond North Centre Constituency Office

Suite 300-8120 Granville Ave Richmond, BC V6Y 1P3

Tel: 604-775-0754    www.teresawatmla.ca



News and Information from the City of Richmond

# Remembrance Day ceremony honours our veterans

The annual Richmond Remembrance Day ceremony, honouring military veterans, will take place Sunday, November 11 at Richmond City Hall.

A parade will step off at 10:20 a.m. towards the cenotaph, which is located on the east side of City Hall. Parade units include Canadian veterans, members of the Royal Canadian Legion and Army, Navy and Air Force Veterans in Canada; Richmond's permanent Canadian Forces Unit 39 Service Battalion and representation from public safety agencies and cadet organizations.

Official ceremonies at the City Hall cenotaph will begin at 10:40 a.m. There will be two minutes of silence at 11 a.m., which will be followed by wreath-laying.

After the service, a Remembrance Day reception will take place in the City Hall Galleria. This is a free event where people can warm up with a hot drink and snack and view a number of interesting Remembrance Day displays put together by the City of Richmond Archives and the Friends of the Richmond Archives. This year's exhibits will focus on World War I, as 2018 marks the 100th anniversary of the end of that conflict.

Richmond's Remembrance Day service will also be streamed online. To access the live webcast, click on the Remembrance Day information in the News section on the home page of [www.richmond.ca](http://www.richmond.ca).

The ceremonies will also be simulcast into City Hall Council Chambers. Everyone is welcome inside, however space is limited. First seating preference will be given to those who may not be able to stand outside for the duration of the service.

For more information, please contact the City of Richmond at 604-276-4000 or visit [www.richmond.ca](http://www.richmond.ca).

### We remember online and on our streets

In addition to the annual Remembrance Day ceremonies, the City has a number of other tributes to local soldiers who fell in the line of duty. The book *We Will Remember Them, The Lives Behind the Richmond Cenotaph* tells the personal stories of Richmond soldiers who lost their lives in military service during World War I and II and who are commemorated on the Richmond Cenotaph. Copies of the book are available for purchase from the Archives.

In 2017, the Friends of the Richmond Archives launched an online exhibit, available through the City's website, which profiles all of the soldiers from Richmond killed in World War I and II and the Korean War. To view this virtual exhibit, go to [www.richmond.ca/cityhall/archives/exhibits/remember](http://www.richmond.ca/cityhall/archives/exhibits/remember).

Across Richmond, many of those soldiers have also been honoured by having streets named in their honour. In 2016, the City unveiled special new poppy-adorned street signs along those streets named for our fallen soldiers. The poppy street sign program



The annual Richmond Remembrance Day ceremony will take place on Sunday, November 11 at the Cenotaph at City Hall.

was initiated by the Friends of the Richmond Archives. Profiles of all the soldiers honoured with memorial street names are also available on the City's website at the link previously mentioned.

## City of Richmond Council Meetings Calendar

### Inaugural Council Meeting

7:00 p.m.  
Monday, November 5  
Council Chambers,  
Richmond City Hall

### General Purposes Committee

4:00 p.m.  
Tuesday, November 6  
Anderson Room,  
Richmond City Hall

### Planning Committee

4:00 p.m.  
Wednesday, November 7  
Anderson Room,  
Richmond City Hall

### Council Meeting

7:00 p.m.  
Tuesday, November 13  
Council Chambers,  
Richmond City Hall

### Development Permit Panel

3:30 p.m.  
Wednesday, November 14  
Council Chambers,  
Richmond City Hall

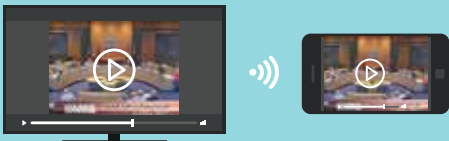
### Community Safety Committee

4:00 p.m.  
Wednesday, November 14  
Anderson Room,  
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)





Photo supplied  
Assisting those  
advanced in recovery  
from addiction to  
transition back into  
the community,  
Richmond's non-profit  
cafe Storeys is being  
lauded by customers.



STOREYS

From Page 19

by reaching out to community partners and colleagues.  
“They’ve expanded the menu and developed a first-class experience of food service, both within the cafe itself and at all of the events we cater,” she said. “Clients from our primary and second stage programs are benefiting from the transition to work program we offer to them through Storeys Cafe. I congratulate the team on this most recent honour and thank all of the corporate and community support we have received this year with

our new social enterprise.”  
The Storeys Cafe and Catering team consists of chef Jamie MacFarlane, assistant chef Elzbieta Dudzik, assistant manager Emily Arcand, special projects workers Zayla Jones, Barista and Jillian Richman, senior support worker Justin Yao, and cafe manager and team leader Marnie Plant.  
Storeys Café is an independent, non-profit venture committed to assisting those advanced in recovery from addiction to gain employment skills and transition back into community.  
Storeys is open from 8 am to 4 pm weekdays at 8080 Anderson Rd.  
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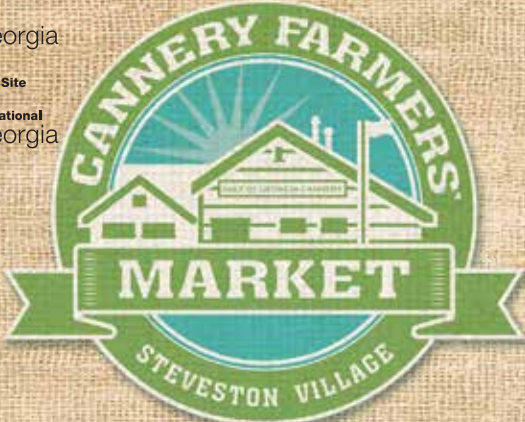
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# Increase in voters results in change in office

By **DON FENNELL**  
 @DFSentinel

Numbers can be interpreted any number of ways, but they do often tell a story.

All told, 47,392 votes were cast from an estimated 132,819 eligible voters during this year's civic election. The roughly 35 per cent turnout is up significantly from 2014 and was just shy of this year's provincial average of 36 per cent. Richmond's voter turnout was in line with other Lower Mainland municipalities.

Voter turnout in Richmond in 2014 was 31 per cent, up from 26 per cent in 2011 and 23 per cent in 2008. The provincial average was 34 per cent in 2014, 30 per cent in 2011, and 28 per cent in 2008.

First elected mayor of Richmond in 2001, Malcolm Brodie—an independent candidate—received an over-

whelming endorsement from the public as he was returned to office by 64.3 per cent of those whose cast ballots. Now the longest-serving mayor in the Lower Mainland, he received 30,452 votes or 64.3 per cent from the 35 per cent of eligible voters who cast ballots. He was also elected with strong majorities in the two previous elections—receiving 27,149 votes or 67.4 per cent support in the 2014 election and 20,955 votes or 67.3 per cent in 2011.

Reflecting the public's appetite for change, incumbent Richmond Team of Electors (RITE) councillor Carol Day topped the polls with 44 per cent of the popular vote (20,871). The Richmond Independent Team of Electors candidate was aligned with veteran incumbent councillor Harold Steves (Richmond Citizens Association) in strongly opposing large farmhouses. Steves finished second in the polls

with 19,136 votes or 40.4 per cent of the popular vote. He has sat on city council for all but four years (when he represented Richmond as a member of the provincial governing NDP in the early 1970s) since 1969.

With longtime councillor Ken Johnston not being re-elected (he finished just over 2,000 votes shy of the number needed), fellow incumbent Chak Au remains the lone councillor representing the Richmond Community Coalition party. Au finished with 38 per cent of the popular vote on 18,026 votes—the third-highest total earned for a position on city council.

Two candidates representing Richmond First, which previously held the power of balance of power, re-elected two incumbents—Bill McNulty and Linda McPhail. McNulty earned the fourth-most votes with 17,242 or 36.4 per cent of the popular vote. He had topped the polls in each of the previous two elections, with 42.2 and 51.2 per cent of the votes in the 2014 and 2011 respectively.

McPhail garnered 15,521 votes for a 32.8 per cent shares of the popular vote, while RITE candidate Michael Wolfe became a first-time councillor by earning 13,627 votes or 28.8 per cent of the popular vote.

The eighth and final council spot went to incumbent Alexa Loo. An independent, she got 13,212 votes or 27.9 per cent of the popular vote. Fellow incumbent Derek Dang a

member of the Richmond First party, finished fewer than 100 votes back. However, Dang has said he will not ask for a potential recount. Dang had the fourth most votes—14,844—in the 2014 election.

The makeup of the Richmond School Board was also altered following the Oct. 20 civic election, with three incumbents replaced. Eric Yung, who had been board chair, received just over 20 per cent of the popular vote, while Alice S. Wong lost her seat after garnering 23.1 per cent of the popular vote. Jonathan Ho chose not to seek re-election and instead ran unsuccessfully for a seat on city council.

Ken Hamaguchi, who in the 2014 election ran as independent, topped the polls for the seven trustee seats with 17,196 votes or 36.3 per cent of the popular vote.

Another longtime incumbent and former chair, Donna Sargent of the Richmond First party, earned the third-most votes with 15,947 or 33.6 per cent of the popular vote.

Two newcomers, Richard Lee (who ran an independent candidate) and Norm Goldstein (Richmond First), won the final two seats. Lee had just under 26 per cent of the popular vote and Goldstein just under 24 per cent.

Karina Reid of the Richmond Education Party finished less than 200 votes behind Goldstein with 11,064 votes compared to 11,234.

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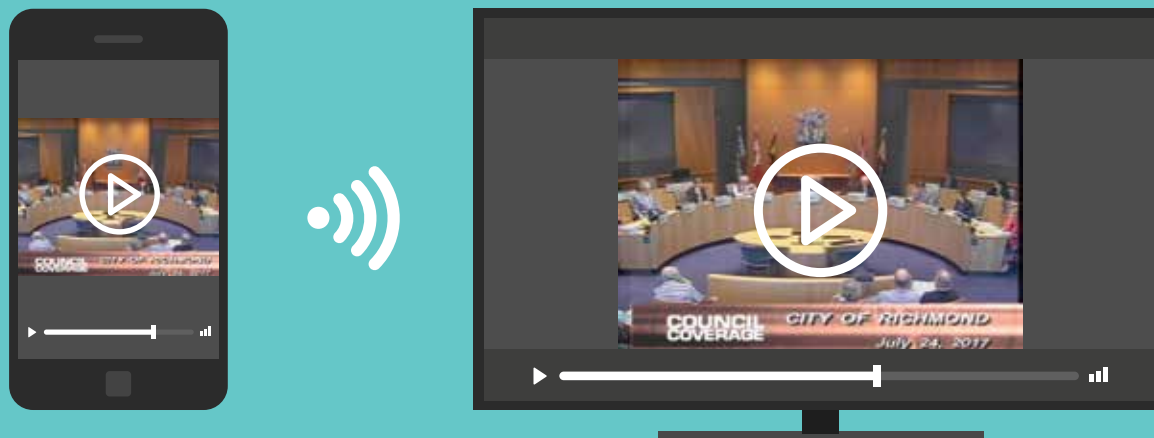
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# Sport medic's pioneering work is never done

By DON FENNELL  
@DFSentinel

The Jack Taunton story is one of courage and conviction, of overcoming obstacles, and making a difference. His induction Sept. 29 to the Richmond Sports Wall of Fame in the category of Special Achievement celebrates a love of athletics with pioneering the field of sports medicine.

Recognized as one of the world's leading and most respected sport medicine practitioners, Taunton spent 40 years as a physician, researcher and educator. Today, the fruits of his labour are being employed throughout the athletic world.

"Jack Taunton's selection to the Richmond Sports Wall of Fame is a much-deserved honour and recognition of the importance of sport science and medicine," says Lawrie Johns, a longtime Richmond resident and Basketball BC executive director. "Jack's national and international accomplishments are well documented. He is simply a leader, and that leadership has enabled sports administrators, coaches and athletes at the local level to understand the importance of proper training, preventative skill development and rehabilitative exercises based on the best scientific research.

"We in Richmond, and throughout our province and country, are privileged to be a recipient of Jack's extraordinary work and career," continues Johns, a proud Richmond parent of former Canadian Olympic swimmer Brian Johns.

## OVERCOMING OBSTACLES

Now 71, Taunton has had to endure numerous challenges on the path to fulfilling his mission which is far from complete. Despite often debilitating pain, he continues to work tirelessly to build on a legacy of groundbreaking work.

Born with a cardiac condition that ultimately led to his needing open heart



Photo by Chung Chow

**Renowned the world over as a pioneer in the field of sports medicine, Dr. Jack Taunton was recently inducted to the Richmond Sports Wall of Fame.**

surgery in 2000, Taunton contracted the paralytic polio virus when he was only five years old. He has also undergone seven major spine surgeries, yet—reflecting the fact he is himself an athlete of considerable accomplishment—has still been able to finish 63 marathons while running more than 120,000 miles. That is the equivalent of circumnavigating the earth nearly five times.

Most of those miles were run on the dykes and tracks of Richmond, says Taunton, where he resided with his wife Cheryl for nearly 30 years. It's where the couple raised their two daughters.

The entire family was actively involved in sports, with eldest daughter Kristen going on to play for the Canadian women's field hockey team at many international competitions. Carla was an equally accomplished athlete, with both also playing high level

soccer while in high school. As adults both earned doctorates—Kristen became an orthopedic surgeon and Carla a professor of art history and critical studies.

Both mom and dad (as a father and doctor) were often on the sidelines at Kristen and Carla's games, always a constant source of inspiration.

It's the power of positive thinking, coupled with determination and extraordinary vision, that has enabled Taunton to carry out his efforts. At the same time, he's quick to credit his wife Cheryl without whom, he insists, nothing he's achieved would have been possible.

The couple met as student-athletes at Simon Fraser University—Jack in football (he played in the first Shrum Bowl between SFU and UBC) and Cheryl in basketball, starring for the women's team. They've been insepara-

ble ever since.

Jack Taunton studied math and history at Simon Fraser University, and in addition to playing football also represented the Clan in soccer and distance running. His interest in athletic performance inspired him to enrol in the newly-introduced kinesiology program of which he was one of only six students.

He then found his way to medical school at UBC, where he excelled. As a student, he carried out a research project at Vancouver General Hospital on the use of hyperbaric oxygen.

## FUTURE FORGED AS A KAJAK

Being an ardent runner, it was little surprise that Taunton found his way to the Richmond Kajaks Track and Field Club. There he met Dr. Doug Clement,

See Page 25

## JACK TAUNTON

From Page 24

who along with his wife Diane, founded the club in 1961. Jack and Doug would forge a close friendship that continues to this day.

"Jack first came to Kajaks as a student from SFU to train with our running group," recalls Doug.

"Notable immediately was his exceptional ability to optimize his ability with a ferocious drive and determination. This trait still exists today. His tremendous focus to maximize each and every challenge has propelled him to an outstanding career as a father, friend, physician and teacher."

Taunton and Clement have established many partnerships through the years, starting with a family practice on Gilbert Road in Richmond. They then opened the first referral-only sports medicine clinic, and launched the Terra Nova Sports Medicine Clinic which was moved to UBC in 1979 to become the Allan McGavin Sports Medicine Centre—the first integrated sports medicine centre in Canada.

"We saw so many Richmond athletes in the clinic including Ron Putzi from Richmond High, and Tom Howard and Lynn Kanaka from the Kajaks," said Taunton.

### LAUDED AS CHIEF MEDICAL OFFICER

One of Taunton's most recognized, and lauded, efforts was as the chief medical officer for the 2010 Olympic Winter Games and Paralympics in Vancouver. As head of anti-doping, he was very involved in establishing the lab on the first floor of the Richmond Olympic Oval. His work during the Games has been called the best ever, and he has been asked many times since to share his methods.

Taunton also raised \$7.2 million for medical services for the 2010 Games.

"Our budget just wasn't enough," he explained. "(And) we had H1N1 (influenza) and had to vaccinate all those people."

Four years before at the Torino Games, Taunton had outlined his plans for the Vancouver Games which included "Things that they never had before like an orthopedic clinic. It's why they later said we put on the best

Games ever."

This December, the International Olympic Committee has invited Taunton to Switzerland to share his methodology with medical officers.

"The medical needs at Games are often the last thing they think of (but critical in importance)," Taunton said.

### WORK NOT DONE

These days, Taunton's focus is on several projects including a fundraiser for Uganda that is clearly close to his heart.

"Three years ago we teamed with a similar clinic to us in Victoria called Rebalance," he explains. "I had worked with one of their orthopedic surgeons there, who is originally from Zimbabwe, and who had gone back to open some clinics (after clinics were burned down during civil strife). So they were looking for a safe place in Uganda, and we opened a small rehab hospital in Kampala called CoRSU."

As part of extensive bucket list, Taunton is also now raising funds to study people dealing with, among other challenges, Parkinson's disease, Alzheimer's and depression; particularly those athletes with ongoing problems

associated with concussions.

He's also preparing for Vancouver Showcase 2018 Nov. 18 to 24 at the Vancouver Trade and Convention Centre featuring four men's and eight women's Division 1 college basketball teams. This will be the third year in a row he's been involved in organizing a sport medicine clinic for all the medical personnel.

And as if that's enough, he's also gearing up for the next summer's Poco Grand Prix cycling event.

During a career that has spanned several decades, and featured many highlights, Taunton looks back at them fondly. They include being the team doctor at every practice with Canada's men's basketball team (captained by future NBA star Steve Nash of Victoria) at Riverport Park in Richmond, before he and the team made their way to the 2000 Olympics in Sydney, Australia.

Taunton was also the chief medical officer for the Canadian teams at the Sydney Olympics, a position he also held with the Vancouver Grizzlies during their NBA run from 1995 to 2001, as well as at two Pan American Games and two World Student Games.

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

## Fundraising for Uganda Sports Medicine and Education Program

Jack Taunton is on a mission.

A professor emeritus in the faculty of medicine at the University of British Columbia, he is working tirelessly to gain support for the Uganda Sports Medicine and Education Program.

On Nov. 20, he'll host a fundraiser at Mahony and Sons Modern Irish Pub on the university campus (across from War Memorial Gym) starting at 6:30 p.m. The funds will go toward a muscle tendon ultrasound machine for Uganda.

"Over half their national teams are injured, so we teach and train physicians," he explains. "We see and

teach over 120 (individuals) for seven days."

The sessions are held in a tent on the side of a field hockey pitch, beside the national sports council and in the Corsu hospital.

"This year we are also sending two of the local physios we train to the FISU World Student Games, plus a school bus and hopefully a container for our education program," Taunton says. "We have partnered with Rebalance Sport and Orthopedics in Victoria. We'll take two sports physicians and physios and a radiologist, as well as brace and an orthopedic maker and our manager. On alternative trips, we

hope to include additional orthopedic surgeons for the athletes."

Taunton is grateful for the support locally for the program. This includes silent auction items, as well as a school bus to pick up children from the villages and shuttle them to school.

"We also have a small kitchen, and have installed solar panels on the roof of the bus as it gets cold in Northern Uganda," he explains.

Taunton is also hoping to get shipping containers donated to serve as classrooms in the Bidi Bidi Refugee Camp.



**Thursday, Nov. 1 vs. White Rock Whalers**  
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**GIRL GUIDES OF CANADA**, Christmas Fair, and Tea, Saturday, Dec. 1, 11 am to 3 pm, Thompson Community Centre Annex. Tea \$5.00 (sandwiches/goodies), Christmas gifts, "treasures", baking, preserves.

**STEVESTON UNITED CHURCH** Annual Christmas Bazaar, Saturday, Nov. 17, 10 am to 2 pm. Chow mein lunch, preserves, delicious home baking, Asian food market, silent auction, Christmas crafts, visit from Santa, huge theme basket raffles, hot dogs and much more.

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**GUESS WHO PAINTED THE PICTURE?** 50% proceeds to Richmond Food Bank. Saturday, Nov. 3, 10 am to 3 pm, South Arm United Pioneer Church, No. 3 Rd and Steveston Hwy.

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**MUSHROOM SHOW** at Richmond Nature Park, Sunday, Nov. 4, 11 am to 4 pm. Discover the fungus among us as the Vancouver Mycological Society presents a show of local autumn fungi. Bring mystery mushrooms for identification. All ages. By donation.

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**ELECTION ISSUE ANSWERS**

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# Eugene Sheffer's crossword

ACROSS

- 1 James Bond  
portrayer Daniel
- 6 Road crew
- 12 Ice cream choice
- 13 Lack of vitality
- 14 Gerrymander
- 15 Sty
- 16 Not many
- 17 Star athletes, briefly
- 19 Moreover
- 20 Arias for one
- 22 Very long time
- 24 Greek X
- 27 Prima donna
- 29 Float gently
- 32 Ulterior motives
- 35 Jacob's twin
- 36 Coaster
- 37 Noah's boat
- 38 Yank's foe
- 40 Let fall
- 42 Mimic
- 44 "Star Wars" royal
- 46 Glimpse
- 50 Nonprofessional
- 52 Snacked (on)
- 54 Consecrate with oil
- 55 Clusters
- 56 Wall plaster
- 57 Relaxes

DOWN

- 1 Staff leader?
- 2 Demolish
- 3 Acknowledges
- 4 Charged bit
- 5 Glitch-causing  
gnomes
- 6 Shakespeare
- 7 Ouzo flavor
- 8 Be a couch potato
- 9 Mexican entree
- 10 Nothing in Nantes
- 11 Grit
- 12 Monk's title
- 18 "The Four Seasons"
- 21 Poetic tribute
- 23 Possess
- 24 "Evita" narrator
- 25 That guy's
- 26 Challenger's words
- 28 Info on a toy  
package
- 30 Distant
- 31 "For shame!"
- 33 Expected
- 34 Tokyo, once
- 39 Mel who voiced  
Bugs Bunny
- 41 Mexican money

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

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

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Conceptis Tic-Tac-LogicBy Dave Green

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

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