



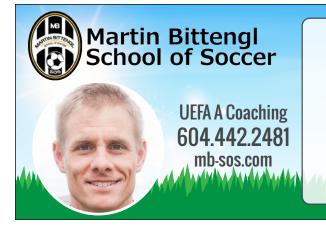


VOL.1 ISSUE 13 778.297.5005 September 2017



Photo by Chung Chow

Composer, performer and Richmond resident Charlotte Diamond, beloved for *Three Hugs a Day*, *The Hug Bug*, and *May There Always be Sunshine*, was honoured in Ottawa last week.



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Seniors find inspiration in Forever Young 8K

By **DON FENNELL** @DFSentinel

ne morning earlier this summer, John Young, his wife Joan, and 40 others ran or walked 10 kilometres through Richmond's city centre.

It's a routine they practice every Monday and Wednesday, rain or shine. The lone exception is if it happens to be Christmas Day.

"We run on our own volition," explains Young, who as a 70-something retired teacher supports his position that seniors are more active than ever before.

The city centre route is just one of 16 followed by the Forever Young Running Club, which Young helped to launch almost a decade ago.

"Sometimes we get more than 50 runners out," says Young, whose club boasts a membership of more than 100 and currently has a waiting list.

"Parking and coffee are becoming our biggest challenge."

Participants—mostly golden-agers although a few "youngsters" have been known to join in-cover the gamut. Gwen McFarlane, who has five age-group records in the half-marathon and marathon, is perhaps the club's most famous member, but there are also many talented recreational runners. Perhaps surprisingly though, it's walkers who make up two-thirds of the group.

Three years ago, Young, perhaps further inspired by the growing in-

terest in the Forever Young Running Club, launched an event to complement the year-round venture. The Forever Young 8K—scheduled to start at 9 a.m. Sunday, Sept. 10 at the Richmond Olympic Oval—is the only race of its kind exclusively for seniors 55 or older.

Overseeing the event for its first two years, Young has embraced the opportunity to pass the proverbial organizing torch to the oval. Gerry De Cicco, director of sport services at the oval, says it "provides yet another opportunity for the oval to engage with a fantastic, healthy community of vibrant seniors."

"The run is really an example we can set for the country, to make this an event that continues on for years to come," explains De Cicco, who is quick to praise the many contributions the Youngs have, and continue to make to the Richmond community.

For his part, Young says he hopes the Forever Young 8K race "gives the oval more exposure to seniors and fitness and all the programs they have there."

"One of the goals we have is that the 8K will show the world that seniors are active," he continues. "They're out there and staying fit. And I hope it will build a reputation that spreads across the masses. Last year we got two runners from Washington state and a fellow from Illinois, who read about it while he was in town that weekend. Eventually, I'd love to see



Photo by Don Fennell

With his wife Joan (right) and Richmond running legend Gwen McFarlane (left), John Young formed the Forever Young Running Club eight years

it go right across Canada with events in Calgary, Edmonton, Regina, Winnipeg, you name it."

Suggesting there is becoming a glut of running events, Young has deliberately tried to separate the Forever Young 8K run from the pack. For example, first-place finishers in their respective age groups receive a bottle of B.C. wine, instead of the traditional gold medal.

The last thing many of them need is another medal, they've got shoeboxes full of them," he explains.

A not-for-profit initiative, the Forev-Dream On Seniors Wish Foundation. Similar to the more recognizable children's Make-A-Wish Foundation, its

goal is to give older people, who perhaps can't afford it, the opportunity to attend a professional sporting event or acquire a cane or repair a walker.

"We gave them about \$7,000 last year and the person looking after the site was flabbergasted," Young says.

Distinctive in their sky-blue t-shirts, participants in the 2017 Forever Young 8K will be distinguished in a second way too. They'll be the ones with huge smiles on their faces because, as Young puts it, "the social side of it is arguably as important as the run."

For more information or to register er Young 8K charity of choice is the for the Forever Young 8K contact Angela Straker at astraker@richmondoval.ca.

•dfennell@richmondsentinel.ca





City of Richmond

City Board

Asphalt paving advisory July 7 to November 30, 2017

The City of Richmond has contracted Lafarge Canada to grind and pave the following locations in Richmond from July 7 to November 30, 2017:

Pavement spot repairs

- 11351 No. 1 Road
- 11800 No. 2 Road
- 12031 No. 2 Road
- 11511 to 11711 Steveston Highway and 11393 Steveston Highway

City block paving locations

- Minoru Boulevard (Lansdowne Road to Ackroyd Road)
- Railway Avenue and Blundell Road intersection
- 11000 Block No. 5 Road
- 9000 Block No. 1 Road
- 10000 Block No. 1 Road
- 13000 Block Steveston Highway
- 6000 No. 5 Road
- No. 3 Road (Westminster Highway to Ackroyd)
- No. 5 Road and Bridgeport Road intersection
- Steveston Highway (Mortfield to No. 4 Road)
- Steveston Highway (10471 to Shell Road)
- 9000 Block Westminster Highway East bound lanes
- Alderbridge Way (No. 3 Road to Garden City) spot repairs only

Work hours will be 7:00 a.m. to 8:00 p.m. on weekdays, and 7:00 a.m. to 8:00 p.m. on weekends. Night time work hours will be from 7:00 p.m. to 5:00 a.m. (typically).

Traffic will be reduced to single-lane and there may be temporary lane closures. Delays may occur. The use of an alternate route is strongly encouraged.

This work is weather dependent and dates are subject to change without notice.

Questions may be directed to Wasim Memon, Contract Administrator, at 604-276-4189, or visit the City's paving program webpage at www.richmond.ca (City Services > Roads, Dykes, Water & Sewers > Construction Projects > 2017 Paving Program).

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www.richmond.ca



15,000 flock to Steveston dragon boat festival

By **DON FENNELL** @DFSentinel

Saturday in Steveston.

Blessed with clear blue skies on a picture-perfect August summer day, more than 15,000 people flocked to picturesque Bayview Street to enjoy the eighth annual dragon boat festival. And whether it was simply to watch the races or to partake, wide smiles prevailed.

Event organizer and Canadian International Dragon Boat Festival the racers also extended to the shore general manager Ann Phelps' explanation for the resounding endorse-

ment is simply the culture of dragon boating.

"It's very inclusive and diverse," she he stars seemed perfectly aligned says, attracting people from all ages, ethnic groups and financial levels. "But they work as a team. You have to do that to move the boat properly, and in communicating you become friends. Something you notice is that people meet as strangers and by the end of a season are friends. There's always a place on a dragon boat regardless of who you are."

The level of co-operation among

See Page 5



Blue skies made for a great day in Steveston.

Photo by Chung Chow



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richmondsentinel.ca September 2017 COMMUNITY | 5



Racing drew 15,000 people to Steveston.

Photo by Chung Chow

DRAGON BOAT

From Page 4

at the Steveston festival. Phelps notes the corporate support is outstanding, giving particular kudos to the Onni group which not only threw its financial support behind the event but also offered on-site parking and the use of on-site spaces. She also praised all the other area neighbours who embraced the event, including residents who frequently called down from their balconies "What race is this? We want to invite our friends over."

Aside from a couple natural chalmondsentinel.ca lenges—races can accommodate •dfennell@r

only a maximum six boats because of the width of the Fraser River and this year a particularly low tide—the on-the-water course which extends from Imperial Landing to the Britannia Heritage Shipyard was enthusiastically embraced by the nearly 1,000 paddlers, including many from out of town.

With the festival's success, and talk of expanding to a two-day event, Phelps says Richmond should consider establishing a dragon boating centre like the one which opened last year in Vancouver.

•Video and more photos at richmondsentinel.ca

•dfennell@richmondsentinel.ca

World Festival highlights Labour Day long weekend

By **DON FENNELL** @DFSentinel

A celebration of global proportions will mark some of the final days of summer this Labour Day long weekend.

In only its third year, the Richmond World Festival has evolved into a can't miss event, winning both national and international event honours. And this Friday and Saturday (Sept. 1 and 2) the lineup

will again reflect the community's many sounds, tastes and colours of our diverse community while celebrating Canada's 150th anniversary.

A free celebration of music, food and culture, the festival presented by Coastal Capital Savings will feature over 75 music and dance performances on nine stages including popular Canadian rockers Tokyo Police club and Korean hip hop star Verbal Jint.

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Singer Charlotte Diamond receives Order of Canada

By LORRAINE GRAVES @LGsentinel

harlotte Diamond is a power-→house of warmth, diligence and creativity. With a broken shoulder blade that puts her right hand out of commission, amidst packing up her Richmond home of over forty years, Charlotte Diamond flew off to Ottawa for a gala ceremony and dinner on Friday, Aug 25 to receive the Order of Canada from Governor-General, David Johnston.

Charlotte Diamond's songs have woven themselves into the fabric of childhood for more than three generations. Most of us know the words to Diamond's songs, Four Hugs a Day, and May There Always Be Sunshine.

Diamond started her full time musical pursuits by quitting her teaching career, cashing in her entire teacher's pension to fund her first album, 10 Carrot Diamond. She says, "Sometimes you have to take a risk."

The official recognition cites Diamond's music, her work with children, and her work with educators. Diamond says of her Order of Canada, "It just validated all those 32 years of teaching, performing, and teaching teachers."

Canadians are barred from having knighthoods or titles from any country. The Order of Canada bestows the same high recognition



Charlotte Diamond ends her summer on a high note.

Photo by Chung Chow

yet maintains the equal rank of all teachers. I started in 1985. I started time up in Sechelt enjoying the Canadians.

A few days before the ceremony Diamond said, "It's going to be very very exciting. I have a lovely black sling that I can wear."

Looking back over her career, Diamond says of her Order of Canada, "It just validated all those 32 years of teaching, performing, and teaching

off with a bang. I don't know how I managed it all in those days, being a mom."

Entering the last third of her life, children are still foremost in Diamond's mind while preparing for her move up-coast, "I will of course trim back some of the touring. It's demanding and I want to spend more

beautiful location and my grandkids. This is an important stage of

Diamond still looks to the future, "I always want to communicate the importance of music, and the importance of music in bringing joy and levity to our lives."

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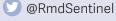
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Steveston Grand Prix of Art brings artists together

By **LORRAINE GRAVES** @LGsentinel

he Steveston Grand Prix of Art brings together artists from around the province to work in any painted medium on Saturday, Sept. 23.

Asked why he will be participat-

ing, professional artist Arnie Fisk the public. says: "Painting outside in the moment."

"I'd like (to paint) something with old buildings in it; I like the weathered wood," Fisk says.

They paint en plein air, which \$2,000 in cash means outside.

At 9 a.m., the event organizers,

Phoenix Art Workshop in Steveston. randomly assign scenic location somewhere in the vicinity to each participant. The artists then have from 10 a.m. until 1 p.m. to complete their painting, at which time, the paintings are available for purchase by

The public can

also vote on the "People's Choice Award."

With more than prizes for the finalists, the artists have additional incentive to do their creative best.

Long-time professional and Steveston resident Mike Rossiter said he enjoys working in all mediums.

all of them. I'm just trying gouache to water colour. To me it's just an easier medium to work with. I like



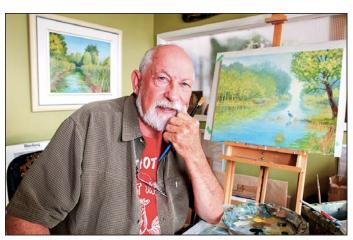
Painter Mike Rossiter.

Photos by Chung Chow

the transparency of the colours."

The Grand Prix of Art, not just "Acrylics and oils--I've painted in an event for the painters, offers an excuse for everyone who loves to but I really like watercolour. It was wander about Steveston; this time, my first medium. I keep going back they can wander and watch the plein air artists plying their craft.

•LGraves@richmondsentinel.ca



Artist Arnie Fisk to compete at Steveston Grand Prix.

Sept 23, 7:30pm Sept 1, 7:30pm **MIDNITE EAGLES**

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Sept 2, 7:30pm COMFORT ZONE Pre-Draw "Tune Up"

Sept 8 & 9, 7:30pm LONE STRANGERS

Sept 10, 6:30pm SPECIAL EVENT **WESTERN DAY!** Aaron Halliday's "Almost Alan". Grub & Prizes! See website for details. Fri & Sat 5:00-7:30pm

Sept 15 & 16, 7:30pm CHEEK TO CHEEK Sat, Special 50 & 60's Night, Spot Prizes

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Pre-Draw "Tune Up"

Sept 30, 7:30pm

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Reaching out in English, Cantonese and Mandarin, Richmond Hospital Foundation's Community Cares Month unites our diverse community to inspire support for an important cause – to ensure local health care is there for you when you need it, now and in the future.

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Above: Dr. Matthew Kwok is an Emergency Physician at Richmond Hospita



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Above: Richmond Hospital orthopedic surgeons, Dr. Fay Leung and Dr. James Douglas, and team require both state-of-the-art facilities and equipment to assess and treat patients

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Kids' Only Swap Meet

West Richmond Community Centre

SEPTEMBER 16 10:00AM-12:00PM

Kids' Only Swap Meet

Thompson Community Centre

SEPTEMBER 23 & 24

Grand Prix of Art

Steveston Village / Britannia Shipyards

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Photo by Chung Chow New head coach Steve Robinson is ultimately focused on leading the Richmond Sockeyes to a Cyclone Taylor Cup this season. The local junior hockey club is hosting the provincial championship next April.

Sockeyes look to soar this season

By **DON FENNELL** @DFSentinel

Iften referred to as Canada's gift to the world, hockey season is here again.

The Richmond Sockeyes face off against the North Vancouver Wolf Pack in their 2017-18 home opener Thursday, Sept. 7 at Minoru Arenas. Game time is 7 p.m.

Great anticipation fills the air for the start of the Sockeyes' 45th campaign, their 27th in the Pacific Junior Hockey League (PJHL) They are the most successful franchise in PJHL history with six league,

five provincial and two national titles, and as hosts of this year's B.C. championship tournament next April have their sights set on another Cyclone Taylor Cup.

"If we can achieve 50 wins we will have accomplished all our goals for the season," says newly-appointed head coach Steve Robinson. "We have broken the season down to 11 four-game segments. Our goal is to win at last three of every four starts."

A player's coach, Robinson's teams in minor hockey enjoyed much success. He coached the Seafair Midget A rep team last year and is anxious to introduce the Sockeyes to an up-tempo,

entertaining brand of hockey he hopes will not only produce positive on-ice results but also increase fan engagement.

"We have to do our part on the ice, but we are going to be very active off the ice too trying to stimulate interest in the team, tapping into alumni, minor hockey, schools, wherever we can to get a few more people to the rink on Thursdays to support the team," he says. "The players are always more energized with a decent crowd on hand. If we can start this in the regular season, we should see steady improvement into

See Page 11

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SOCKEYES

From Page 10

the playoffs and peak during the hockey with some good friends. Cyclone Taylor Cup."

Veteran general manager Richard Petrowsky has again provided his club with a plethora of talented prospects to help round out a roster that is expected to feature as many as 12 players from last year's team. That edition of the Sockeyes, after a third-place, regular-season finish (22-13-3-5) went on to push eventual playoff finalist and historic rival Delta Ice Hawks to the brink before bowing in a memorable seven-game series.

olds including Tyler Andrews, Brett Gelz, Connor Kavanagh, last season's leading scorer Arjun Badh (40 points) and top goal scorer Brodie Crawford (22). Seafair grad Jacob Latrace will assume the No. 1 goaltending job after sitting out last

season, while Tyler Paterson has opted to forgo an opportunity to suit up for the Surrey Eagles in order to play his final season of junior

"There will be lots of natural leaders in the room," says Robinson."We have a very mature group of kids who are hungry and motivated to take advantage of the opportunity to host the Cyclone Taylor Cup. I expect us to be a team of balanced scorers. We don't necessarily have any game breakers but I think we are positioned well to have multiple players contributing on any given night."

EYE BROWSE: The Sockeyes reg-The core features five 20-year- ularly play their home games on Thursdays at 7 p.m. at Minoru Arenas. Tickets are \$10 (\$6 seniors and students, \$3 children) and available at the door on game night. They are also available in season-ticket packages.

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> SEP 3,17

Pacific Festival bridges cultures

By **LORRAINE GRAVES** @LGsentinel

M embers of Richmond's Chinese community are reaching out to the English-speaking community.

Everyone is invited to the Gateway Theatre Pacific Festival produced in conjunction with Richmond's Sky High Productions.

Every Cantonese performance of *Tuesdays with Morrie* and *Travel with Mum* will have full English surtitles, the same translation service offered to opera-goers in Vancouver and simplified English surtitles for those who speak Mandarin but don't understand Cantonese. It means, regardless of language, the play's rich messages will engross all in attendance.

The first play runs Aug. 31 and Sept. 2. Tuesdays with Morrie, is based on a best selling American book about a young man looking for new direction

in his life as he spends a day a week with a former professor gradually exiting his life.

Artistic director and lead actor, Ting-Lung Ko, says he would like to change the play in the future, basing it more on local places and norms.

Ko says he would like to cast "The older professor as Caucasian, while the young man he teaches—Chinese, like Richmond today."

According to Esther Ho, president of Richmond's Sky High Productions, after watching over 300 plays around the world to make her choice, the second play she's bringing in for the festival, has universal appeal. Though originally written in Cantonese, anyone who has taken a challenging elder on a trip will be nodding, according to Ho. Travel with Mum, runs Sept. 15 and 16, with full surtitles in English and simplified Chinese.

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Kids' Galaxy City offers glimpse into the future

By **DON FENNELL** @DFSentinel

The city of the future is here today.

At least in the eyes of some children at a summer camp in Richmond.

The kids, aged five to 11, spent part of their annual holidays imagining their community as they'd like it to be. During a threeday span recently, they designed Galaxy City, a prospective urban metropolis.

"It's a high-tech city," explained the group's city manager Tiffany, 11, noting with safety being a top priority, security cameras are strategically mounted above streets named for pioneering residents like Kevin, Bob, Maya, Eva, Brenda, Anson, Alivia and Kellv.

One of most obvious examples of being on the cutting edge of tomorrow is a visit to any of Galaxy City's Gasy Gus gas stations. It takes only three seconds to fill up your vehicle after driving through a specially-designed tunnel, proudly notes owner-operator Megan.

Alivia's Green Cross Hospital is also replete with the latest medical advances, while Huggies Academy principal of operations, Oliver, is equally proud that the city's schools are all fitted with an up-to-date digital computer network to broaden every student's horizons. Teachers Kaleb. Alysha and Kaitlyn say the level of academic engagement is unparalleled.

As one might imagine, Rob the Bank, at the hub of the city's financial district, also incorporates the latest technology. Founder



Photo by Don Fennell

A group of Richmond children gather around their prototype community of the future, Galaxy City.

Nicole made it a priority from gent beings. day one to offer patrons "service above and beyond the norm." Keeping the peace is also a big deal in Galaxy City, and led by Sheriff Angelina the Cyber Forces do just that.

By far the most popular supermarket in Galaxy City is Bosco's. The vast warehouse-style outlet stocks every conceivable household item and then some.

Technology is also top of mind when it comes to controlling the environment, including the weather. Grids of solar panels, visible as far as the eve can see. efficiently store energy for a community blessed with plenty of natural sunshine.

But it's not until you meet the robots that you appreciate how futuristic Galaxy City truly is. All 126,000 residents have their own personal robot, and Benjamin's 8-Bit Trampoline Park, itself operated by a robot named 8-Bit, is routinely packed with the intelli-

City manager Tiffany says the robots carry out most menial tasks, while giving residents more leisure time to simply enjoy life. That includes a visit to the iconic and ever-popular McDonald's, Harvey's Sushi Ship, Cayley's Melted Puddle Ice Cream Shop and Freddie's Pizza Place where each order is quickly filled by the always-friendly staff of robots. Tiffany and Cayley also own their own jewelry store, specializing in precious stones, while Anson the Annoying Shop is the go-to source for all practical jokesters in town.

Galaxy City's airport is, naturally, high-tech too. But it's temporarily closed in order the facilitate a rapid rebuild that will see its original size more than double.

It took three days for the children of Richmond to conceive Galaxy City and then create a mock up.

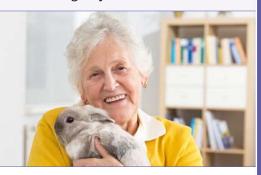
•dfennell@richmondsentinel.ca





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14 | September 2017 RICHMOND SENTINEL

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 production@richmondsentinel.ca. Deadline: Thursday, Sept. 7 for the Mid-September issue (25 words max.)

Volunteers

HABITAT FOR HUMANITY is well under way building six single family homes in Richmond. We need plumbers and volunteers. Interested? email sbaker@habitatgv.ca

IMAGINE recovering from hip surgery without the walker you really need? As a Canadian Red Cross volunteer, you can help your neighbours with health equipment loans. Apply at www.redcross.ca/volunteer or email bcyvolunteering@redcross.ca

Volunteers

SOUTH ARM COUNTRY FAIR,

seeks volunteers, young and old, to help with prep and the actual fair date. Sept 16.

Students welcome. Contact: Pat Walach p.walach@hotmail. com

VOLUNTEER

SYMPOSIUM: Join BCACG & Volunteer BC – at Volunteer Futures Symposium -Oct 4 & 5, Richmond. Learn about Building Diverse Leadership Networks, Youth Engagement, Technology & more. For more information, visit: http://bit.ly/ **VOLFUTURES17**

Events

THE SKILLED VOLUNTEERS who help us, need your help. RCMSARS, Richmond's Royal Canadian Marine Search and Rescue fundraiser, Sept 9 from 5 to 10 p.m. At the Seine Net Loft, Beer tasting, live music, door prizes, silent auction. Tickets: eventbrite.ca/e/rcmsar-dinner-at-the-lofttickets-36300099575

Fruit from trees wanted

HAVE EXTRA FRUIT ON YOUR TREES? The

Richmond Food Bank can use fruit and Richmond Food Security Society will pick and deliver it! Call 604-244-7377.

Apply now for community grants

By MARTIN VAN DEN HEMEL @MartinvandenH

dation is seeking a few great local initiatives.

A second round of funding for Richmond are eligible to apply. 2017 is now available and applicadeadline in two weeks.

This year, the foundation is look-richmondfoundation.org. ing specifically to support local

initiatives that benefit Richmond children, youth, seniors or people living with disabilities. Health-re-The Richmond Community Foun- lated initiatives will also be considered.

Registered charities based in

The submission deadline for a tions are being sought before the Letter of Intent is Monday, Sept. 11.

For application forms, visit

•martinv@richmondsentinel.ca

LET'S BUILD Something Amazing **TOGETHER 2017 Community Grants Summer Funding Cycle** Apply by September 11 Complete Details at richmondfoundation.org

MID-AUG ANSWERS

CROSSWORD

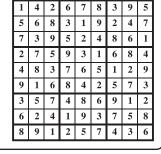
ACROSS

- 2 SIRIUS
- 5 ICEDTEA
- 7 SOUTHARM
- 9 WATERMANIA
- 10 SITES
- 12 AWNING
- 13 UMBREALL
- 15 ICEDLATTE
- **16 HAT**
- 17 STEVESTON
- 19 PERSEIDS

DOWN 1 ECLIPSE

- 3 READING
- 4 LEMONADE
- 6 CULTURALCENTRE
- 8 THRASHER
- 11 SUNSCREEN
- 14 ETE 20 DOG

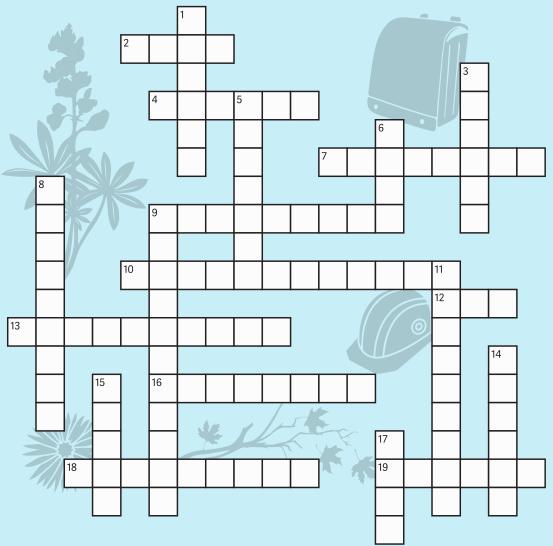
SUDOKU



richmondsentinel.ca September 2017 | 15

Fun & Games

SUMMER'S END



ACROSS

- 2 South Arm fair, coming soon
- 4 Getting longer
- 7 Canadian apple ripening now
- 9 Plums in season
- 10 Seasonal sales

- 12 The ___ is crisper
- 13 Length of day is
- 16 Time to buy school
- 18 Trees that lose their leaves
- 19 Turning colour



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.

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

DOWN

- 1 Late strawberries
- 3 Starts after Labour Day
- 5 Farmers' season now
- 6 Old TV show, Last of the Summer
- 8 Tall poisonous late summer bloom
- 9 Heritage apple ripening
- 11 Workers' Holiday
- 14 Nights are getting
- 15 Late summer flower
- 17 Berries in season

Answers will be posted in the next issue in mid-Sept.



16 | September 2017 RICHMOND SENTINEL



Weekend & Holiday Evenings from 7:00PM

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richmondnightmarket.com