

RICHMOND SENTINEL

OUR COMMUNITY NEWS

VOL. 1 ISSUE 19

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December 2017

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15

Photo by Chung Chow

Volunteers Tim Carkner, Chris Kennedy and Jessy Dhillon promote the Richmond Youth Basketball League mission of self-esteem, friendship and co-operation for kids at all skill levels.

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John Yap

MLA RICHMOND-STEVESTON



Dear Constituents,

I hope you have been enjoying another beautiful autumn in Richmond. It's been a busy season for me, as I travel between Victoria and Richmond for the fall sitting of the Legislature and the many great events taking place in our community.

Although there has been a change in government, there is no change as far as my constituency work is concerned. My office continues to assist constituents with a wide range of issues and I will continue to advocate for projects like Richmond Lions Manor, the new acute care tower at Richmond Hospital, and seismic remediation of our local schools.

I will also work to hold the new government to account on key issues like the George Massey Tunnel. Our previous government's plan was to replace the aging, seismically-unsafe tunnel with a new 10-lane bridge, but the NDP has scrapped that plan in favour of more study. That's despite the hundreds of meetings and rounds of consultation that produced more than 14,000 pages of information on the issue. Meanwhile, more than 80,000 commuters a day are stuck in traffic gridlock. I will keep pressing for timely action on this bottleneck.

As the BC Liberal Critic for Liquor, Gaming and ICBC I will be closely watching the government's moves on these important files. As the former Parliamentary Secretary for Liquor Reform Policy, I was very proud of our former government's work to modernize B.C.'s liquor laws. The changes benefited consumers and industry while protecting public safety. I do hope that the many reviews promised by the NDP on a wide range of issues are as successful as the consultation we undertook with British Columbians on this particular issue.

As the holiday season approaches, let's all take a moment to think about the ways we can support our community. I was pleased to take part in the Richmond RCMP's "Cop Car Karaoke" initiative in support of the Richmond Christmas Fund. There are many deserving causes and organizations in need of our support—so please consider how you can share the Christmas spirit with those in need this season.

From my family to yours, Happy Holidays!

John Yap
MLA, Richmond-Steveston

You are cordially invited to attend the 2017 Holiday Open House
Hosted by John Yap

Thursday, December 7th, 2017 from 4pm - 6pm Located at #115-4011 Bayview Street

On Twitter? John is hosting a Live Digital Party. Bring your smartphone, follow @John_Yap, tweet #jyapopenhouse some holiday love and watch your tweets go live!

R.S.V.P. 604-241-8452 and leave a message on or before Tuesday, December 5th.

Light Refreshments!



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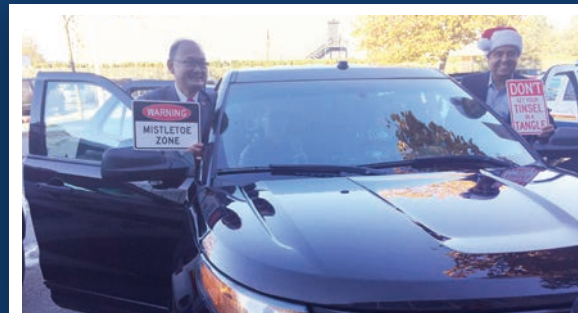
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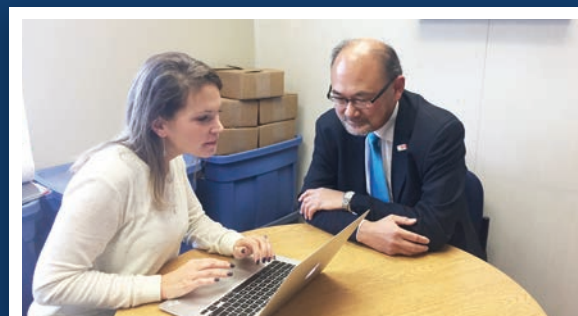
Email: john.yap.mla@leg.bc.ca



Last month John presented a \$78,000 Community Gaming Grant cheque to the Connaught Skating Club. More than 400 skaters of all ages benefit as this money is used to offset ice rental costs.



John and colleague Jas Johal, MLA for Richmond Queensborough join the RCMP in some Car Pool Karaoke to kick off the Richmond Christmas Fund campaign.



Earlier this month John visited with Ms. Tanya Major, Vice Principal at Homma Elementary School.



John, along with his Richmond MLA colleagues, meet with the Richmond Chamber of Commerce quarterly to discuss provincial issues and concerns.



Remembrance Day at the Richmond Cenotaph.

Hori following his heart in Disney on Ice show

By DON FENNELL
@DFSentinel

The rain was the most obvious reminder Kurtis Hori was home.

"For sure," laughed the young Richmondite, who performed for the first time in front of family and friends in the Disney On Ice production *Follow Your Heart* Nov. 22 to 26 at Vancouver's Pacific Coliseum.



KURTIS HORI

"Being back home was surreal," said Hori, 24, who is part of an ensemble of skaters portraying many different Disney characters from Mickey Mouse, Donald Duck and Goofy to Snow White and the Seven Dwarfs.

"It was a nice change of pace."

Having loved Disney "my entire life," (his favourite character is Stitch, the lovable "dog" which in reality a genetic experiment from an alien planet adopted by a Hawaiian girl named Lilo), Hori joined the cast of Disney on Ice three years ago. It's been a whirlwind ever since.

"I get to experience a new place and perform for a new audience every week. It's a real blast," he says. "New York City is great because you feel like you're in the big time and the audiences are super lively."

And when he's not performing, Hori also enjoys being a tourist and checking out the landmarks that make each stop unique.

The downside of being on the road 10 months of the year is having to live out of a suitcase, and doing your own cooking and laundry. As a result, sandwiches, and eggs, have become a main staple.



Photo courtesy Disney on Ice

Richmond's Kurtis Hori, a former member of the Connaught Skating Club, is performing this week in Disney on Ice's production of *Follow Your Heart*.

Inspired by his friends who were skating, Hori joined Richmond's Connaught Skating Club at the age of five and quickly showed a proficiency for the sport. He went on to compete at multiple Canadian championships, and successfully landed all the triple rotation jumps. But he also enjoyed, and demonstrated a flare, for performing.

"I always looked up to Alexei Yagudin," he says of the former Russian skater who he calls the "ultimate performer." Yagudin won four world championships and later skated with Stars on Ice.

Performing in multiple exhibition galas, including

at the 2010 Olympic Winter Games figure skating closing gala, also helped prepare Hori for what was to come.

"My goal is to stay and perform for Disney on Ice for a while, and after become a skating coach," he says. "My role model is my lifelong skating coach Kevin Bursey. I wouldn't be where I am today without him. I've always looked to him for advice and always will."

His advice to those following his footsteps is to "keep skating and enjoying what you love."

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Is #MeToo start of social change?

Lorraine
Graves
@LGsentinel



It started with a recent discussion in the office. Our editor mentioned the online #MeToo awareness campaign.

But it really started long before that, riding the bus home on a hot summer day, modestly dressed, sitting near the front, beside the window, within sight of the driver, just as I'd been taught.

Then, the passengers behind me laughed hesitantly. After a pause, they laughed a little harder. Third time, the whole bus guffawed.

I wasn't really paying attention because there seemed to be a twig or something tweaking my side. Finally, I looked down, the tiny, elderly man sitting behind me was reaching through the gap beside my seat, moving his fin-

gers on the side of my breast. Everyone had been watching. He wiggled his eyebrows to his audience. I was humiliated. I was 12.

It's people who think they can get away with it, not just the rich, the powerful, the famous.

When I was a young high school student working at the curling rink lunch counter, the large teenaged boy who worked there brushed his genitals against us while we worked the grill. We couldn't move away without getting burned. He pretended it was crowded and he was just pushing past. It wasn't. He wasn't.

We compared notes. He did it to all of us.

We knew not to say anything to the manager. She was his mom.

The one good thing that started with the release of Donald Trump's "Grab her by the p—y" tapes was that, often for the first time, women started telling

the men in their lives about similar icky experiences.

They were stunned. Decent men who would never do this were surprised at how often it happens, where it happens, and how young it starts.

And the icky stuff often does start young.

My experience at 12 echoes many others. I asked a university student who dresses modestly and departs herself with quiet grace if it had ever happened to her?

"Yes." How old was she the first time it happened? "12," she said. My heart ached. It's pervasive.

According to Jamie Smulders, program manager of the Trauma and Sexual Abuse (TASA) counselling program of Vancouver Family Services in Richmond, most victims don't report sexual assaults.

"The stats we actually know of are really low: one in three girls and one

in four boys report they have been the victim of a sexual assault," she says.

The Kevin Spacey revelations show it's not just woman who are predated upon.

"That most expressions of (sexual) violence are toward women and girls doesn't negate that it happens to men," says Clay Tang the coordinator of community engagement for Chimo Crisis Services in Richmond.

An example; a 15-year-old guy bus-sing tables endured the remarks from middle-aged women in their cups, complimenting his looks, asking how he feels about dating older women, and offering to stay late so they can take him home.

Equally unwelcome. Equally crossing the line.

"It's really hard to use the excuse, 'I just didn't know,' now," says Tang.

See Page 12



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A Christmas Carol comes to Gateway

By LORRAINE GRAVES
@LGsentinel

A traditional part of Canadian Christmas takes to the stage at Gateway Theatre from Dec. 7 to 24 on the main stage.

A *Christmas Carol*, Charles Dickens classic tale of Ebenezer Scrooge, is a mainstay of many families' holidays.

"I think it is a Christmas story wrapped up in a ghost story, which is really unique," says director Rachel Peake.

With an adaptation by Belfry Theatre's Michael Shamata and music by Joelysa Pankanea, this will be an engrossing and moving evening fit for all ages.

Peake promises some surprises but delivers no spoilers: "We have a unique take on the various ghosts. We put a little bit of a new spin on them. I think that a lot of the magic is the reveal, see-



Photo by David Cooper
Russell Roberts is Scrooge in Gateway Theatre's A Christmas Carol from Dec. 7 to 24.

ing them for the first time."

The show is in two 45-minute halves. I asked Peake how young is too young for Gateway's *A Christmas Carol*?

"Any little person who can sit still for 45 minutes, I think they're fine for it."

When asked any other advice for wee, first-time theatre goers, Peake responded: "Remember the people on stage and they can hear you."

As a theatre-goer, I might also add that kicking the seats may be a great

way to pass the time but it bumps the people in the seat in front and makes them very cranky. That and noisy candy wrappers are great things to avoid when the play is on.

Gateway volunteers help people, little and big who need to make a hasty exit while the show is on by quietly moving them up the stairs to the second floor exit.

Saskatchewan-born Peake describes Gateway as a "beautiful theatre."

Peake says: "It's a really lovely theatre—every part of it. There aren't any really bad seats in the house. Even from the back row, you get a really great view."

While not a musical, Pankanea's music emphasizes the Christmas-time theme of this play circa 1843. Though set in England, Peake purposely chose not to employ British accents to make *A Christmas Carol* more accessible to people for whom English is not their native language, to hear the play in a dialect they are used to.

Peake says this is a play for grown-ups too, even if they don't have a young person to bring and it's a fine time way for grandparents to start a new tradition with a new generation.

Peake promises a classic redemption tale with Christmas songs, traditions and a few surprises at Gateway's *A Christmas Carol*.

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Masumi Mitsui: a decorated war veteran

By LORRAINE GRAVES
@LGsentinel

Former Richmond resident Masumi Mitsui fought for Canada in the First World War, and fought for human rights when he came home.

His grandson, David Mitsui, is the president of the National Association of Japanese Canadians. Retired from teaching at the University of Alberta, David remembers his grandfather well.

"Every Remembrance Day he would put on his uniform, Royal Canadian Legion beret and medals, and have a private ceremony at home."

After coming to Canada in 1908 from Japan, Masumi went first to Victoria then to Richmond where he worked on a farm. On Sept. 1, 1916 he enlisted with the Calgary Highlanders.

"When World War One broke out, the Japanese Issei (first generation immigrants) wanted to enlist in Vancouver but the B.C. government wouldn't allow it because of prejudice. 227 Issei traveled to southern Alberta and enlisted there," says David.

Masumi went over to the war in Europe early in 1917.

"He fought in Vimy, in Hill 70 and Passchendaele and other major battles towards the end of war," says David.



Photo courtesy David Mitsui

David Mitsui remembers his grandfather and former Richmond resident Masumi Mitsui who fought for Canada in the First World War.

For his service, Masumi received the King George V British War medal, the Victory medal, and a military medal for bravery.

His grandson elaborates, "He got the military medal for conspicuous action in taking over a Lewis gun and killing a lot of the enemy, helping wounded soldiers and basically leading his men as part of the victory on Hill 70."

After David's grandfather was honourably discharged in April 1919, he came home to Vancouver to marry his wife, Sugiko. Together, they had four children including David's father.

Then, Masumi and other Japanese Canadians in the Vancouver area, who had put their lives on the line for Canada, started to organize. They built a cenotaph of remembrance in Stanley Park with a lit flame atop. They formed Canadian Legion Branch No. 9 for Japanese Canadian Veterans. And they worked to get the right to vote in the country they'd volunteered to fight for.

In 1931, Masumi as president of the legion, along with four or five others, went to Victoria to lobby for the franchise.

"They were successful by one single vote in the legislature, but that

was only for veterans of World War One," says David. "The first thing the contingent did after getting the right to vote in '31, when they returned to Vancouver, they insisted on a ceremony at the cenotaph built in 1920. They paid homage and respect to all the soldiers that didn't return from Europe. It was their way of saying this gift was for you as well."

The bombing of Pearl Harbor by the Japanese military changed everything.

At first, Canadians of Japanese ancestry just had to register as enemy aliens. Then they had to turn in all radios, then cars and trucks. Finally, families were separated, women and children to one camp, husbands to another, and teenaged boys to work camps.

Grandson David says, "His [Masumi's] farm was confiscated and sold by the BC government. He did not receive any money from the sale. It was used to pay for his family's incarceration."

While most men were sent to work camps, away from their families, David says, "My grandfather's military background made him a security guard at Greenwood." It meant the family could stay together.

Masumi died just months short of his 100th birthday in 1987.

"When the will was read, he gave the medals to me," David says.

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OUR COMMUNITY NEWS

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Remembrance Day in photos

Photos by Chung Chow



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Richmond shows it cares through its giving



By DON FENNELL
@DFSentinel

Richmond Cares, Richmond Gives invites you to help make holiday wishes come true.

This Christmas season is the perfect time to create memories that will last a lifetime, and contributing to the Richmond Christmas Fund is a great way to help make them happen.

This weekend (**Saturday, Dec. 3**) from 12:15 to 2:15 p.m., the community fundraisers continue with the Steveston Merchants Association presenting the annual **Christmas Classic Car Cruise** through Steveston Village. All entries will be making either a toy or cash donation to the Richmond Christmas Fund to assist low-income families during the holiday season.

Also upcoming is the **Shopping Night at Splash Toy Shop** (3580 Moncton St. in Steveston) **Dec. 7**, and the 11th annual **Victor Ghirra Toy Drive Dec. 16** at Riverside Place Banquet Hall on Knox Road (off River Road, east of No. 6 Road).

Elsa Shepherd (left) and Ava Titina invite Lansdowne Centre shoppers to have their gifts wrapped professionally this holiday season. Proceeds from gift wrapping, Dec. 9 through Dec. 24, will go to the Richmond Christmas Fund to assist those less fortunate.

Photo by Chung Chow

See Page 9

A large advertisement for Hanukkah. The background is a dark blue night sky with white stars and bokeh light effects. In the foreground, a row of seven lit menorah candles in copper holders is visible. A large white quote is overlaid on the right side: "Warmth of joy, glow of prosperity, sparkle of happiness... may you be blessed with these and more! Happy Hanukkah!". In the bottom left corner, there is a small inset portrait of a man in a suit and tie.

“Warmth of joy, glow of prosperity, sparkle of happiness... may you be blessed with these and more! Happy Hanukkah!”

A small, square, headshot of a man with short dark hair, wearing a dark suit, white shirt, and red tie. He is smiling.

Office of Joe Peschisolido, MP Steveston-Richmond East
120-11080 No.5 Rd, Richmond | 604.257.2900 | joe.peschisolido@parl.gc.ca



Photo by Chung Chow

The third annual Richmond RCMP Toy Drive and Pancake Breakfast was held Nov. 18 at Ironwood Plaza.

CHRISTMAS FUND

From Page 8

During Shopping Night at Splash Toy Shop, you can stretch your donation dollars further, and save 30 per cent on purchases intended for the Richmond Fund donation bins. This is an exclusive event being held only in support of the Richmond Christmas Fund from 6 to 9 p.m. and not for personal shopping.

The Victor Ghirra Toy Drive, to be held at 144431 Knox Way in East Richmond, is a family event from 11 a.m. to 3 p.m.

The Benevolent Brotherhood Society is helping the Ghirra Family, the Co-Operators Insurance Agencies, and Vancity Credit Union to organize a toy drive in memory of Victor Ghirra who was involved in many charitable initiatives. A \$3,000 scholarship in his memory was also established at McNair Secondary, awarded for the last six years to community-minded students.

This year, **gift wrapping** in support of the Richmond Christmas Fund will be held exclusively at **Lansdowne Centre** shopping mall. From **Dec. 9 to Dec. 24**, volunteers at the gift booth will wrap your present with the skill of Santa's elves in exchange for a donation to the fund.

People coming together in support of those who need a little help over the Christmas season reflects the kind of generosity synonymous with Richmond, says Richmond Cares, Richmond Gives general manager Jocelyn Wong.

"That's the key for me," she says. "It showcases what we're here for. We're not a national organization, we are a program started by a community member (Ethel Tibbits) who saw a need in our community. It continues to grow 85 years later."

While Wong obviously wishes there wasn't such a need, she appreciates the fact that every year people step up to volunteer, or support the Richmond Christ-

mas Fund, in another way.

"That brings so much joy and warmth to my heart," she says.

Recently, the 2017 Christmas Fund Drive-Thru Event was held River Rock Casino Resort where volunteers collected donations of cash and toys. Everyone who made a donation received coffee and a McDonald's pastry and were able to enjoy the festive sounds of the Steveston-London choir.

Book lovers of all ages also helped those less fortunate this holiday season. Fifteen per cent of many sales made Nov. 17 at Indigospirit at Richmond Centre were donated to the Richmond Christmas Fund.

On Nov. 18, the third annual Richmond RCMP Toy Drive and Pancake Breakfast returned to Ironwood Plaza. Bigger and better than ever, new, unwrapped toys were donated to the Richmond Christmas Fund after first being stuffed into an RCMP squad car.

•dfennell@richmondsentinel.ca

UPCOMING EVENTS IN DECEMBER

BREAKFAST WITH SANTA

Hamilton Community Centre
Sat. Dec. 2 10:00am-11:30am

Steveston Community Centre
Sun. Dec. 3 9:30am-11:30am

Cambie Community Centre
Sat. Dec. 9 10:00am-12:00pm

Thompson Community Centre
Sat. Dec. 16 10:00am-12:00pm

DEC. 2 11:00AM-4:30PM

Artisan Christmas Craft Fair

Britannia Shipyards

DEC. 3 1:00PM-2:30PM

Winter Concert

Britannia Shipyards

DEC. 5 3:30PM-5:30PM

Lighting of the Fire Hall

Fire Hall No. 5 Hamilton

DEC. 12 10:00AM-1:00PM

A Night of Christmas Music

West Richmond Community Centre

DEC. 16 10:00AM-1:00PM

Winter Carnival

City Centre Community Centre

DEC. 16 11:00AM-4:00PM

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RCMP inspector returns to his roots again

By LORRAINE GRAVES
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Our RCMP detachment's Insp. Keith Bramhill grew up in Richmond, going to Thomas Kidd Elementary before moving to Ladner for high school. He has returned to Richmond twice.

From the mid 1990s until 2006, Bramhill worked closely with Richmond council and staff to establish the South Arm and Steveston police stations.

"Community policing strikes near to my heart," Bramhill says.

He remembers fondly Steveston fixture, former Salmon Festival parade marshall, RCMP Const. Ed Ryhall.

"He was basically the town sheriff. He espouses everything I wanted to emulate working with Ed. He was such a wise man."

Today, Bramhill is back from the regional office, where he covered inter-municipality and inter-service resources from Squamish to Boston Bar.

"I was responsible for all major police incidents (such as) a kidnapping, homicide, any time you needed an emergency response team, the dogs, air services," Bramhill says.

"It was a wonderful job but when the opportunity came to come back to Richmond, I wanted to come back here to serve in community I grew up in," Bramhill says, now, I am operations manager for YVR and OIC [officer in charge] of management services."

"Right now we are looking at our re-sourcing plan to ensure we have sufficient people here to fill some of the proactive needs that we would like to get back to doing."

In my heart, my preference would be more of our officers decentralized and working at the stations. Our general duty officers do work out of them and our bike officers do work out of the community policing centres."

But, he says, things have changed in Richmond since he left 12 years ago and he also recognizes resources have to be allocated accordingly.

"We now have an organized crime element in our community. We're working diligently to reduce those areas of crime."

He speaks of the establishment of quick response teams so all police forces in the region can work together responsively.

Gone are the days when simply driving out of the Richmond RCMP's jurisdiction was enough to get away. Police services now work together.

"You have to be very fluid to where the bad guys are moving around the city," Bramhill says. "Crime has changed a lot since the late 90s till now. We've had to evolve and change as well."

Bramhill says policing and policing resources must be allocated accordingly.

Still, it's clear that it's not just about catching the bad guys. He speaks of working "with our proactive teams



Photo courtesy Richmond RCMP
Inspector Keith Bramhill has returned to his early days of policing in Richmond.

with crime prevention."

Of the duelling needs of organized/Internet crime and community policing stations, Bramhill says: "In a utopian world I would like to have both. We have to be mindful and respectful of tax dollars. I would love to have the stations fully-staffed."

But, he says, the RCMP has had to look at the reallocation of funds based on changing criminals and how they operate.

"Having said that we, Richmond RCMP, fully support many of Richmond city council's proposals to extending our community policing presence in East Richmond-Hamilton. It's been raised by the community and city councillors. While we are working on it, we just don't know what kind of police

presence it might take."

He said there are also discussions with the city for a larger space for a community station downtown where density is greatest.

Bramhill says his ideal would be community policing stations that offers full services like criminal record checks.

Asked what he likes about being back, Bramhill says, "How innovative and cutting-edge Richmond is and I enjoy the diversity of the community."

And, as a self described, "car nut," Bramhill explains his love of his old sports car.

"Dealing with a lot of traffic situations, the (emotional) stuff we take home—you can go home and tinker in the garage. It's healthy. It's great. It's a lot of fun."

"The message we want to get out to the public is, feel free to speak to a local police officer when you have the opportunity. We really appreciate communication. Please get involved—we have a good cadre of volunteers."

"I'm really, really excited to be back in Richmond and working in conjunction with the City of Richmond, is very progressive in the way they support our local police force. I'm excited about a safer home, a safer community, keeping this the most livable city in Canada."

And he says, "We have 252 officers here trying make that happen everyday."

•LGraves@richmondsentinel.ca

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2017 Richmond Christmas Fund Registration Information



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The Richmond Christmas Fund is a non-religious, non-discriminatory program operated by Richmond Cares, Richmond Gives. We support low-income individuals and families living in Richmond, BC, who do not have the financial means to celebrate the holidays.

The Christmas Fund provides eligible individuals and families with grocery gift certificates: **one per family member, up to a maximum of four per household (while daily supplies last)**. Families with children 12 & under may also choose gifts for their children from our Toy Room. Teenagers aged 13 to 17 receive gift cards.



Registration Dates & Times

Saturday, December 2, 9:00am - 1:00pm

Saturday, December 9, 9:00am - 1:00pm

Saturday, December 16, 9:00am - 1:00pm

Christmas Fund registration is held at the **Richmond Caring Place, 7000 Minoru Blvd.** The building opens at **8:00am**.

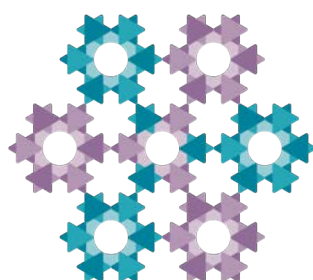
To allow enough time to complete the registration process, please arrive at least **two hours** before registration ends.

Eligibility Criteria

To receive assistance from the Christmas Fund, you must bring **picture ID** for yourself, **CareCards** for all family members being registered, and proof of **Richmond residency**.

You must also provide documentation showing you're enrolled in at least one approved **government income assistance program**. A complete list is available online at **RCRG.org**.

If you have any questions about your eligibility, please call **604-279-7035**.



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#MeToo

From Page 4

We all need to be aware, we all need to do better whether it's to stop being "cute" with invasive remarks, or speaking up when we see unwelcome words, behaviour, or worse. Women have been taught for generations how to avoid sexual assaults, major and minor. All the things boys don't have to learn.

We learn to keep our knees demurely together, to be ladylike but so as not to invite "unwanted attention." We learn where to walk and how—assertively so as not to appear a victim.

"I've never had to worry about what I wear going out at night but my sisters have, all my girlfriends have, all the time, all those things," says Tang.

There is hope.

Men's response to #MeToo has been to step up, step forward, speak out, with #IWILLSPEAKUP as their affirmation to do better, be better, and demand better respect from others and for others.

"It has to be beyond a # (hashtag), a (social and mainstream) media blip. I don't think it's a bad thing that consciousness- and awareness-raising that's essential. We need to figure out how to take action," Tang says and suggests, "Get involved in your community in some sort of substantive way."

There are many organizations who could use your help.

If this is to be more than a passing fad, whether you volunteer or not, we are all part of a community.

Just speaking to the person being made uncomfortable can diffuse the situation without confrontation. It can offer them an out. It can offer them support.

While there is support and counselling available at no charge through many places such as the Chimo Crisis Line or TASA counselling program, Smulders says there are few programs for perpetrators' counselling.

Touchstone Family Association offers one of the few, a nine-week course called Men, Anger and the Family.

Until we change our attitudes to sexual

assaults, big and little, to the innuendoes, the glances, the stares, the cat-calling, nothing will change and this will just be a blip to be remembered at the 2017 year-end recap or a sentence in

the nostalgia piece done at the end of this decade.

There are empowering precedents.

As a science reporter in 1987, I thought HIV/AIDS was just the disease of the year. It wasn't.

Through concerted effort to change public attitudes, what was a death sentence at diagnosis has now become a treatable disease and those living with HIV are no longer pariahs. We can change, if we look out for each other.

This can be more than the start of a passing fad, according to Smulders and Tang. Every time a victim is believed and supported, change starts. Every time someone speaks up to stop an assault, big or small, change starts. Silence is tolerance.

Eventually, our office discussion turned to the courage of Spacey's victim to come forward and the power in his statement.

We also remarked that no one asked what he was wearing, or what did a 14-year-old expect to happen alone at an adult drinking party, or about his sexual history. It was irrelevant. It always is.

igraves@richmondsentinel.ca





Photo by
Martin van den Hemel
Mark Nikiforuk in front
of his haunted house in
Burkeville, where he's lived
for 25 years.

Burkeville's Halloween a marvel

By MARTIN VAN DEN HEMEL
@MartinvandenH

There's a working time machine in Richmond that one night each year somehow transports hundreds of people back to a simpler time in this city's quaint history.

No, it's not a scientific breakthrough that our tech-genius friends at MDA can lay claim to.

On Halloween night this year, as so many years before, Burkeville transformed into a magical place to be for hundreds upon hundreds of costumed children and their flashlight-toting parents who scampered through the streets without fear of being run over by a vehicle.

Mark Nikiforuk, a married father of two, has been living in Burkeville for a quarter century, but before that recalls trick or treating himself as a young boy. He grew up in the No. 4 Road and Francis area, and recalls seeing many small houses adorned with pumpkins, skeletons, ghosts and creepy decorations along Richmond's signature ditch-lined streets back in the '70s and '80s.

It was a simpler time.

"I have really good memories of trick or treating as well from the old days, and just keeping that going is kind of important."

What the residents of Burkeville do each year is must-see for those who haven't experienced it first hand.

Seemingly every house on many streets get into the haunted spirit of things for Halloween, including Nikiforuk's neighbour, Tim Jordan, whose corner

house becomes positively ghastly and replete with props in late October. Road access to Burkeville is closed for the evening (even though a few residents grumble about the inconvenience) and that means few if any cars are on the road on Halloween.

"It's just great. Sometimes, you can see on the parents faces that they're almost equally excited as the kids are."

Nikiforuk, a small plot farmer who grows and carves his pumpkins, had a headhunter theme at his house this year, and lined the path leading to his front door with glowing pumpkins impaled on sticks.

There were about 700 costumed children who came out this year, but there were easily over 1,000 people in all throughout the course of the dry Tuesday evening.

When Halloween falls on a weekend, houses can hand out 1,000 candies in a few hours, he said.

Nikiforuk has no doubt that there are people who live in Richmond who have never set foot in Burkeville.

"It's a place you just drive by," he said, unless you are visiting a friend who happens to live there or are attending an event.

Credit for the growth of the Halloween nights goes to the team from the Sea Island Community Association, who also organize Breakfast with Santa in December, an Easter egg hunt, and Burkeville Days, usually held in June, he said.

"We are lucky that we have a lot of young families. We do it all for the kids and whoever wants to come by."

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YouTube



Bikram Yoga Lansdowne closes

By MARTIN VAN DEN HEMEL
@MartinvandenH

Bikram Yoga at Lansdowne Centre has become the latest casualty of escalating property taxes as a result of skyrocketing land values from property rezonings in downtown Richmond.

"It is with heavy hearts we inform you that, effective immediately, Bikram Yoga Richmond will be closing its doors," wrote Dave and Leah Groves in a message posted on Bikram's website. "A change of land use on the Lansdowne site triggered an astronomical increase in property taxes making it impossible for us to continue operations in this facility."

Bikram's owners said they hired a lawyer to challenge the fact that Lansdowne was burdening tenants with the increase in property tax as a result of the planned rezoning and planned residential development. Within the next decade, the owners of Lansdowne plan to raze the mall, and build numerous residential towers on the site.

"In the end the negotiations did not go our way and we were unable to come to an agreement that was viable," the owners wrote. "This is not the outcome we were hoping for and fought for but please know that we did everything within our power and available resources to achieve a different outcome."

Even a relocation effort would not have worked, they wrote.

Other commercial buildings in Richmond are seeing similar property tax increases, which makes it "more and more challenging to run a small, independent business in this city."

The yoga facility's closure comes at "great cost to us, both financially and emotionally," they said.

Are refunds a possibility?

Apparently not.

"Although we are not in a position to offer refunds, we have worked very hard to connect with other studios in supporting our student community through this transition. Know that all memberships were sold in good faith," they said.

The yoga community is supporting Bikram's former members through this closure.

YYoga at its 12 locations is offering a one-month complimentary yoga to all students with an active membership. The offer runs from Nov. 21 to Jan. 15, 2018.

Former Bikram Yoga locations outside of Richmond are honouring memberships, including the former Bikram Yoga Vancouver now known as Hot Yoga 101, as well as former Bikram Yoga South Delta now known as Yoga Union.

•martinv@richmondsentinel.ca

NCIX shuts five stores, Richmond spared

By MARTIN VAN DEN HEMEL
@MartinvandenH

Electronics retailer NCIX has closed five of its Lower Mainland stores, keeping only its Richmond head office and Lansdowne Centre location open.

It's part of a company restructuring first announced in September.

In a message posted on its website (ncix.com) on Nov. 15, NCIX said it has "closed for business" its Vancouver, Burnaby, Coquitlam, Surrey and Langley locations.

What does this mean for orders made in those locations?

The website indicates those orders will be honoured, with pickups at the Richmond location.

"Our staff will contact customers who have pending purchase orders, pickups or service orders," the message states. "We thank you for your support and look forward to serving you at our online store."

In September, the company wrote a post on its website's forum.

"As many of you have noticed, NCIX is currently going through a restructuring to give us more flexibility to compete in the online market."

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Photo by Chung Chow

Tim Carkner (left), Chris Kennedy (centre) and Jessy Dhillon (right) are three of many volunteers dedicated to fostering a love for hoops through the Richmond Youth Basketball League.

RYBL: Hooked on hoops

By **DON FENNELL**
@DFSentinel

Jumping in the blue station wagon, the backboards and hoops strategically strapped to the top, Tim Carkner was barely able to contain his excitement.

Each Friday night brought the same ritual, mini basketball with his older

brothers Mike and Randy and a wealth of friends—new and old in the old gym at Hugh Boyd Secondary School.

The boys' dad, Bob, started the tradition in the late 1960s, spawning a love affair between the community and the roundball game that continues to flourish.

"To this day I will run into old friends who played and we often talk about

how that was absolutely the best time," says Tim, who is now a coach in the Richmond Youth Basketball League (RYBL) born out of those grassroots efforts.

Tim was drawn to the sport watching his brothers play, and then joining in the endless driveway games at home—from One-on-One to Around the World.

"I think we drove the Seafair neighbourhood crazy with the non-stop bouncing of basketballs," he says. "And Grandpa's homemade spotlight for night games was icing on the cake."

A much respected and admired figure in the community during his lifetime, Bob (who passed away in 2009)

See Page 16



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BASKETBALL

From Page 15

was a popular administrator in the district who was a lifelong learner and dedicated humanitarian and philanthropist. A member of the Order of Canada, he was also an avid sportsman who dedicated considerable time and effort to promote athletics. The Bob Carkner Memorial Classic is held each year by Steveston-London as a tribute, and a scholarship is awarded in his memory.

"His love and enthusiasm for sport was unbelievable," Tim says. "The (number) of Richmond kids that went through his mini-basketball program and then went on to play high school, college or university is truly amazing. Now, so many are like myself, back doing what he was best at—teaching the game to the local youth through community programs like RYBL."

Nothing tops being part of a basketball team, Tim says. The forging of friendships, and the idea that to succeed everyone plays a role, are paramount.

Watching Mike coach his three daughters (Natalie, Samantha and Stephanie) from the age of five through high school, and the "huge impact on their success," inspired Tim.

"I saw how coaching was a fantastic way to connect with your own kids as well as their friends," he says. "I was coaching a RYBL under-13 girls' team with Chris Kennedy. We were up at SFU when he subbed in my daughter Kate, who at the time was in Grade 5. She stepped on the court with a uniform that was two sizes too big and had to check a Grade 7 that must have been a foot taller. I felt sick to my stomach for her, but she got in defensive stance and held her own."

Seeing a young player hit their first basket in a game is another of Tim's favourite coaching moments. That look on their faces when the ball actually falls through the net is classic, he says.

Now coach of RYBL's under-12 girls rep team and also the McMath Sec-

ondary School Grade 9 girls' team, he says RYBL stands for what is right in youth sports.

"Since it is a city program, fees are a fraction of what private clubs charge allowing any young basketball player in Richmond the opportunity to play. All you have to do is get into a high school gym right now and see how many boys and girls are playing basketball all because they go their start with RYBL. To top it off, RYBL has proven over and over with both the boys and girls rep programs they can compete with any of the private clubs around the Lower Mainland."

Quality people, quality program

RYBL has flourished because of so many high-quality people being involved, says Chris Kennedy. "It has been great to work with coaches like Tim Carkner, Sean Berda, Dave Giesbrecht and excellent co-ordinators like Matt Winograd and Jessy Dhillon."

Entering his 31st season coaching basketball, this is also his 12th year as part of the RYBL family. Somehow, he's finding time to coach McMath's senior girls' team too.

"I love the mission of RYBL to support and grow the game at the community level," he says, further heartened by the number of high schoolers who first got their feet wet in RYBL. "We have had many of the top high school players in the last 15 years go through RYBL, but as important, it has provided a place for hundreds of kids not going on to college basketball to play, learn the game, and be active."

Basketball is booming in Richmond, Kennedy continues. The struggle is being able to offer enough programs to meet the demand.

"If we can get more places to play, and more volunteer coaches to improve the player skills, we can continue to grow the game," he explains.

An enthusiastic participant in many community sports growing up, including hockey, soccer and baseball, Kennedy's passion for basketball began as

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The arts help build bridges in our community by helping us understand perspectives different to our own. Art works in ways we often don't think about. Find out more about how the Arts benefit the people of Richmond at HowArtWorks.ca.

BASKETBALL

From Page 16

a Grade 5 student in George Nakaniishi's class.

"I loved the fast pace and all the scoring" he says. "And I remember Mr. Nakanishi taking us to the PNE Agrodome to watch the B.C. high school championships in 1984 (the year Steveston beat Richmond in the final). I also remember loving to watch the Harlem Globetrotters, and participating in the Grade 7 tournament at McRoberts. The feeder tournament was like the Super Bowl of elementary basketball. And I remember being in Bob Carkner's basketball program for elementary students."

It wasn't too many years later that Kennedy, too, caught the coaching bug.

"Don Taylor and Bruce Haddow hooked me into coaching at Woodward Elementary School," he says. "I was not a great player, but I loved the



Photo submitted

The RYBL under-12 girls consist of two teams of 11 girls who are currently practicing three times a week and playing in the metro league out at the Langley Events Centre.

game so coaching seemed like a great way to contribute. I also loved the strategy of the sport."

In 1998 Kennedy guided the McRoberts Strikers senior boys' team to an astonishing semifinal appearance ver-

sus the juggernaut Richmond Colts at the provincial AAA championships; game played before a capacity crowd at the Agrodome. A very young team with only one Grade 12 on the roster, the Strikers weren't expected to make it to the provincials but advanced as the lowest seed from the Lower Mainland and then scored three straight upsets at the B.C.'s including beating the Fraser Valley champions from Abbotsford.

Grizzlies had positive presence

Like most expansion teams, the Vancouver Grizzlies struggled in the early years. But throughout their six-year history, the mere presence of the NBA club helped keep basketball at the forefront.

Jessy Dhillon was nine years old during their Grizzlies' inaugural season. His dad bought him a Bryant Reeves jersey, a team sweatshirt, and a ball cap.

"I was all in," he says.

When it comes to basketball, Dhillon is still all in.

The RYBL's co-ordinator, he delights in seeing the players develop self-esteem, confidence in basketball skills, and friendships that will hopefully last a lifetime.

"Co-ordinating RYBL programs is

really helping me attain valuable experience overseeing the many different aspects of running a recreation organization," says Dhillon, who is pursuing a degree in recreation management at Langara College with hopes of being a community program co-ordinator. "I really value the relationships that have been built with the staff and volunteers. They are the backbone of all our RYBL programs."

Dhillon has always loved playing sports, soccer being the one he excelled at. He got into basketball in high school, he says, "because it was fun being part of a team full of my friends."

That was at McNair Secondary School, with the colourful Paul Eberhardt as his coach.

"He made being part of McNair basketball an honour," Dhillon says. "We really thought we were part of something special within the school, and he was an amazing coach that all 15 kids would have run through a wall for."

Dhillon grew up admiring Steve Nash, the Victoria kid who some said was too small but defied the odds to make it big in the NBA.

"The way he played the game, making sure everyone was involved was awesome," Dhillon says. "He played the game the way it should be."

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On behalf of J.G. Diefenbaker Elementary, we would like to thank the community of Richmond and beyond for our very successful online auction which ran from October 6 to 21, 2017. Together we raised \$10,618.50. We are grateful to every donor who contributed an item or service to this auction; and also to the hundreds of bidders out there who made this event successful and fun. As well, we would like to acknowledge those businesses and individuals who generously donated an additional \$18,215.00 towards our playground fundraiser.

A very sincere thank you to Rick Ilich of TOWNLINE HOMES who has generously agreed to match every dollar raised during this campaign.

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White Spot - Richmond Centre
Yi Han

McNair grad sets Guinness badminton record

By **MARTIN VAN DEN HEMEL**
@MartinvandenH

McNair grad Jackson Zi Yi Yang isn't just a Guinness World Record holder anymore.

Now, the 18-year-old Trinity Western University student, who is studying sports management, has been showcased on Fairchild TV locally.

But what may come in early December could raise Yang's profile into the stratosphere.

A major Chinese TV station that boasts 100 million regular viewers, would like to bring Yang in for one of their shows which features other athletes and Guinness record holders.

According to Yang, this TV show is a Guinness record holder as well, with an unmatched number of viewers for any show in the world.

Unfortunately for Yang, his school schedule may make a trip abroad impossible, and could necessitate that appearance on the Chinese show being delayed.

During the summer, Yang set a Guinness record by juggling four shuttlecocks for four minutes and 40 seconds during an attempt in Guangzhou, China on Aug. 26.

The videotaped, witnessed, judged and timed effort was verified by the Guinness World Record team in the United Kingdom, which

sent him an official certificate on Sept. 10.

Yang told *The Richmond Sentinel* that he first began playing badminton at the age of six, and then started juggling two shuttlecocks when he was six or seven years old.

He tackled three shuttlecocks at a time when he was 12 or 13, then graduated to four about a year later.

Today, he can juggle six shuttlecocks for 52 seconds. His goal is to juggle five shuttlecocks for two minutes, and six shuttlecocks for one minute.

"It takes a long time to train, maybe two or three years," he said. "Practice makes perfect."

But why juggle shuttlecocks instead of playing badminton?

Yang said juggling necessitates a relaxation of the muscles, and requires a great deal of focus.

He claims it's good for one's eyesight and juggling doesn't result in injuries. There's no sudden stop and go which makes it less stressful on the joints.

Yang hopes his newfound fame will help him promote the sport of badminton and encourage other youth to try their hand at it.

While juggling multiple shuttlecocks may seem a relatively easy task, Yang said it becomes much more difficult with each additional shuttlecock. As well, in order



Photo courtesy Guinness World Records

Jackson Zi Yi Yang juggled four shuttlecocks for more than four minutes.

to qualify for a world record, no shuttlecocks may collide and they must be struck into the air in the same sequence.

Asked how he feels about set-

ting the record, Yang said: "I feel pretty excited."

According to the Guinness certificate, Yang is "Officially Amazing."

•martinv@richmondsentinel.ca

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Gulf of Georgia Cannery
12138 Fourth Ave, Steveston

Market Times: 10am - 3pm
www.canneryfarmersmarket.org



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McRoberts senior boys soccer season a success

By MARTIN VAN DEN HEMEL
@MartinvandenH

Hugh McRoberts senior boys soccer team has had a successful season by any measure.

After an undefeated regular season, the Strikers won city bragging rights with a 2-1 win over the McNair Marlins. They then beat the Notre Dame Jugglers in penalty kicks courtesy a pair of saves from goalie Daniel Judkowicz to claim the Vancouver & District championship.

Then last week, they were placed in the same pool as last year's provincial AA soccer champions, St. Michael's University, and more than held their own on their way to finishing in the province's top 10.

"It was a memorable season, and definitely the most talented team I've ever coached," said coach Drew Arnold, who complimented the team's Grade 12s for their play on the pitch, leadership, encouragement and commitment. "I think our young players fed off of the graduating players' work ethic, and gained insight into how hard suc-

cessful teams work..."

Many Grade 9, 10 and 11 players made significant contributions towards this year's success.

In the pressure-packed penalty kicks portion of the Vancouver & District championship game, the title-clinching goal was coolly slotted home by Grade 10 Saif Ali Pasha. Also returning are Grade 11 student Matheus Jayme, Grade 10 student Jenaro Medina and Grade 9 playmaker Josh Bhandal, a product of Richmond's TSS soccer academy, as well as a pair of Ethans, Vajda and van den Hemel.

"The loss of our seniors will undoubtedly be felt next year, but the torch has been passed to some very capable...young players," Arnold said.

Also graduating this July are: Ryan Heroux (named to Commissioner's 11 at the provincials), defensive standouts Alex Jerstad, Cam Knight, and Arman Avagyan, as well as Braeden Vajda, Andre Ho, Gregory Schuetz and Noel van den Hemel. Jacqueline Tyrer and Andrey Krasnoperov were the team managers.

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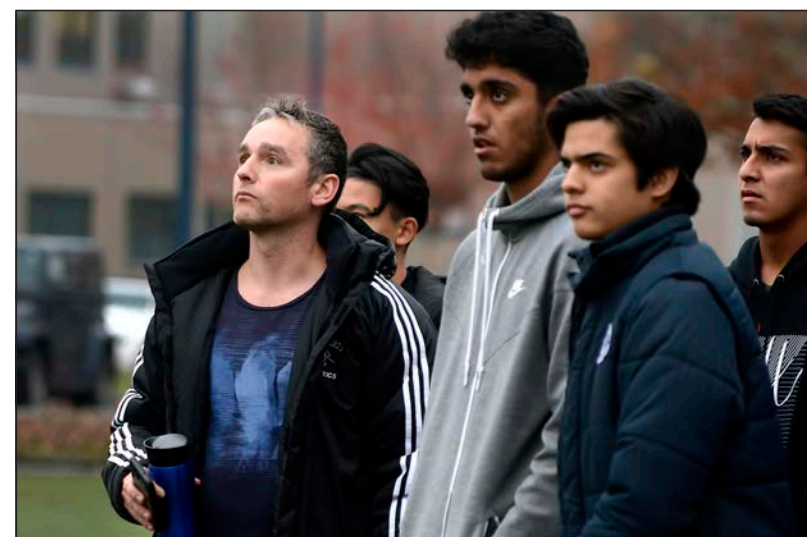


Photos by Chung Chow

McRoberts Strikers midfielder Ryan Heroux is fouled while being tackled by a pair of Notre Dame Jugglers during the Vancouver and District Soccer Championship game at Hugh Boyd.



McRoberts Strikers midfielder Braeden Vajda tries to manoeuvre around a Trojan during the Vancouver and District final at Hugh Boyd.



McRoberts Strikers coach Drew Arnold, left, and Grade 11 striker Joven Sidhu, middle, who was sidelined by an injury for the Vancouver and District finals.



Photo by Chung Chow
Olympic silver medal rower Darcy Marquardt is among the nine outstanding athletes, builders, coaches and officials who were permanently inducted into the Richmond Sports Wall of Fame Saturday, Nov. 18 at Richmond City Hall.

Sports Wall of Fame inductees epitomize class

By **DON FENNELL**
@DFSentinel

The Richmond Sports Wall of Fame Class of 2017 represents the epitome of excellence.

Defined by modesty and outstanding achievement, the nine local sports heroes were inducted Nov. 18.

"Sport is an important part of our community's heritage, as well as providing lifelong benefits to its participants and inspiration for us all," said Mayor Malcolm Brodie. "It is an honour to recognize each of this year's inductees for their achievements and dedication to their sport by having them inducted into the Richmond Sports Wall of Fame."

Champions in every sense of the word, the athletes, builders, coaches and officials who make up the 2017 class have each excelled in their respective category and sport.

The five athletes being inducted this year have all consistently demonstrated humility while reaching the pinnacle of their sport—Arjan Singh

Bhullar, a gold medallist in men's wrestling at the 2010 Commonwealth Games; Darcy Marquardt, an Olympic silver medalist in women's rowing in 2012; Brian Johns, a three-time Olympian and the most decorated swimmer in Canadian university history; Jennifer Joyce, the 2006 Commonwealth Games silver medallist in the women's hammer throw; and Andrew Mavis, a member of Canada's 2000 Olympic men's basketball team.

Equally dedicated to their sports were builder Nancy Carey, who gave 30 years of service as a volunteer, administrator and coach of girls' field hockey; and official Kanwal Singh Neel, who is being recognized for his outstanding contribution to amateur sport as an international official in track and field.

Coaching inductees Glenn Kishi and Dr. Doug Nielsen also epitomize the quality of inductee in this year's class. Kishi coached many sports at the high school and community levels, and guided many teams to successful seasons including a pair

of junior football provincial championships. Nielsen was equally accomplished in his many seasons coaching girls' fastball.

ARJAN BHULLAR, ATHLETE

Now a mixed martial artist fighting in the UFC (he won his debut fight over Luis Henrique earlier this year), Arjan Bhullar grew up around wrestling. A three-time provincial high school champion, he represented Canada in freestyle at several world championships, and won gold at the 2010 Commonwealth Games. He also competed at the 2012 Olympic Summer Games. One of three McRoberts high school graduates in this year's class, Bhullar created the Dalbir Bhullar Athletic Scholarship soon after graduation and continues to give back to wrestling, at a local club he started with family and at the University of the Fraser Valley varsity club which he helped create.

DARCY MARQUARDT, ATHLETE

A McRoberts graduate, Darcy Mar-

quardt was a youth lifeguard in Richmond while also dabbling in a variety of sports herself. But it was as a first-year student at the University of Victoria that she began rowing, the sport that would define her athletic career. Her remarkable career included 16 international medals and three Olympic Games, highlighted by a silver medal in women's eight at the London Summer Games in 2012.

A passionate advocate for the next generation of rowers, she is also keen to give back to the community and is currently a KidSport ambassador.

JENNIFER JOYCE, ATHLETE

Born and raised in Richmond, Jennifer Joyce was a multi-sport athlete as a youth who honed her skills in the hammer throw as a longtime member of the vaunted Richmond Kajaks Track and Field Club. For much of her tutelage, her mentor was the legendary Richard Collier who guided many of the nation's top throwers during

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WALL OF FAME

From Page 23

his lengthy coaching career including Joyce. Succeeding at all levels, Joyce became one of the best Canadian throwers of her generation. She was a four-time Canadian champion and held several national records. She remains one of only three Canadian women to ever break the 70-metre barrier.

Upon graduating from McRoberts Secondary, Joyce attended the University of California at Berkeley where she continued to excel—twice earning the NCAA All-American championship. At the same time, she double majored in American Studies and French. She later became the school's throws coach from 2003 to 2007 and is currently working on a masters degree in high performance, while the strength and conditioning coach at the Canadian Sport Institute in Victoria.

ANDREW MAVIS, ATHLETE

From playing a major role in the R.C. Palmer Griffins winning a provincial junior boys' basketball championship to helping the Richmond Colts to a second-place finish at the senior AAA tournament during his second year, Andrew Mavis was one of the top players throughout his high school years. That continued at the post-secondary level, first at Snow College in Ephraim, Utah where he was a first-team and conference all-star to Northern Arizona University where he was named the top newcomer and, following his second season, player of the year. He was recently inducted in the North Arizona hall of fame.

But Mavis is perhaps best remembered for his eight seasons as a member of Canada's junior and senior men's national teams, including the team that placed seventh at the 2000 Olympic Summer Games in Sydney, Australia. That team also featured future NBA star Steve Nash.



Coaching inductee Glenn Kishi (second left) had lots of support from family and friends at the induction ceremony.

Mavis' passion and talent for basketball has led him to give back to the game as a coach.

BRIAN JOHNS, ATHLETE

A McRoberts graduate, Brian Johns started his decorated swimming career as a young boy with the Richmond Aquanauts, then Racers and finally Rapids. At age 17, in 1999, he made his first national team appearance—the youngest member on the team.

As a University of B.C. student, Johns won five national championships and 34 medals in 34 races—33 gold and one silver; the most decorated swimmer in Canadian university history.

Johns' international career was just as impressive as he won numerous Canadian titles, still retaining many national records, and competed in three Olympic Games. In 2003 he set the world 400-metre individual medley short course record.

Today, Johns enthusiastically gives back as head coach and director of swimming for the Vancouver Pacific Swim Club.

NANCY CAREY, BUILDER

Along with her husband Lance, who was part of the Richmond Sports Hall of Fame's inaugural class three years ago, Nancy Carey played an integral role in the organizing and success of field hockey

in Richmond—both at the club and school levels.

A teacher in the district for 30 years, she also coached many successful Richmond school field hockey teams. Today, the Richmond finalists play for the Carey Cup.

Carey was equally influential as a coach at the Richmond Field Hockey Club. One of her teams, the Eagles, went undefeated for nine seasons and won six provincial championships during the 1990s.

In 1999, the Richmond Field Hockey Club established an annual scholarship honouring both Nancy and Lance for their many years contributing to the sport.

GLENN KISHI, COACH

Glenn Kishi's contributions to the Richmond community are many, including 35 years as a teacher, administrator and coach in the school district. His teams were equally successful at both the school and community levels, winning four provincial football championships, a provincial basketball title, and five league and district titles.

But while he was proud of the achievements, Kishi defines the success by how the athletes and students became productive members of the community through their experiences in sport. He always stressed the team success came before individual accomplishments.

DOUG NIELSEN, COACH

Richmond's coach of the year in 2003, Dr. Doug Nielsen dedicated countless hours and many years to coaching girls' softball. His teams played in many championship games, winning silver at the 1990 Western Canadian championships and bronze at the 1993 Canada Summer Games.

While his teams enjoyed success on the field, Nielsen always put an emphasis on helping each player develop their skills and confidence.

A dentist at Steveston Smiles, he grew up in Richmond and opened his Steveston practice the following year. His willingness to give back earned him the Fellowship in the American College of Dentists in 2008, an honour bestowed upon him by his colleagues throughout North America.

KANWAL NEEL, OFFICIAL

A resident of Richmond since 1969, Kanwal Neel taught 33 years in the local school district and also volunteered in the community as a coach and official in track and field.

It is as a track and field official he is perhaps best known, earning the BC Athletics Official of the Year honour in 1979, an Olympic celebration medal in 1988 for outstanding contribution to amateur sport, and a commemorative medallion from the 2001 world championships.

This is the third year of inductions into the Richmond Sports Wall of Fame, which was launched in 2015. There are presently 34 individuals and teams. The wall honours individuals and teams who have played significant roles in building Richmond's sports community and/or excelled at their sport. Inductee categories include: pioneer, builder, coach, official, athlete, masters athlete, team and special achievement. Nominations for 2018 are being accepted through Dec. 31, 2017. A nomination form is available at www.richmond.ca/sports. Applications can be sent to sportswalloffame@richmond.ca.

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Slips, trips and falls

By **LORRAINE GRAVES**
@LGsentinel

There's lots you can do to prevent a life-altering tumble, according to occupational therapist (OT) Rishma Dhalla, who leads Richmond's Fall Prevention Program.

"Statistic are that one in every three seniors over age of 65 has a fall every year," Dhalla says.

"Our whole focus is safety and independence." Says Dhalla

At 88, Valerie Musil enjoys living in her own apartment in Steveston. Four months ago, she had a fall.

"I stepped back with my left leg it's not strong and I fell."

Keen to remain independent, Musil consulted with Dhalla.

"It's an interdisciplinary team with an OT, public health nurse, and physiotherapist. We provide in-home falls risk assessments and fall preventions clinics." This one-stop shopping for fall prevention requires no doctor's referral. Seniors or family members can start the process by calling (604) 233-3145.

"Falls account for 40 per cent of all nursing home admissions. In B.C., falls are the number one cause of injury-re-

lated death in seniors," Dhalla says.

Most seniors' falls occur at home and often due to hazards that are easy to fix.

"Rishma was really good. She gave me a lot of good tips. She said I should take my phone with me all the time which I didn't do before. And we had the bar in the shower that she adjusted." Dhalla suggested removing all area rugs. She also said sturdy shoes, like runners, were a safer bet than house slippers.

Dhalla also suggests installing grab bars in the bathroom and bed assist rails—because a lot of newer mattresses are too high— and toilet frames, seats in the tub and more grab bars. Dhalla strongly recommends night lights and suggests reducing clutter.

"People have downsized, kept all the big pieces so we can suggest they move furniture to create safe walking space and reduce clutter in stairwells. Also turn on the light in the stairwell, every time," she says. Another option is motion detector light switches.

"We've all gone from a bright room to a dark one and we can't walk straight," says Dhalla

Another important part of the falls prevention program is fitness.



Photo by Chung Chow

Since her fall, 88-year-old Valerie Musil has relied on the expertise of the Falls Prevention Program to maintain her strength and independence.

"You can do those things but, at the end of the day, if your strength and balance are not working, you're going to have a fall. At the end of the day, if your muscles and balance system are strong enough, you'll be able to right yourself and not fall down," says Dhalla.

Absolutely any kind of strengthening, and not just for the lower extremities, is really, really important for seniors. Even if you are now in your 80s, it's never too late to start," encourages Dhalla.

The other thing that helps to hold up

Musil, is her daughter: "I live on my own and I'm so glad I have her because she is so good whenever I need her."

At 88 Musil also has her attitude that keeps her healthy and living independently.

"I think positive and that helps me a lot too because if you give up, that's it, right?" she says.

Dhalla says, "Our whole goal is education and working with our senior clients so they can stay in their own home and be as safe as possible for as long as possible."

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The Spirit of Christmas shines at ROCA concert

By **LORRAINE GRAVES**
@LGsentinel

For an affordable Christmas concert performed by what Richmond Orchestra and Chorus (ROCA) Association orchestra conductor calls, "Highly-skilled amateurs," you can't go wrong with their 7:30 p.m. Dec. 12 concert at South Arm United Church, on the corner of No. 3 Rd. and Steveston Hwy.

The quality is high while the price is more than reasonable, a donation of food or money for the Richmond Food Bank.

"We have a lot of people who are music grads who have gone on to do other things with their career. They do this as part of their commitment to the community and for their own enjoyment," Malberg says.

Brigid Coult is the choir director for this event, The Spirit of Christmas, and the musical director of the Richmond Chorus. The Chorus and Orchestra, while having many separate concerts throughout the calendar, also enjoy at least two together each year, according to Malberg.

The chorus has additional concerts in the run-up to Christmas. Check the

website ROCA.ca for more information in case you miss the Dec. 12 event.

The concert, Malberg says is, "Absolutely for everybody, all ages. It's a crowd pleaser. Because it's lighter music, it's accessible and enjoyable for everybody. We have everything from traditional Christmas selections from Nutcracker, Skaters' Waltz to Anderson's Christmas Festival, all the way to White Christmas and Let It Snow, and all those great tunes."

Anderson, is Leroy Anderson, composer of The Typewriter, a piece made famous by Jerry Lewis. If Anderson is on the program, you know there will be

vivid and joyous music to be had.

While the suggested donation is \$20, and Malberg hopes many will feel moved by the season to be generous he promises, in the spirit of the season, there is no minimum and no one will be turned away for lack of funds. While a donation of a non-perishable food item is also welcome, he does remind us that when our community offers funds, the Richmond Food Bank is able to multiply that value many times over, when purchasing food in bulk, often at a further discount, to help families hungry at this festive time of year.

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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, Dec. 7 for the Mid-December issue (25 words max.)

Info

THE RICHMOND HOSPITAL AUXILIARY THRIFT shop now open Sunday's from 12-3. Look for surprise 1/2 price sales every Sunday. Chatham St and Second Ave., Steveston

Events

MINGS DIAMOND At Lansdowne Centre invites you to join the opening reception for Canada 150 Art Jewellery Show! Opening Reception: Thursday, Nov. 30 @ 6:30pm – 8:00pm.

BRITANNIA SHIPYARDS ARTISAN CHRISTMAS CRAFT FAIR Saturday, Dec. 2, 11:00-4:30pm The Seine Net Loft at Britannia Shipyards National Historic Site. Complete your holiday shopping at the first annual Britannia Shipyards Artisan Christmas Craft Fair! 30+ vendors.

THE CANNERY, in conjunction with the Steveston Merchants Association, invites everyone to the Steveston Festival of Trees Dec. 1 to 31 at the Gulf of Georgia Cannery National Historic Site, 2138 Fourth Ave. Free admission, open daily 10-5.

Events

SOUTH ARM UNITED CHURCH is having their annual Christmas Sale Saturday, Dec. 2nd. Featuring home baking, home canning & preserves, a silent auction and a "Christmas treasures & junkie" section. There will be refreshments.

THE 5TH ANNUAL TOY DRIVE for the Richmond Christmas Fund by the Steveston Merchants takes place Sunday Dec. 3rd, 12:15 - 2:15 at the Steveston Hotel on 3rd Ave.

Study

KNEE PAIN OR OSTEOARTHRITIS in your knee? Richmond's Arthritis Research Canada (ARC) is recruiting patients like you for a scientific study. Contact Johnathan Tam at 604-207-4027 or email supra.activity@arthritisresearch.ca.

Donations

YOUR DONATIONS CAN BE MATCHED this holiday season through the Peterson Donation Drive! Visit richmondfoodbank.org to find out how.

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Across

3 Regularforce
6 Worldwartwo
7 Unpeacekeepers
8 Cadets
9 Lastpostfund
12 Veteransaffairscda
14 Richmond
15 Redpoppy
17 Thelegion
18 Anaf
19 Koreanwar
20 Belgium

Down

1 Etdecorumest
2 Harjitsinghsajjan

4 Flandersfields
5 Vimyridge
10 Afghanistan
11 Flanders
13 Flupandemic
16 Cyprus

SUDOKU

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THE RICHMOND SOCKEYES will be holding the teddy bear toss on Thursday, Dec. 7. Proceeds of the 50/50 that night will go to the Richmond Christmas Fund.

Pick up a copy of the Richmond Sentinel from the following locations:

• Richmond City Hall
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RICHMOND
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OUR COMMUNITY NEWS

NEW BEGINNINGS

03

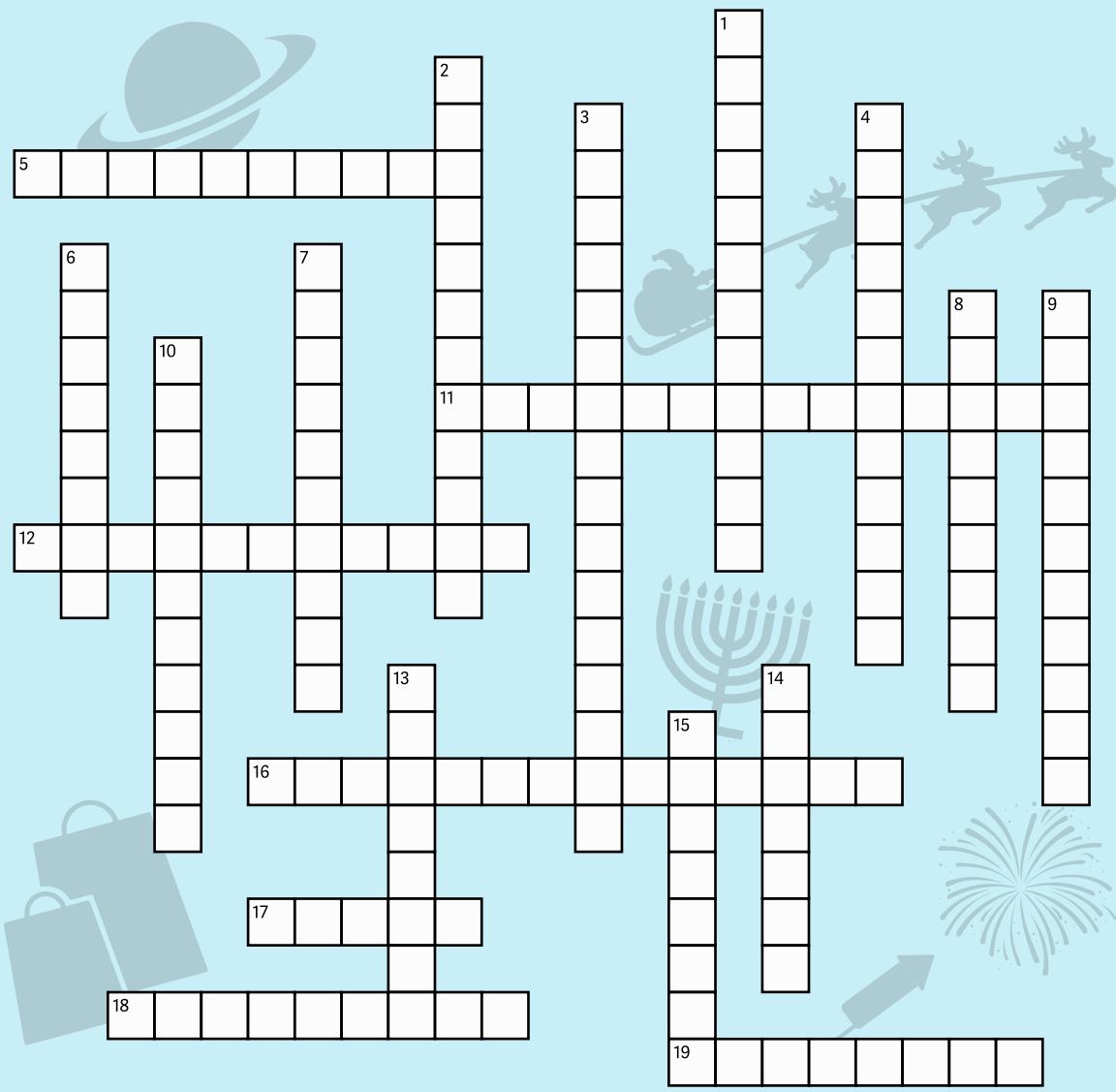
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OUR COMMUNITY NEWS

03

Fun & Games

DECEMBER CELEBRATIONS



ACROSS

- 5

Ancient Roman holiday
- 11

Dec. 21
- 12

Holiday/reunion for Esperantists
- 16

Hindu Holiday, N America
- 17

Dec. 13, Feast of St.
- 18

Dec. 26, not US holiday
- 19

Scot's New Year's Eve

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.

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| 9 | | 7 | 3 | | 6 | | | |
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DOWN

- 1

Dec 25
- 2

Nov. 30
- 3

Dec 1, 2017 celebration
- 4

Saxon winter solstice fest
- 6

Dec. 8, Buddhist
- 7

Dec. 6, Feast of
- 8

Lights blinking a little
- 9

Feast of St Stephen, Dec
- 10

Last day, Gregorian Year
- 13

First Sun. in Advent
- 14

US Pan-African Holiday
- 15

Starts on 25th day of Kislev

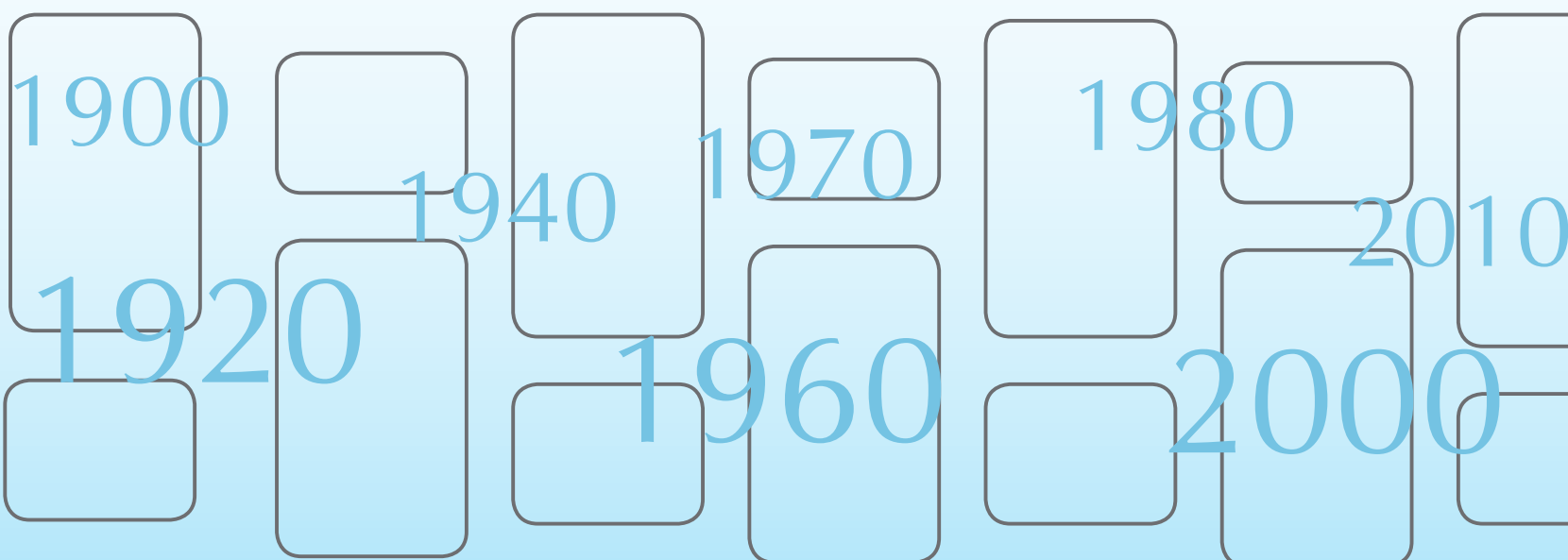
Answers will be posted in the next issue in Mid-Dec.

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Richmond Sports Wall of Fame



Call for Nominations:

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Special Achievement

Nomination deadline for 2018: December 31, 2017

Download an application form at www.richmond.ca/sports or www.richmondsportscouncil.com

For more information: 604-244-1274