

RICHMOND SENTINEL

OUR COMMUNITY NEWS

VOL. 1 ISSUE 20

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Mid-December 2017



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Precilia Kong's Ignite
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16

Photo by Chung Chow

President and co-founder of Ignite the Warmth, Richmond's Precilia Kong (middle)—with treasurer Ricky Guan (left) and human resources manager Melissa Mah (right)—is looking forward to distributing blankets to those less fortunate this Christmas season.

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Could Richmond become commercial marijuana capital?

By MARTIN VAN DEN HEMEL
@MartinvandenH

The owner of an East Richmond farm says fears that much of Lulu Island's agricultural land will be converted to grow cannabis—after next summer's expected legalization of marijuana—are unfounded.

Avtar Dhillon and his wife Diljit Bains own a 21-acre parcel at 6980 No. 9 Road, where two 7,000-square-foot greenhouses are rising in the shadows of Lafarge's cement tower near the south arm of the Fraser River.

Dhillon told *The Richmond Sentinel* that he hasn't ruled out growing cannabis in the greenhouses once marijuana becomes a legal crop in Canada. The City of Richmond has been told the greenhouses will be used to grow vegetables and other edible green products.

"We're going to keep all of our options open," said Dhillon, who currently grows blueberries, walnuts, almonds, and prunes and runs cattle on his properties. "We are not eliminating any possibilities of agricultural crops that would be allowed."

Dhillon is the executive chairman of Emerald Health Therapeutics, a publicly-traded company that is planning to become a "large-scale, low-cost cannabis producer," according to its website.

He referenced a Deloitte and Touche report that estimated Canada's demand for cannabis will reach



Photo by Martin van den Hemel

This 21-acre property, at 6980 No. 9 Road, is owned by a numbered company that lists Avtar Dhillon and his wife Diljit Bains as directors. Dhillon is executive chairman of Emerald Health Therapeutics.

600,000 kilograms annually by 2022.

To produce that amount in a greenhouse would require fewer than 500 acres, or some 10 million square feet, Dhillon said.

Considering how much farmland exists in Richmond, let alone the rest of the Lower Mainland and B.C., that's a "grain of sand on a beach, it's such a small quantity of land," he claimed.

Emerald has already made plans to retrofit a Delta greenhouse with 1.1 million square feet, he noted, with an

option to expand to five million. That could meet half of the demand for all of Canada.

"It's a big misconception that is being propagated at times...that there's going to be large tracts of land that are going to be taken over," Dhillon said of the fear mongering by cities that marijuana greenhouses will suddenly pop up everywhere. "It's simply not true."

Dhillon, who is also a family physician in the Lower Mainland and now farms close to 2,000 acres in California

and B.C., said it's the medicinal benefits of marijuana—including its anti-seizure potential in children—that has him excited.

"There are tremendous benefits for sleep, for other disorders, for cancer, for infectious diseases, epilepsy, nausea, weight loss. There's a whole host of medical conditions that are being investigated with this, and it's going to be exciting to see the misconceptions

See Page 17



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Natural-Hy: Life changing voyages in a ferro-cement boat

Lorraine Graves



The book starts with loss.

Steveston's Trevor Stickler speaks of the choice to give the boat he built, and used to cruise the world, a dignified death rather than leaving her to rot when no one would buy the 12-metre Natural-Hy.

The initial scenario sounding like a Stan Rogers song. Stickler salvaged what he could, then watched as his beloved boat was broken up. Surprisingly, her ferro-cement hull still was sound but, with no one to buy her, she had to go.

In the years between dreaming up this crazy plan to build a boat with a couple of buddies and what Stickler calls, "The process to bring her to a pile of rubble," the book chronicles many years of adventure, sailing, and far-off lands.

After a local shake-down cruise with some adventures of its own, Stickler and his buddies' first big journey, took them from Vancouver to Victoria uneventfully but after leaving Victoria, he writes, "This trip can either be exciting or dull. Unfortunately for us, this first trip was on the exciting side. Right smack on the nose of a Westerly gale.

"This meant for every headsail change, someone had to go up to the bow of the boat. I was up to my chest in water as we pitched mercilessly in ten to twelve-foot seas."

With a son about the same age, I thought of his mom back at home as I read that passage.

Calmer seas, and warm destinations followed with many adventures and vistas mixed in. When the *Natural-Hy* returned to Vancouver from her first big trip, she'd been to Hawaii, Samoa, Fiji, Australia, New Zealand and the Society Islands.

Spoiler alert, the sailors make it home alive. There is a picture of the author with his mom on the dock.

To my eye, she looks relieved.

Other journeys follow, including another major trip with a new sailing companion.

Natural-Hy evokes memories for me, painting pictures of life on a sailboat.

Stickler writes of sailing wing on wing, where each sail is fully out, either side of the boat to catch maximum wind.

A rare treat, it only works when the wind is blowing exactly where you want to go.

In B.C., sailors can sometimes look forward to it when taking their boats up the passage between Saltspring and Vancouver Islands.

This, the most peaceful way to sail, means going almost the speed of the wind while seeming not to move at all, until you look back to see your sailboat leaving a wake from going top speed.

Calm weather sailing, as can be found off the Southern coast of B.C. in summer, lulls all passengers.

Diversions like books, writing material, cards to play and even crosswords rarely entice a sailboat passenger from just plain relaxing, eating, sipping and sleeping lulled by the gentle motion of the boat.

Rough water sailing is just the opposite, living on adrenaline, **See Page 5**

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NATURAL-HY

From Page 4

constantly calculating the journey through each wave, holding the course, decisions and determination key.

In *Natural-Hy*, there seems to be plenty of both types of sailing.

To be honest, I have only dipped into this book. It's time to get ready for another issue of The Sentinel while also tending to family obligations and Christmas preparations.

I'm saving the rest of the book for my lazy Christmas reading on the couch, watching the tree's lights over the top of the book, a warm mug of tea on the side table. It's the kind of time I relish.

We usually hit the Richmond library for a collection of books that are pure indulgence, to read over the holidays. One year, it was novels set in Tuscany. Other years, it's



***Natural-Hy* by Trevor Stickler chronicles the decades he spent with his beloved 12 metre sailboat, Natural-Hy.**

been the vivid pleasure of Emily Carr's writing. I think *Natural-Hy* will fit the bill nicely.

My impressions? Like Wiley Blanchett's *Curve of Time* and Kath-

rene Pinkerton's *Three's a Crew*, Trevor Stickler's book is a good yarn.

The tomes on our bookshelf, in our boating days, had just such lit-

erature, along with cruising guides, to while away the dreary winter nights, lost in dreams of warm summer journeys up the coast.

B.C. offers some of the best sailing in the world, bar none.

With Vancouver Island forming a giant breakwater and a myriad of islands to anchor near, or to drop into marinas that function like nautical camp grounds, there is much to discover, much to cruise, and much to enjoy, even for a fair weather sailor.

Natural-Hy is not *War and Peace*. It is perfect for an indulgent Christmas read and likely to become a staple in the bookshelves of boaters, sailors, and those who just dream of the sea.

Trevor Stickler's book signing has been postponed because the first run of books has sold out. The author will now sign books on Saturday, Dec. 23 from 2 to 4 p.m. at Village Books and Coffee House in Steveston.

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North Richmond condo a grand prize in Millionaire Lottery

By MARTIN VAN DEN HEMEL
@martinvandenH

If you've all but given up hope of owning your own home in Richmond because prices are in the stratosphere, an act of charity could temporarily restore a sliver of that hope while helping to support an amazing cause.

VGH and UBC Hospital Foundation's Millionaire Lottery this year offers a spacious 1,100-plus-square-foot Richmond condo at Pinnacle Living at Capstan Village as one of its grand prize options. The condo is worth nearly \$1 million.

Angela Chapman, senior vice president of philanthropy for the foundation, said money raised from the lottery supports the purchase of "much-needed equipment" that costs under \$100,000 like ceiling lifts for patients with mobility challenges to ventilators to exoskeletons that help people with spinal cord injuries walk again. The equipment and funding benefits Vancouver General Hospital, UBC Hospital, the GF Strong Rehabilitation Centre, Vancouver Coastal Health Research Institute, and Vancouver Community Health.

This year's lottery is expected to net the foundation \$2.5 million for equipment and research.

"It's grown year upon year. In the 22 years we've done this, we've raised about \$50 million," Chapman said.

"I think one of the reasons people like these lotteries is they have an op-

portunity to win a prize themselves. They are doing something nice for themselves, having this chance to kind of aspire to this dream of this wonderful property and cash...and ultimately it does something very good for other people too."

Grace Kwok, of Anson Realty, gave *The Richmond Sentinel* a tour of the high-ceiling display suites at the new Pinnacle Living at Capstan Village residential towers at Capstan and Sexsmith Road in north Richmond. The towers are expected to be completed by the summer of 2018.

The grand prize Richmond condo is a three-bedroom nearly 1,200-square-foot unit that overlooks the Pinnacle Club amenities area which boasts a gym with enough space for two badminton courts or one half-court basketball court, an indoor heated swimming pool and hot tub, two lounges, a fitness centre and separate dance room, a children's play room, theatre and mahjong room.

Of the roughly 400 units that originally went up for sale at Pinnacle Living two years ago, only a couple dozen remain unsold, Kwok said.

Plans to build a new Canada Line station at Capstan Way are well ahead of schedule, with council recently having furnished TransLink with \$3.5 million for the design of the station. The full \$27.8 million required to pay for the station could be collected from developers by next year, which means a new Capstan Way



Image courtesy Pinnacle Living at Capstan Village

A nearly 1,200-square-foot three bedroom condo is a grand prize in Millionaire Lottery.

station could be completed as soon as 2021.

The deadline for the Early Bird draws, which features two winners and a total of \$250,000 in prizes, is midnight on Sunday, Dec. 24, with those prizes drawn on Jan. 10, 2018.

The final ticket deadline is midnight

on Friday, Jan. 12, 2018.

The Grand Prize, which features a choice of seven grand prize homes in Vancouver, South Surrey, Squamish, Kelowna and Vancouver Island, and final draws will occur on Thursday, Feb. 1, 2018 at Global TV studios.

•martinv@richmondsentinel.ca

RICHMOND
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OUR COMMUNITY NEWS

Managing Editor

Martin van den Hemel, martinv@richmondsentinel.ca

Reporters

Don Fennell, dfennell@richmondsentinel.ca

Lorraine Graves, lgraves@richmondsentinel.ca

Photographer

Chung Chow

Advertising Sales

Don Grant, dgrant@richmondsentinel.ca

Production Manager

Jaana Bjork, jaanab@richmondsentinel.ca

Web Developer

Alan Huang

Graphic Design

Florence Liang

Published by

INTELLI MANAGEMENT GROUP
200-6751 Westminster Hwy.
Richmond, B.C., V7C 4V4, Canada

General inquiries

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

Newsroom

Tel: 778-297-5005



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Richmond students visit Downtown Eastside.

Schools show heart

By AHMAD ALI JAFFER
Youth Reporter

The students of two independent elementary schools in Richmond—the Az-Zahraa Islamic Academy and the Richmond Jewish Day School—embarked on a project together to bring cheer to those in need.

The concept of giving back is shared by these faiths, which initially brought the schools together five years ago.

This year, their effort entailed packaging 742 lunches and distributing them to the residents of Vancouver's Downtown Eastside.

They also provided warm clothes, blankets, and non-perishable food items to those living in one of the most impoverished areas in the city.

As one of Vancouver's oldest neighbourhoods, the Downtown Eastside is rampant with poverty, drugs, prostitution and other troubling activities.

Nate Brown and Tali Keil, students of the Richmond Jewish Day School, explained their experience as eye-opening and full of emotion.

Being amongst the homeless and hearing about their stories, some who have spent most of their lives on the streets, brought a sense of gratitude to those involved with this project.

Oscar Pozzolo, the principal of Az-Zahraa Islamic Academy said his students were able to "understand the realities of what's out in the world in terms of hardships and struggles that some Canadians are facing."

He shared how the feeling of wanting to help became so overpowering amongst students and teachers alike.

The immediate impact seen on the lives of the less fortunate allowed for a meaningful experience, he said.

Employees from an Aboriginal art store came out and preformed a thank-you song for the students, to express their gratitude for the work being done for the betterment of their community.

This initiative alone took countless hours of preparation from a variety of groups.

The RCMP escorted the school bus all the way from Richmond, while the Vancouver Police Department remained on site for the safety of the students.

This project is one that the two neighbouring schools plan to continue throughout the years to promote social responsibility and charity, so that the young minds are encouraged to give selflessly in all stages and aspects of their lives.

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Software giant Sage's staff love to give back

By MARTIN VAN DEN HEMEL
@MartinvandenH

One of the biggest high tech firms in Richmond is having great success that has nothing to do with the area in which they specialize.

Business management software giant Sage, which employs 375 people at its Richmond campus on Wireless Way, believes strongly in giving back to the community. Not only does Sage encourage their staff to volunteer, but also provides them

the opportunities to do so.

Paul Struthers, executive vice-president and managing director of Sage Canada, told *The Richmond Sentinel* that Sage staff have caught the volunteer bug.

"It's very much a part of who we are and what we do."

Sage employees are encouraged to participate in five days of volunteering as part of their work time every year in their local communities, doing everything from supporting young people to working with socially and economically deprived communities to toiling the soil at the Richmond Sharing Farm.

So far in 2017, Sage staff have volunteered 58 per cent more than in 2016, totalling more than 2,300 hours so far this year.

The dedication to giving back to communities began a few years ago, with the founding of the Sage Foundation, he said.

"I think we're very lucky to be in the position we're in as a company that grew from a very small company in the (United Kingdom) 32 years ago...We're lucky to enjoy that success and I think it's really important to give back and

face some of the biggest challenges that are out there," Struthers said.

Sage Foundation has a two-plus-two-plus-two framework, he explained. Sage has committed to donating two per cent of staff time, two per cent of free cash flow and two donated user licences per year, he said.

That translates into up to five days of an employee's work time being available for volunteerism opportunities.

While Sage is a public company, and you have to generate profits, Struthers said "we want to do that the right way. We want to be building that with our community and with our customers."

Thousands of Lower Mainland businesses use Sage software to run their business.

"Sage globally really is the one-stop business management solutions for companies of almost any size, whether you're...one person starting a company and you need some accounting software, some payment software to run your business...right to billion-dollar enterprises that need enterprise management software to run everything," Struthers said.

•martinv@richmondsentinel.ca



COMMUNITY COMMENT



DEAR RICHMOND CONSTITUENTS,

We all owe a debt of gratitude to our first responders, who go above and beyond to rescue and treat those in need of medical attention.

In my riding, when incidents happen on our local waters we are lucky to have the men and women of Richmond's Royal Canadian Marine Search and Rescue close by. One member in particular is being recognized for his many contributions both on and off the water.

Barry Hastings, a well-known figure in the Richmond community, was recently recognized for his 35 years of service. And while his peers describe him as a humble man, who doesn't like being recognized for his efforts, the Royal Canadian Marine Search and Rescue has decided to bestow a very special—and very public—honour upon him: they've decided to name a rescue boat after him.

The "B.R. Hastings" will head out to do the type of work Hastings has done for more than three decades—searching, rescuing, and caring for people he's usually never met before. That's the type of guy Barry Hastings is. He has selflessly dedicated so many years to helping others, and this rescue boat will carry that spirit of giving forward.

Greg Miller, Pacific region chair for the organization, has worked with Hastings for 23 years. He says the gesture was an important way of recognizing Barry and showing his family how much his contributions are valued.

I join Royal Canadian Marine Search and Rescue in congratulating and thanking Barry Hastings for 35 years of service to our community.

John Yap, MLA

Richmond-Steveston Constituency Office:
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Photo courtesy Sage Foundation

Workers from software giant Sage at the Richmond Sharing Farm.



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.



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Photo by Paul Tam

MLA John Yap, MP Alice Wong and Coun. Bill McNulty helped launch a new Chinese journey photo exhibit at Aberdeen Centre.

Aberdeen Centre photo exhibit told Chinese journey

By **DON FENNELL**
@DFSentinel

Canadians and to foster better understanding with other community groups.

Explore the Chinese Journey Through Canadian History Photo Exhibition wrapped up Dec. 6 at Aberdeen Centre.

The exhibit took participants back to Vancouver's Chinatown in the late 1800s, and on a journey past major milestones in the community's history.

Presented in partnership with the Chinese Benevolent Association of Vancouver, the exhibit was displayed along the third floor hallway during mall hours.

Contributors to the exhibition included the Chinese Benevolent Association, Vancouver Public Library, City of Vancouver Archives, *Sing Tao* and *Ming Pao* Chinese language newspapers.

Founded in 1895 by six pioneers who saw a need to establish an organization to provide mutual support and leadership within the Chinese Canadian community, the Chinese Benevolent Association of Vancouver has worked diligently to promote equality for Chinese

Registered as a non-profit organization in 1906, the group has played an important role in the Chinese community appealing for equal rights, and organizing multi-cultural events such as Chinatown Spring Festival Parade, Canada Day celebrations and the Canada Memory Day ceremony. Past efforts have included distributing food to unemployed Chinese Canadians in 1913, a plea to review Canada's immigration laws in 1924, appealing to grant Chinese Canadians the right to vote in 1947, and numerous petitions between 1947 and 1967 to facilitate the reunification of Chinese Canadian families.

In the last three decades, the Chinese Benevolent Association has continued to focus on the changing needs of its community, including creating an affiliated non-profit society to provide low cost housing, and frequent fundraising campaigns to assist the victims of natural disasters in Canada and China.

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Vij family gives generously to Richmond Hospital

By **DON FENNELL**
@DFSentinel

The generosity of a local family will improve medical imaging at Richmond Hospital, while also hopefully inspiring others to give.

A donation of \$100,000 by Manmohan and Kusum Vij will assist in the purchase of a portable digital X-ray machine. The new unit can be used at a patient's bedside and is faster and more accurate while using lower doses of radiation.

"This is really a gift for the whole community. It will help (doctors) diagnose their patients and treat them well," Dr. Ian Wong, head of medical imaging at Richmond Hospital, said at a Wednesday event to celebrate the contribution.

Wong explained that medical imaging is a specialty which uses X-rays, ultrasounds, CT scans, MRIs and mammograms to see inside the body.

"Sometimes having a picture is a thousand words in answering what the disease going on inside might be," he said.

Born in Amritsar in the Indian state of Punjab, Manmohan and Kusum Vij raised two children, son Vikram and daughter Gauri, in India. Manmohan headed up a textile company with his grandfather in Bombay before the couple emigrated to Canada in 1994.

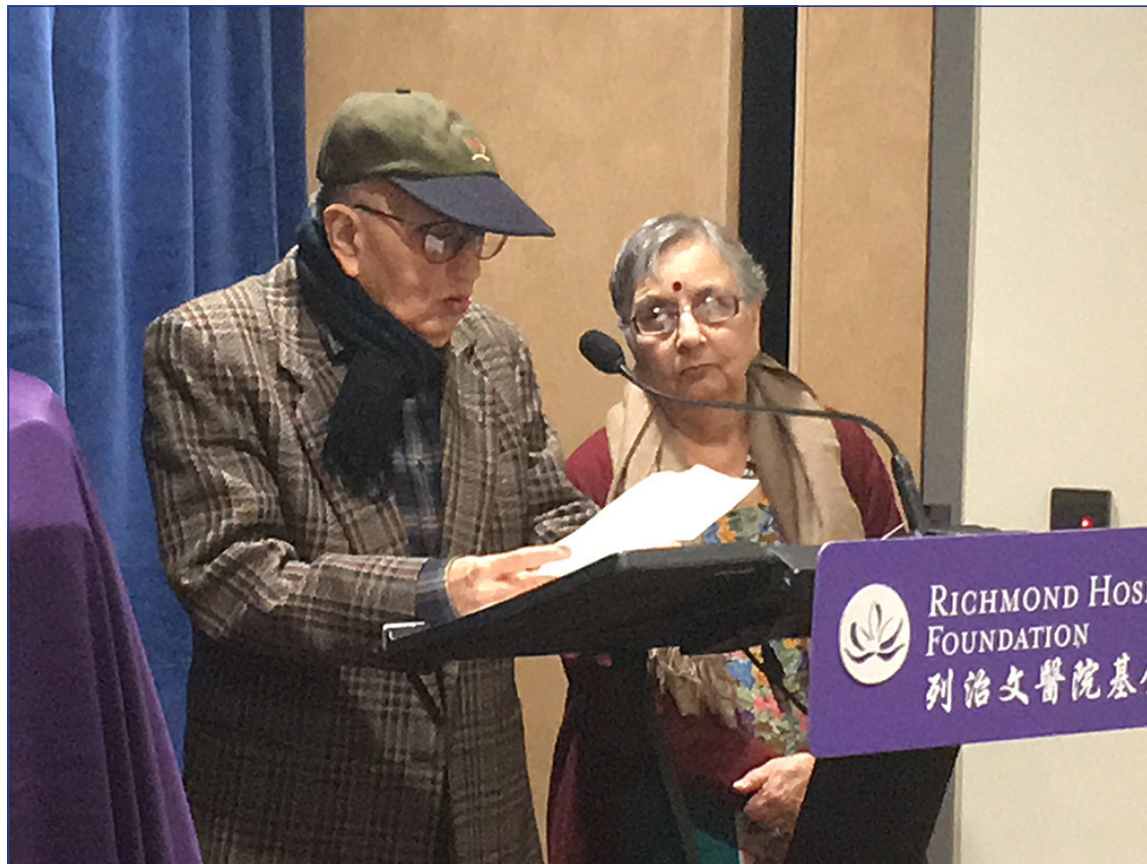


Photo by Don Fennell

A donation by longtime Richmond couple Manmohan and Kusum Vij has been used to purchase a portable digital X-ray machine at Richmond Hospital.

They have resided in Richmond since 1998.

Manmohan said Richmond Hospital is an important resource within the city.

"Right from birth to the end of life we need the services of the hospital," he said. "Our Richmond Hospital has given us very good services, today is giving us better services, and in the future, with your help, will be giving us the best services maybe in Canada. I say, and I underline, that with the help of my brothers and sisters,

especially seniors, should give some attention (to giving) whatever little or more they have in the kitty. I suggest this is the best investment."

The couple's son, renowned international chef Vikram Vij, also spoke on the importance of giving.

"I'm truly humbled and honoured to be a son of Manmohan and Kusum," he said. "It's important for us to realize when we come to a new country, to a foreign country, you cannot forget the roots of where you came from. Who we are today is an offspring of

the country we grew up in. But we (also) cannot forget that the country we (now) live in, which is Canada, is the country that has given us the love, and the attention and the idea of freedom. Last year I had the opportunity to cook for the troops in Kuwait. The fact we're all free is because those troops are protecting us. So, let's make sure this gift my father and mother have given... encourages other members of the community to give back to the country because we do live in one of the finest democracies in the world. Let's make sure this habit of giving in our community is constantly ongoing."

Richmond Hospital Foundation president and CEO Natalie Meixner said unprecedented population growth in Richmond is surging exponentially and a booming seniors' population is placing enormous demands on our hospital facilities and equipment.

"We thank Manmohan and Kusum for helping to ensure our medical teams can meet the needs of our community now and in the future," she said.

During the last 30 years, Richmond Hospital Foundation has raised nearly \$75 million to help purchase vital medical equipment, improve patient care services and upgrade facilities at Richmond Hospital.

dfennell@richmondsentinel.ca



HOCKEY WEEKEND IN RICHMOND!

January 5-7 at Richmond Arena
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THINGS TO DO IN RICHMOND *this winter break*



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

Inside or outside, we'll keep you active all through the holidays with dozens of fun things to do with friends and family!

Swim, skate, take a winter walk through a park, work out at one of nine fitness facilities, visit the Richmond Olympic Experience, take in an exhibition at the museum or art gallery, drop-in for a heritage tour and more.

One day activities

Take a holiday walk with the Walk Richmond group

Saturday, December 16, 10:00 am
Steveston Village

Celebrate the season at City Centre's Winter Carnival

Saturday, December 16, 10:00 am–1:00 pm
City Centre Community Centre, 5900 Minoru Boulevard

Mark the longest night outside in nature

Saturday, December 16, 11:00 am–4:00 pm
Richmond Nature Park, 11851 Westminster Highway

Don't miss the Holly Jolly Holiday at the Richmond Olympic Oval

Sunday, December 17, 1:00–5:30 pm
Richmond Olympic Oval, 6111 River Road

Uke-ing Around the Christmas Tree

Wednesday, December 20, 4:00–6:30 pm
55+ years
West Richmond Community Centre, 9180 No. 1 Road

Spend some time together at Hamilton Community Centre's Family Open Gym

Saturday, December 24 and 31, 11:30am–1:00pm
Hamilton Community Centre, 5140 Smith Drive

Family Open Gym at Thompson Community Centre

Wednesday, December 27 and Jan 3, 12:30–5:00 pm
Thompson Community Centre, 5151 Granville Avenue

Drop in to the Parent & Tot Playtime program

Sunday, December 24, 10:30 am–2:30 pm
Tuesday, December 26, 10:30 am–2:30 pm
Wednesday, December 27, 9:00 am–7:00 pm
Thursday, December 28, 9:00 am–4:00 pm
Friday, December 29, 9:00 am–7:00 pm
Saturday, December 30, 8:30 am–4:30 pm
Sunday, December 31, 10:30 am–2:30 pm
Steveston Community Centre, 4111 Moncton Street

Drop in to the Youth Open Gym

Sunday, December 24, 12:30–2:30 pm
Tuesday, December 26, 10:30 am–2:30 pm
Wednesday, December 27, 8:00 am–1:30 pm
Thursday, December 28, 2:00–7:30 pm
Friday, December 29, 2:00–7:30pm

Drop in to the Youth Open Gym cont. . .

Saturday, December 30, 11:00 am–5:00 pm
Sunday, December 31, 1:00–2:30 pm
13–18 years
Steveston Community Centre, 4111 Moncton Street

Christmas Eve Movie Matinee

Sunday, December 24, 12:30–2:30 pm
55+ years
Minoru Place Activity Centre, 7660 Minoru Gate

Spend time at City Centre Community Centre on Christmas Day working out, letting the kids play and socializing

Monday, December 25
City Centre Community Centre, 5900 Minoru Boulevard

Drop-in to Babytime at the Library

Thursday, December 28, 10:30–11:00 am
Up to 18 months and caregivers
Brighthouse (Main) Branch, 7700 Minoru Gate

Drop-in to Winter Family Fun at the Library

Friday, December 29, 10:00–11:30 am
Up to 5 years old
Brighthouse (Main) Branch, 7700 Minoru Gate

Start the New Year off with the Tim Horton's Charity Skate at the Richmond Olympic Oval

Monday, January 1, 11:00 am–3:00 pm
Richmond Olympic Oval, 6111 River Road

Race to the Library

Tuesday, January 2, 2:30–3:15 pm
4+ years
Brighthouse (Main) Branch, 7700 Minoru Gate

Afternoon Hangout at the Library

Wednesday, January 3, 3:30–5:00 pm
8+ years
Cambie Library, Unit 150, 7700 Minoru Gate

Drop-in to Babytime at the Library

Thursday, January 4, 10:30–11:00 am
Up to 18 months and caregivers
Brighthouse (Main) Branch, 7700 Minoru Gate

Drop-in to Winter Family Fun at the Library

Friday, January 5, 10:00–11:30 am
Up to 5 years old
Brighthouse (Main) Branch, 7700 Minoru Gate

Ongoing activities

Visit Britannia Shipyards National Historic Site and take a free 15 minute tour

1:00 pm, 2:00 pm, 3:00 pm, 4:00 pm
5180 Westwater Drive

Lace up your skates and glide through the holidays at Winter Wonderland

Minoru Arenas, 7551 Minoru Gate

Get a jump start on a 'healthier you' resolution with a workout in any of the City's 8 fitness centres

Cambie Community Centre, 12800 Cambie Road
City Centre Community Centre, 5900 Minoru Blvd
Hamilton Community Centre, 5140 Smith Drive
South Arm Community Centre, 8880 Williams Road
Steveston Community Centre, 4111 Moncton Street
Thompson Community Centre, 5151 Granville Avenue*
Watermania, 14300 Entertainment Blvd
West Richmond Community Centre, 9180 No. 1 Road
*Thompson Community Centre, including the Fitness Centre, Games Room and Gymnasium, closed December 20–25 for maintenance. For Monthly Fitness Pass holders, the external drop-in fee waived at all other community centres.

Walk off those holiday meals and treats with a picturesque stroll through Richmond Nature Park

Richmond Nature Park, 11851 Westminster Highway

Take in the "Our Journeys Here" exhibit at the Richmond Museum

Richmond Museum, 7700 Minoru Gate

Drop-in to a variety of programs at the Richmond Olympic Oval

Richmond Olympic Oval, 6111 River Road

Catch the Richmond Art Gallery's "ArtRich 2017" exhibit before it's over December 31

Richmond Art Gallery, 7700 Minoru Gate

Swim, play and be active this holiday season at Watermania

Watermania, 14300 Entertainment Boulevard

Work out at the Richmond Olympic Oval

Richmond Olympic Oval, 6111 River Road

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Dec 15 6:30–8:30pm Public Skate 9–10:30 Youth Skate (12–18yrs)	Dec 16 12–4pm Public Skate 6:30–9pm Public Skate
Dec 17 12–4pm Public Skate 6:30–9pm Public Skate	Dec 18 6:30–9pm Public Skate	Dec 19 	Dec 20 6:30–9pm Public Skate	Dec 21 	Dec 22 6:30–9pm Public Skate	Dec 23 12–3pm Public Skate 6:30–9pm Public Skate
Dec 24 12–4pm Public Skate	Dec 25 Closed	Dec 26 10am–4pm Public Skate	Dec 27 10am–2pm Public Skate 2:30–6pm Public Skate 6:30–9pm Public Skate	Dec 28 10am–2pm Public Skate 2:30–6pm Public Skate 6:30–9pm Public Skate	Dec 29 10am–2pm Public Skate 2:30–6pm Public Skate 6:30–9pm Public Skate	Dec 30 10am–2pm Public Skate 2:30–6pm Public Skate 6:30–9pm Public Skate
Dec 31 10am–4pm Public Skate	Jan 1 12–4pm Public Skate 	Jan 2 10am–2pm Public Skate 2:30–6pm Public Skate 6:30–9pm Public Skate	Jan 3 10am–2pm Public Skate 2:30–6pm Public Skate 6:30–9pm Public Skate	Jan 4 10am–2pm Public Skate 2:30–6pm Public Skate 6:30–9pm Public Skate	Jan 5 10am–2pm Public Skate 2:30–6pm Public Skate 6:30–9pm Public Skate	Jan 6 10am–2pm Public Skate 2:30–6pm Public Skate 6:30–9pm Public Skate
Jan 7 10am–4pm Public Skate						



**RICHMOND
SNOW ANGELS**

BE A GOOD NEIGHBOUR THIS WINTER

Heavy snowfall can create challenges for many residents. Help reduce the risk of injuries from slips and falls by assisting seniors and other neighbours-in-need by removing snow from sidewalks and drains.

For more information on how to prepare for winter weather, visit www.richmond.ca/winter.



The Soda Crackers concert Thursday

Vancouver trio The Soda Crackers will appear in an intimate concert at the Steveston Folk Guild on Thursday, Dec. 14.

Tickets are \$10 at the door.

Fans of Americana/Roots music love their eclectic repertoire of bluegrass, vintage country, swing and jazz.

The band is made up of veteran Vancouver musicians Sue Malcolm (guitar), Don Fraser (guitar and dobro) and Stu MacDonald (bass), with fiddler Doug Thordarson joining them for this show.

Showtime is 7:30 p.m. with several opening acts, and The Soda Crackers taking the stage at 8:30 p.m.

When good help is hard to find

By LORRAINE GRAVES
@LGsentinel

The good news is the unemployment rate is low. The bad news is workers are hard to find.

Shane Dagan, owner and manager of the Steveston Seafood House, said finding help from high school students is easy.

"When it gets up past high school, it's hard. One reason I believe is that the transit is poor so, we're not able to pull from Vancouver. I can get a body in here but to have the type of staff that we're looking for is a little harder to come by. Highly skilled is hard to find—chefs are hard to find—quality ones," he says.

Bob Brammer, a partner in Tino's Pizza at Broadmoor Shopping Centre, uses classic Canadian networking.

"I ask the guys or girls who work here if they know somebody."

In a country with a relatively low population like Canada, it's not favouritism that gets a job, it's trust.

Most sectors in this country rely on word-of-mouth to find good employees.

In fact, the vast majority of jobs in Canada, be they professional, administrative or entry-level, are never advertised. How then to find a job?

"The best thing to do is to show up in person, looking professional, looking the part," Dagan says. "I'd have them show up at an appropriate time,

when we aren't too busy."

He also says, in addition to your résumé, "More important is a cover letter so we know their situation, what their intentions are. If they can let me know in two paragraphs or less where they are; what they are looking for; how many days; how many hours; are they looking for part-time, full-time?"

Dagan says knowing a second language gives an applicant an extra chance of getting the job.

"There can be an accent but there has to be a strong enough knowledge of the English language that they converse in a professional manner," cautions Dagan.

How does Brammer find new entry-level employees?

"A lot of our employees are customers or local kids. If there's no connection then I take a résumé but nine times out of 10, they have a connection to the restaurant," he says, again reinforcing the importance of a personal reference, of networking even for an entry-level job.

And what about the prospective employee's past employment?

Brammer has an interesting take on that, saying, "I would prefer people to have no experience that way I can get them trained the way I like it."

And what kind of work do the new employees do at Tino's Pizza?

"They basically have to do everything. I do everything. You name it—making salads, making food, working the till."

And, while there is no formal probationary period, Brammer says, "I want to know they can handle the fast-paced situation in a kitchen. It's not yelling like on TV shows but it's very fast-paced. You've got to be on your toes."

Both Brammer and Dagan say that more important than finding good staff, is keeping them.

"Really for me that's the most important thing. Once they're in the door, retaining the staff is easier than

See Page 15



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HELP

From Page 14

finding hiring and training. There's a financial cost to hiring new staff," says Dagan.

Dagan consciously works to make the Steveston Seafood House a place people want to keep working.

"We try to have fun, to make it a safe, fun zone where people can look forward to coming to work, and not view it as work but view it as fun for them," he says.

Brammer says "I guess you make them feel a part of the family. People really take an ownership role. They feel pride in being part of my family," he says pointing out that the other owners—who also work there, each doing all the tasks too—are his brother and his sister.

And the feeling of family, of community endures long after the employment.

"Last night we had at least three ex-employees visit, just stop by, talk, get something to eat."

"A few nights ago, we were getting hammered and I had an ex-employee who offered to take a couple of deliveries. He just popped in and offered. That happens quite regularly."

"We've had a few (employees) for over a dozen years, at least three or four of them," he says. "But they usually start their last year high school or first of college and they tend to stay until they graduate."

Brammer's loyalty and theirs to him remains.

Knowing what nights Tino's Pizza is extra busy, an ex-employee was in touch recently, asking Brammer, "What do you think of me working Fridays?"

Both Dagan and Brammer recognize the financial



Photo by Chung Chow

Even with a sign posted, just mailing in a résumé isn't likely to net a job.

reality of the situation.

"Obviously we don't pay the best," says Brammer but they are a family business and family sticks together. "We have our Christmas party every year. All our present and ex-employees are invited. We may not pay for ex-employees but they want to partake."

Dagan too realizes there has to be more than pay at stake, with his costs high and the margins low in the food industry.

"I know what it costs to live here because I pay rent as well. How do we pay adults, especially with families, enough so that they can afford to live but at the same time keep the rest viable? It's a balancing act. Because if the ship sinks then everyone's out of a job and we can't have that either."

Dagan says that, out of a staff of 25, he looks for

someone maybe four times per year.

How does he keep so much of his staff, besides the atmosphere he tries to foster every day for his workers?

"At the end of the night, we'll get pizza every couple of months and hang out here. A lot of the staff end up being friends just through osmosis," he says.

So, if you are looking for that first job, look for someone who trusts you, who knows what you can do, who already has a job, then ask if they know of anyone hiring. Learn about the company.

Write up a two paragraph cover letter letting the potential employer know what kind of work you are looking for, how many hours you want to work each week and why.

For the interview, wear clean clothes appropriate to the job. Don't even think of chewing gum.

Look the employer in the eye and say you would like to work for them. If they say no, go back in three months' time. More jobs are found because people follow up than because they apply in the first place.

•LGraves@richmondsentinel.ca

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Happy New Year to All!**

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A mission of understanding

By **DON FENNELL**
@DFSentinel

Precilia Kong delights in giving back. It's a habit she proudly inherited from her mom.

As a young girl, still in elementary school, she and her older sister would accompany their mom on a trip to Vancouver's east side each Christmas season. While handing out much-needed items such as food or clothing, Helena wanted to teach her daughters the importance of empathy, and to ignore stigmas.

"My mom's a very fearless woman," says Precilia. "She would talk to the residents about their needs and their stories, and make them laugh. She felt if we learned to talk to people, without stigmas, we'd get to know

them a bit better."

The experience left an indelible impression, leading Precilia to co-found Ignite the Warmth Society in 2014.

The youth-led registered charity is dedicated to providing opportunities and educational programs to students and community members in the Lower Mainland.

Similar to those childhood visits, Precilia and her team of volunteers spend a good deal of the holidays trying to brighten the lives of those less fortunate. At the same time, she hopes to further enlighten the public on the plight of the disadvantaged.

"Many people don't realize that homelessness and poverty is a systemic issue that affects everyone,"

See Page 20

Enjoy family fun and fitness at the pool this holiday season!

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MARIJUANA

From Page 3

of that one molecule. When you take out the THC (which has psychotropic effects), you still have a very active plant that can be used for medicines, and that's really our focus at Emerald."

According to a press release on Emerald Health's website, the Saanich, B.C. firm partnered with Village Farms to retrofit a 25-acre, 1.1-million-square-foot greenhouse in Delta last June that had been used to grow tomatoes so that it instead can grow cannabis.

Richmond Mayor Malcolm Brodie said he's definitely concerned about what will come in the wake of the legalization of marijuana.

Simply take a drive to Saanich, Brodie suggested, and take a look at the bunker built into the middle of an agricultural field and is visible from the highway. It is ringed by chain link fencing and comes across as a very secure facility, he said.

"It's not like anything we see on farmland today," Brodie said.

Coun. Harold Steves fears Richmond could become the pot producing capital of the country.

"We could well end up being the heart of the marijuana industry," Steves said.

Brodie agrees, but said the City of Richmond has had success in its previous efforts to limit the number of production facilities for medical marijuana.

"It's a matter of mirroring that type of approach for the non-medicinal use (of marijuana). I don't think we want to become the centre of activity for the production of marijuana."

Richmond council is on record as not endorsing the legalization of marijuana.

The No. 9 Road property isn't the only one that appears, Steves said, destined to become part of the marijuana industry, which one estimate pegs at worth more than \$20 billion annually in Canada.

The City of Richmond has received a request to change the designation of a 40,000-square-foot horse barn in South Richmond, with the proposal to add 20,000 square feet.

"We should not be building what we call warehouses, or factories or bunkers for marijuana on farmland," he said.

Steves said Richmond is ideally suited to both grow marijuana and distribute it, noting the city's proximity to the Vancouver International Airport.

"For greenhouses, or even growing marijuana outdoors, we have the best soil and the best climate in all of Canada. So we are a prime location for marijuana production. Of any place in the country, this is the best place to do it."

The predicted growth of the marijuana industry poses a threat to Richmond's ability to produce food for its residents, he said.

"That's why our very fragile, food-producing land, is threatened by marijuana production. If we start taking our best lands for growing marijuana, and

not growing food, we've got a problem."

While greenhouses might seem innocuous for farmland, Steves said that's not always the case.

He said he opposed the construction of concrete-based greenhouses in Delta, but the province ruled that growing tomatoes without soil was an agricultural use.

"That precedent has already been set. Anybody that wants to build a greenhouse once (marijuana) is legalized, can build one. But when you build greenhouses with acres and acres of concrete floors, you're actually destroying the farmland."

While concrete-based greenhouses can grow food, Steves said it's not good food.

"I wouldn't eat it and I wouldn't recommend anybody else eat it. It's like processed food. The nutrition is taken out of it with these processes...It's taking us in the opposite direction of where we should be going."

•martinv@richmondsentinel.ca

“May your holidays be filled with happiness, health and good cheer! Happy Holidays!”



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KPU prof shares baking recipe



Photo courtesy CBC

KPU Physicist James Hoyland bakes up a storm on CBC's Great Canadian Baking Show Wednesdays at 8 p.m.

By LORRAINE GRAVES
@LGSentinel

We may not know who is going to take the crown in CBC's Great Canadian Baking Show but Kwantlen Polytechnic University Physics (KPU) professor James Hoyland offers Sentinel readers his recipe for Mushroom Gougere, a crown of cheesy pastry puffs that encircle a rich mushroom and almond savoury filling.

"This is a Christmas dish we do for our veggie Christmas dinner instead of turkey," he says.

Choux ("shue") pastry, while looking impressive in the finished item, is pretty easy to make, Hoyland says.

It's the same base as the shells for cream puffs and profiteroles.

Your arms get a work-out in the mixing phase but it really does turn out if you follow the recipe.

Hint: Where Hoyland suggests parchment paper, you can use wax paper instead.

lgraves@richmondsentinel.ca

Mushroom Gougere

Gougere is basically choux pastry with cheese. We have made this a few times as the centerpiece for a vegetarian Christmas dinner. The pastry is made into a crown shape with the filling inside. We make it with a creamy, herby mushroom filling but you could try others as well.

Choux pastry can seem a bit intimidating but once you have the knack you'll find it pretty easy to get right.

The key is to work quickly and be ready for a workout!

Ingredients

The Gougere Crown:

200g all-purpose flour
100g butter, chopped into small cubes
1/2 cup whole milk
1/2 cup water
pinch salt
6 large eggs
1 tbsp of wholegrain Dijon mustard (adjust to taste!)

175g Gruyere cheese (grated)

The Filling:

About a dozen large portobello mushrooms

1 medium onion
3 Tbsp butter
Small bunch of parsley
3 cloves garlic
1/2 cup raw unsalted almonds
1/4 cup olive oil
1/4 cup soy sauce
1 Tbsp lemon juice
Salt and pepper

Instructions:

Heat oven to 450F.

Pastry:

To make the pastry, sift the flour onto a large sheet of baking parchment.

Put the butter, milk, water, sugar and salt in a pan, and heat gently until the butter has completely melted.

Increase the heat and bring the liquid to the boil.

When bubbling, remove quickly from the heat and tip in the flour all at once. That's why we put it on parchment, you can pick up the parchment and swish it in all at once.

Immediately beat with a wooden spoon until the mixture forms a dough that leaves the side of the pan clean. Remove from the heat.

Cool for a few minutes.. This is important—if you add the egg while it's too hot the egg will curdle.

Gradually add the beaten egg to the dough, beating well between each addition, until the dough is smooth and glossy. The dough is going to be heavy and you have to stir fast.

This is where you get your workout! Once it's lovely and shiny stir in the mustard and about 125g of the cheese.

Now divide the dough into eight rough balls and dollop them onto a papered baking sheet in a circle leaving a space in the middle. Sprinkle the remaining cheese over. Pop into the oven and right away drop the tem-

perature to 425F. After 10 min drop the temperature to 375F and bake for around 20 minutes.

Filling:

While the crown is baking, make the filling.

Melt butter in a frying pan on medium low heat. Chop the onion fairly finely and crush the garlic and sauté for a few minutes.

Slice the mushrooms thickly and toss them in the pan making sure they are well coated.

Add the chopped parsley and cook slowly until the mushrooms have sweated down well.

Blend the nuts with the oil, soy sauce and lemon juice and pour into the mushroom mix.

Continue cooking until the sauce thickens.

When the pastry is done, take it out of the oven, let it cool slightly and transfer to a serving dish.

When ready, spoon the filling into the middle of the crown.

Community centre seeks board members

By **DON FENNELL**
@DFSentinel

There may be no more selfless, or rewarding act than volunteering.

Canadians, apparently, are well aware of this, with fully half of the population taking advantage of the opportunity. It's also an experience those at the Richmond's Thompson Community Centre are trumpeting as they look specifically to fill positions on their board and committees.

"It's all about attracting good people," says Thompson Community Association president Julie Halfnights. "Not everybody is the right fit. You need to be ready, willing and able to be represent the community which might not look like you. It might look like younger people or people of different cultures. And it's a working board, so you have to be willing to dedicate a few hours a week, because

regardless of what your role is, we hope you'll also sit on a committee and head it by your second third of third year."

A longtime community volunteer, in various capacities, Halfnights says sitting on any one of Thompson's 11 committees is a chance to learn more about, and make a difference, in your community.

"For example if you have an interest in fitness and you think you know what others want, you can have some influence in the decision-making" she explains.

Community development co-ordinator Sharlene Singh, who initially joined the community centre as a volunteer before transitioning to her present position last year, suggests volunteering is also a chance to build experience.

"You align your passions and interests to committee work, and part of that is learning how a board works and also the

leadership and communication skills we're looking for," Singh explains.

Born in Fiji, but growing up in Canada, Singh says volunteering provided a great learning opportunity, and to better understand that what volunteering means to one individual may differ greatly from another. Either way, she says it is a way to develop a better understanding of your community.

While volunteering may look different than 20 years ago, Halfnights says it is no less important. And she says it is vital that the board, and committees, reflect the membership.

"Although we now have tons of opportunities for seniors, a lot of what we do is still for children," she says. "We're fortunate to have attracted five board members who have young children themselves, because there was a time when we were just a bunch of grey-haired people sitting around. And one of the things

for us, and all associations, is to whittle the job down to something manageable for someone who has a family. We're trying to encourage flexibility so (volunteering) is doable for people."

While they're not likely to sit on the board initially, volunteering is also a good way for young people to learn more about, and become engaged in their community.

"Everyone has a different perspective. We value that. I think we need that," says Singh.

Halfnights says the community centre plays an important role in each neighbourhood throughout Richmond, Thompson certainly being no exception.

"This was the realization of a dream," she says. "The community centre is critically important. With the densification of our neighbourhood, more and more this is somebody's rec room."

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Many standouts in Gateway's *A Christmas Carol*

By LORRAINE GRAVES
@LGsentinel

Gateway Theatre offers a chance to see Charles Dickens' *A Christmas Carol* live.

A tale of greed and redemption, with three ghosts thrown in for good measure, a tale that as it weaves through a miserable miser's past, present and future, as told by the visiting ghosts on the Christmas Eve.

Michael Shamata's adaptation stays true to tradition.

Dickens' stories, originally weekly chapters in newspapers, were compiled into books so people could binge read the entire yarn.

As Scrooge, Russell Roberts is clearly at the top of his game. I can't imagine him being anyone other than Scrooge.

Equally a stand-out is Allan Morgan as Jacob Marley, the Spirit of Christmas Present and a few others. Each of his characters is so different that it's hard to believe it is the same actor. These two professional have their full palette of skills on stage.

That contrasts with the younger actors, some of whom are recent graduates of Langara's Studio 58 theatre program. RBC's support allows the development and nurturing of these new actors at Gateway.

Another stand-out is the young actor who plays Tiny Tim—not from Lang-

Photo by David Cooper
Russell Roberts and Allan Morgan, here as Scrooge and Marley, give stellar performances in Gateway Theatre's *A Christmas Carol*.



ara, as Janna Lamb is only nine. Her voice was clear, pure and strong. Under Rachel Peake's direction, Lamb's acting is believable.

The live music woven throughout the play, sometimes as recognizable songs of the season, other times as background music, enriched the play, making it something one experiences not just watches. Kudos to composer and sound designer, Joelysa Pankanea.

The sound whether dialogue, music or singing was clear. We sat near the rear of the theatre and the dialogue sounded unamplified—the sign of a true sound master.

Drew Facey's set design was simple and innovative and works seamlessly.

Carmen Alatorre's costumes are spot-on as is Itai Erdal's lighting de-

sign—never obtrusive but always guiding the audience's attention to the spot of the action on stage.

One rarely mentions the stage manager, but Lois Dawson kept everything running like clockwork with an unobtrusive grace that belied the challenge of coordinating so many actors and set changes through the play.

Unfortunately, there were a few times in the evening when the shortage of volunteers showed.

Many theatre-goers are spoiled by big city professional productions like Bard on the Beach where there is an adequate supply of volunteers to offer to show you to your seat.

Community volunteer make Gateway feel like our theatre.

The other time the lack of volunteers

showed was at the opening night reception. Gateway close to sold-out. With only enough people to staff one spot for the Sheraton Vancouver Airport Hotel's tasty treats, the crush of people surging around the food lacked grace.

Anna's Cake House's offering disappeared before many could even find it. A second location and more volunteers to guide people would have helped.

Scheherazad Cooper's notes in the program were another stand-out. They gave not only an overview of Dickens' story but linked the season to the many traditions and faiths' views of this season as we approach the longest night of the year and then the coming of the light, as the days again begin to lengthen.

A Christmas Carol has themes common to all traditions—kindness for others, helping the poor, and treasuring friends and family over money.

As director Rachel Peake pointed out, the institutionalized poverty of Dickens' day echoes today's increasing gap between the rich and powerful few and the majority who haven't enough.

Whether set on our current global scale or in Victorian London, I do wonder, who will be our Dickens today to lead us toward the light?

A Christmas Carol at Gateway Theatre runs until Dec. 24.

•LGraves@richmondsentinel.ca

MISSION

From Page 16

says Precilia. "It uses a lot of healthcare resources, and it's hard to get out of the cycle of poverty unless there is the necessary support."

Dedicated to making a difference, Ignite the Warmth is asking for your help in brightening the lives of some less fortunate this holiday season. Through its donation days at Songs in the Snow at Steveston Museum's Town Square Park (4 to 6 p.m. Saturday, Dec. 16),

and at the Starbucks at Broadmoor mall (9 a.m. to 1 p.m. Friday, Dec. 15), the group hopes to collect funds enabling it to hand out supplies such as blankets and hygiene products to the homeless.

"We hope to share an act of kindness along with educating other volunteers about the issue of homelessness, and engaging them on the issue of poverty that exists in their own neighbourhoods," says Denis Aldana, the group's marketing and communications director.

Precilia believes much of the stigma

or prejudice toward homelessness isn't because people don't care, but a result of fear. But she says unfortunately many people also use that fear to conveniently ignore the issue.

In her fourth year studying integrated sciences at the University of B.C. (neuroscience and foundation of human health), with an eye to perhaps becoming a doctor, the 2014 Steveston-London Secondary School graduate gained valuable experience working with others as student council president. It served her well when she launched the Ignite

the Warmth Society.

"I felt there was so much more we could do for an issue that doesn't get a lot of light, particularly in a community (known more for its affluency) like Richmond. I think once you get involved you start learning more and you want to do more."

Ignite the Warmth Society needs your help this year distributing blankets. If you have a truck and can spare some time, please contact the group through its website ignitethewarmth.com.

•dfennell@richmondsentinel.ca

Falling for a festive drink

By LORRAINE GRAVES
@LGsentinel

Seniors account for 13 per cent of our population but 44.4 per cent of all falls, according to Richmond public health nurse Sharon Williams with the Fall Prevention Clinic.

"200,000 seniors in B.C. experience a fall every year," she says.

Besides reduced strength and natural balance, Williams cites other factors.

"Seniors who take four or more medications, that alone increases their risk of falls," says Williams.

"I think that a lot of falls are a result of medication," says pharmacist Geoff Kwong of Richlea Pharmasave.

Falls for seniors becomes even more of a problem this time of year when Christmas cheer, in the form of alcoholic drinks—be it wine, beer, or a tot of rum in the eggnog—becomes more prevalent.

"Taking medications alone puts them at risk, then adding alcohol puts them at a very dangerous mix," says Williams.

"For seniors, falls are quite a big deal. Sometimes in seniors they're life or death," says Kwong.

Kwong knows the needs of the frail elderly first hand. He is the main caregiver for his 92-year-old grandmother with whom he lives.

According Kwong, for seniors, adding alcohol to the mix of whatever medications they are on, can multiply

the effects of both the drinks and the meds. The mix can even be deadly.

Williams and Kwong list a number of common prescription medications that should not be mixed with alcohol. They include pills for depression, anxiety, sleeping, high blood pressure, and water pills (diuretics) because all carry a chance of problems when mixed with a drink of alcohol.

In addition, other drugs such as some for fungal and yeast infections can damage internal organs when mixed with Canadians' main party drug alcohol.

Kwong says, it isn't just prescription medications that can cause problems and the dangers can be more than just falls.

"Tylenol shouldn't be mixed with alcohol because of the liver toxicity. It is the most common cause of liver injury. Period. Full stop," says Dr. Michael Rieder, a clinical pharmacologist at Western University in London, Ont.

Alcohol can multiply the damaging effects of common over-the-counter pills.

Kwong lists others medications to be leery of adding alcohol to, "Over-the-counter sleeping aids, like Gravol, antihistamines, Benadryl—I do find that some seniors use those and they should watch that with alcohol as well."

Even herbal remedies don't always mix well with alcohol. Kwong cites St. John's Wort, "That's basically an antidepressant, naturally, and so if you're



Photo by Chung Chow

Be it an elegant drink of sherry, a tot of rum in the egg nog, or a casual beer with buddies, you may be multiplying your risk of problems if you are on certain medications.

on (it) you should watch your alcohol intake; It makes you more drowsy."

Gauging your impairment is not just a matter of counting the number of drinks per hour, when the medicine you take adds to your impairment. It can also keep the alcohol you drink in your system longer, letting it build up.

"It's the multiplying of effects, if they're on an antidepressant every day and don't drink regularly, they don't know how alcohol will affect them, so it's not a good idea to drink and drive," says Kwong.

Kwong cautions that you need to tell your pharmacist all the meds—supplements, herbal, and vitamin pills you take, not just your prescriptions.

So, what's a family to do if they

know a senior has to be careful?

Williams suggests that for family caregivers of someone elderly, "It's really good to know what they're taking. It's important for caregivers to be aware if they are making decisions for the people they are caring for."

Richmond Addictions Services executive director Richard Dubras suggests drinking and Christmas aren't inextricably tied.

He warns against automatically offering a drink of alcohol.

"Certainly not to make the assumption that everyone wants or needs a drink during the Christmas holidays."

Dubras suggests preserving respect by having good options for alcohol-free festive beverages.

•LGraves@richmondsentinel.ca

Dec 08 - 24

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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. 21 for the January 2018 issue (25 words max.)

Info

RICHMOND MULTICULTURAL COMMUNITY SERVICES. Invites you to Christmas Potluck Dinner. 5-8p.m. Friday, Dec. 15. 340-7000 Minoru Blvd. Bring a dish and cheer.

AS A FOLLOW-UP TO OUR #METOO STORY, the Sentinel offers the following community resources: In an emergency, call 911

Chimo Crisis Services, 604-279-7077 chimo@chimoservices.com

Chimo crisis line: 604-279-7070 (8 a.m. to midnight)

TASA program info: 604-279-7100

Touchstone Family Assn. info: 604-279-5599

For support around street harassment:

vancouver.ihollaback.org/

If you have any doubt about what is/isn't consent, check out this brief but humorous video

tinyurl.com/teametoo

Events

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.

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.

Call to artists

RICHMOND has partnered with Black History Month to accept submissions from artists of African/Black descent. Applicants from Richmond are given priority. Deadline for submissions to the Feb. 16 to 28, 2018 exhibit at the Richmond Cultural Centre is Jan. 4, 2018. Email electronic submissions to cchaichian@richmond.ca. For more information call: 604-247-8326.

DEC ANSWERS

CROSSWORD

Across

- 5 Saturnalia
- 11 Wintersolstice
- 12 Zamenhofday
- 16 Panchaganapati
- 17 Lucia
- 18 Boxingday
- 19 Hogmanay

- 8 Twinkling
- 9 Twentysixth
- 10 Newyearseve
- 13 Decthird
- 14 Kwanzaa
- 15 Hanukkah

Down

- 1 Christmasday
- 2 Standrewsday
- 3 Prophetsbirthday
- 4 Mothersnight
- 6 Bodhiday
- 7 Stnicholas

SUDOKU

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

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THE SODA CRACKERS

in concert
Thursday, Dec.14. The
Steveston Folk Guild.
Chinese Bunkhouse
at Britannia Shipyards.
5180 Westwater Dr.,
Steveston
7:30 – 9:30 pm
\$10 at the door

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

- Richmond City Hall
- Richmond Public Libraries
- Richmond School District Office
- Minoru Aquatic Centre
- Richmond Hospital
- Lansdowne Centre
- Richmond Centre

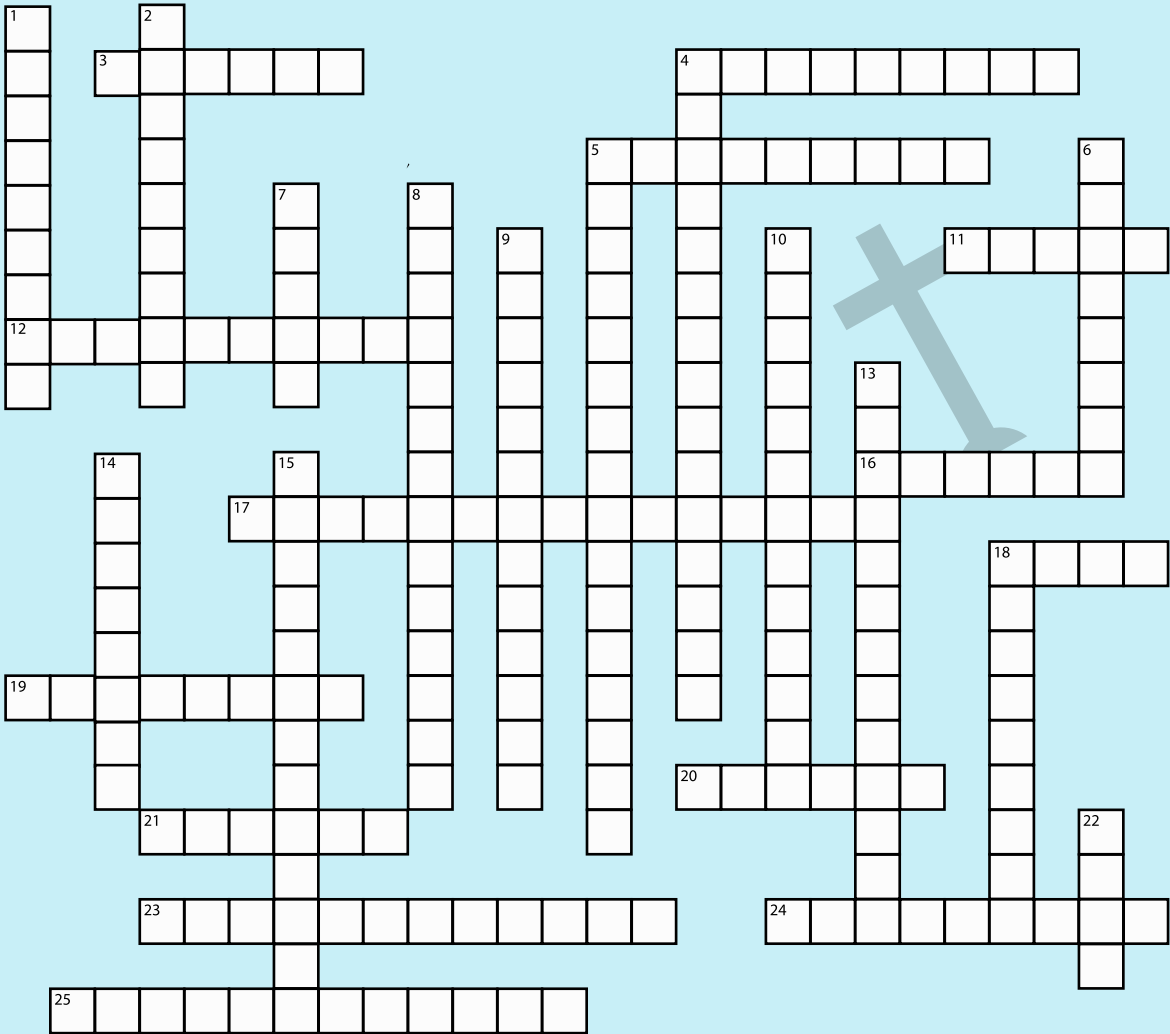
And at these community centres:

- City Centre • Cambie • Hamilton • Thompson
- South Arm • Steveston • West Richmond



Fun & Games

DECEMBER CELEBRATIONS



ACROSS

- 3

Jingle all ____
- 4

Richmond crop, traditional sauce
- 5

Singing around neighbourhood
- 11

Birthday of ____
- 12

Other name for St. Nick
- 16

Fr. chicken's milk, English trans
- 17

They brighten the night
- 18

Once in Royal David's ____
- 19

Wrapped, put under tree
- 20

Traditional meat
- 21

____ the snowman, song
- 23

Scraggly, ____ Christmas tree
- 24

Smooching plant
- 25

Christmas cake, full of

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.

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

DOWN

- 1

____ nipping at your nose
- 2

Theobroma cocoa, common name
- 4

Festive Meal on 25th
- 5

Traditional dessert
- 6

Torn bread and spices
- 7

The ____ and the ivy
- 8

Mini-cabbage at festive dinner
- 9

Seasonal greeting mail-out
- 10

It came upon a ____
- 13

Oh come all ye faithful, Latin
- 14

Source of goofy hats, jokes, treats
- 15

Decorated evergreen
- 18

Hooked peppermint treat
- 22

Fake or real, white stuff

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

MARKET HAVE YOU PUZZLED?

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

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