



Family ties



Kennedy clan united
in love for sports

12

Photo submitted

A passion for sports helps to keep Steveston's Kennedy family (from left Nick, Stephanie, Katie, Liz, Zack and Chris) healthy and happy.

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Salmon festival to adopt online presence

By DON FENNEL
@rmdsentinel

Canada's Biggest Little Birthday Party" won't be held as usual this summer. But, rest assured, there will be an alternate celebration.

The COVID-19 pandemic forced the Steveston Community Society to cancel this year's Steveston Salmon Festival for the first time in its 75-year history. Organizers hope to be able to celebrate the 75th anniversary with a public gathering next year.

This year, in place of the July 1 tradition which coincides with Canada Day, organizers including the City of Richmond are planning festivities that will be largely online.

"The decision to cancel this year's event was not an easy one to make," Steveston Community Society president Alan Sakai said in April. "There are hundreds of volunteers, artists, vendors and support staff required to host this event that has been attended by up to 80,000 visitors in recent years. In light of the current COVID-19 protocols put in place by BC provincial health officer Dr. Bonnie Henry, cancelling this year's event was determined to be the most responsible decision to make at this time."

While the festival has grown in leaps and bounds through the years, it has managed to retain its grassroots atmosphere. Indeed, its appeal can be traced to neighbours meeting neighbours for a day of family fun.

The historic fishing village of Steveston hosted its first salmon festival in 1945, a year after hosting a community sports day as a fundraiser to build a playground in Steveston Park.

From the outset, the festival has paid homage to its heritage. One of the most popular attractions, the salmon barbecue has been a staple since day one. A recent estimate suggests more than 544 kilograms (1,200 pounds) of wild salmon filet is grilled over the open fire pits each July 1.

A pancake breakfast, which kicks off the day at 6:30 a.m., is another long-standing tradition, followed by the raising of the Canadian flag at 8:40 a.m. A visit to the historical Gulf of Georgia Cannery and climbing aboard the inter-urban tram have also become must-do activities. And a boatload of food trucks offers up just about everything your taste buds can imagine.

Of course, the annual Steveston Salmon Festival parade is mandatory viewing—even if you're one of the participants like Sammy the Salmon (the festival's official mascot). Nearly every community group is represented.

The salmon festival is the signature event of the Steveston Community Society, a volunteer-led association dedicated to maintaining Steveston's pioneering spirit by providing cultural, social and recreational opportunities for all the community. That mandate is further represented at the annual fair by the many community-organized performances highlighting local sports and arts—



Photo from City of Richmond Archives 2001 10 30

The Brighthouse Princess float from a Steveston Salmon Festival parade.

from demonstrations by local martial artists to a Japanese Cultural Show. As well, live performances fill the stages throughout the day, typically capped by a well-known musical act. Finally, no July 1 is complete without the traditional fireworks display over the Fraser River.

However, even before the big day comes around, anticipation begins to build with the traditional Bullhead Derby. Organized for the last 20-plus years by the Richmond Rods and Reels, it's a relaxing opportunity for anglers young and old to join forces at Garry Point Park early on the Sunday preceding the festival.

"Just seeing the expressions on their faces is magic," said one former co-ordinator.

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Richmond to celebrate Canada Day apart, but together

July 1 marks Canada's birthday and although this year's festivities will look different, the show must go on—online that is. Canada Day celebrations will move to online platforms this year as the City of Richmond, in partnership with the Steveston Community Society, celebrates Canada Day at Home.

"We hope everyone will join in Canada Day at Home and participate in any way they are able," said Steveston Community Society president Alan Sakai. "Decorate, sing, dance, dine and reflect. We want everyone to stay healthy and safe so next year, we can celebrate in person at

the 2021 Steveston Salmon Festival."

The Canada Day at Home festivities look to capture some of the magic that fills Steveston Village every year but from the safety of family bubbles and home gatherings. Tune in to see a Welcome from Mayor Malcolm Brodie and take part in a city-wide singalong of O Canada led by Steveston's own Audrey De Boer.

This year, Richmond residents are encouraged to decorate their front lawns and driveways, and dress their family and pets in red and white to celebrate the day and create a virtual parade, which will be viewable online on the

@FunRichmond Instagram account. You can submit your photos and participate in the parade using the hashtag #RichmondBCParade.

Canada Day at Home will be capped off with virtual fireworks that can take place in your own backyard using a web-based application.

Find all details, including activities to help you prepare for Canada Day, and a program schedule at www.richmond.ca/Canada-Day and follow @FunRichmond on Facebook, Twitter and Instagram for the latest updates and to share Canada Day at Home with your friends and neighbours.

Richmond malls recovering from pandemic

By HANNAH SCOTT

Local Journalism Initiative reporter

Richmond's major malls are welcoming customers with enhanced cleaning and sanitization procedures.

Although never fully closed, new protocols allow more stores to open during BC's second phase of COVID-19 recovery.

Lansdowne Centre

"A number of our stores remained open, like our grocery and service providers, with physical distancing and enhanced safety measures in place," says marketing manager Bronwyn Bailey. "Many of our restaurants also provided take-out and delivery."

There are new hand sanitizer stations throughout the mall, and cleaning is happening more frequently. High traffic areas and high touch points—like doors and washroom surfaces—are especially important.

The mall is currently open from 11 a.m. to 7 p.m., and deep cleaning is taking place overnight.

"Seating in the food court has been adjusted to encourage physical distancing," says Bailey. "We've also designated single-direction foot traffic through mall entrances and corridors."

A new parking lot pickup program, to be launched soon, allows participating stores to offer a contactless shopping option. Customers can contact stores directly and arrange delivery to their vehicles.

For more information, check online at lansdowne-centre.com.

Aberdeen Centre

Major tenants like H-Mart and Oomomo meant the mall remained open even during the height of pandemic restrictions.

At Oomomo, "customers have to line up (and take their) temperature before going into the shop," says spokesperson Tiffany Ho.

The store is about 25,000 square feet, so 80 customers are allowed in at a time. For smaller stores, the number is lower.

"We put markings outside the store to let cus-



Photos submitted

Richmond's major malls have new cleaning and distancing protocols in place.

tomers know they have to line up two metres apart," says Ho. "I'm seeing most (stores) have a plexiglass screen be installed for the cashier counter."

The food court remained open for take-out only, but recently the seating area partially reopened. There is a one-way entry and exit system, indicated with signage.

"On June 1, pretty much 80 per cent (of stores) are open. On June 8, over 90 per cent will be open," says Ho.

Mall traffic is increasing as more stores open, but the continued closure of Fisherman's Terrace seafood restaurant means lower customer numbers.

"I just talked to them and they're regrouping their crew, especially the kitchen (staff), and they plan to open as soon as they can," says Ho.

For more information, visit their website at www.aberdeencentre.com/en/home.php.

McArthurGlen Designer Outlet Vancouver Airport

Increased sanitizing procedures have been adopted throughout the centre, and retailers are encouraged to follow the same protocols. Public

areas, washrooms and other high-touch locations are cleaned more frequently, and people are encouraged to use hand sanitizer.

Luggage lockers, child play areas and drinking fountains remain closed. In washrooms, every other sink and urinal is closed to encourage physical distancing, and posted signage encourages good hygiene.

Signage throughout the mall encourages physical distancing. Shoppers waiting in lines outside stores will be reminded to stay two metres from other customers.

"We've been delighted to be able to welcome shoppers back to the centre, and have had a positive response from our customers as our first brand partners have begun to open their stores," said a representative.

Stores currently open include Aritzia, Nike, Calvin Klein, Tommy Hilfiger, Roots and Banana Republic. Other stores are working towards reopening, so check online at www.mcarthurglen.com/ for a complete and updated list.

Representatives for **Richmond Centre** had not replied to inquiries at the time of publication.

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Visionary educator, cultural builder, Neel passes at 95

By **DON FENNELL**

[@rmdsentinel](#)

Richmond is mourning the loss of a respected community leader.

Sardar Gurdial Singh Neel died June 7 at the age of 95.

Active and well-respected, Neel was an extraordinary educator who gave freely of his time, communicated openly, built cultural bridges, and genuinely cared. He will also be remembered for his welcoming smile.

Born in Ludhiana, India in 1925, after receiving three degrees he started teaching in the Punjab in 1948. That same year he married his wife of 71 years Swarnjit Kaur, and in 1951 the couple moved to Mombasa, Kenya where Sardar taught until moving to Canada with his family in 1969.

The Neels immediately settled in Richmond, where the family has resided for the last 51 years.

Neel's volunteer service to community is more than just commendable. His volunteer work reached people of all ages and all walks of life.

He worked with the Boy Scouts and first-aid organizations in Kenya to raise funds for the cancer society, and in 1957 led a Kenyan contingent to the World Scout Jamboree in England, where he met Queen Elizabeth II.

In Canada, he assisted seniors and helped to organize multicultural activities, and was equally dedicated to educating different groups in the community about the Punjabi language and Sikh way of life. His community efforts were also highlighted by being president of the Khalsa Diwan Society in Vancouver in 1974; volunteering at the Commonwealth Games in Victoria in 1994; and receiving the Diamond Jubilee Medal in 2012.



Photo submitted
Richmond lost a generational leader recently with the passing of Sardar Gurdial Singh Neel.

Neel's extraordinary career as an educator included teaching the sciences for more than 35 years in public school systems over three continents. He also taught Punjabi to many youth for more than six decades.

Each year following his retirement as a teacher from McNair Secondary in 1985, he generously donated a scholarship for the top science student at the school's valedictory ceremony.

Following the inception of the Khalsa school in Vancouver in 1986, he became its founding principal and later continued to serve as a trustee and board member. He recently established the Founding Principal's Scholarship to be awarded to top students at all five Khalsa school campuses.

Neel had a steadfast belief that education was a key element in breaking racial and cultural barriers.

In addition to his passion for education and community, Neel loved to travel. He and Swarnjit visited over 60 countries on all six continents, soaking up the opportunity to experience different cultures.

A few years ago, Neel was asked if granted one wish, what would it be?

"May this journey of life continue to be one of contentment and satisfaction. May I always be thankful for all my blessings and life according to the Sikh Way of Life and practice Naam Japna, Vand Chanka and Kirat Karni to the fullest," he replied.

Neel is survived by his wife Swarnjit, their three children Sutinder (Paramjit), Kanwal Inder (Nancy), Freedom/Sarbjit (Leela), four grandchildren, and five great grandchildren.

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Pandemic leaves Richmond hotels reeling

By HANNAH SCOTT

Local Journalism Initiative reporter

Richmond's hospitality industry continues to be hard hit by the COVID-19 pandemic.

Hotels play a major role in the local tourism sector, hosting vacation and business travellers. While some hotels have been able to remain open, others have had to close.

The Marriott Vancouver Airport, which closed in early March, is still unable to re-open.

"Unfortunately it's going to be a long process," says general manager Yannick Simovich. "June was the date that we had in mind, and we are starting to take reservations, but there is not much movement. The demand is almost non-existent."

He anticipates business travel to be the first to start up once the hotel reopens. And cancellation of the cruise ship season this summer will be another hard hit to the already-struggling industry, he adds.

"Our biggest concern is our employees and our guests," says Simovich.

He says the period of closure is allowing Marriott to work on health and safety protocols to be able to re-open safely. New measures will include plexiglass installation and the removal of half the seating in the restaurant and bar.

"We're using hospital-grade products to clean.



Photo submitted

The COVID-19 pandemic has had a devastating impact on the hospitality industry.

We're looking at everything from electrostatic sprayers to UV lights," says Simovich. "We are taking every precaution for people to feel safe coming to stay at our hotel."

River Rock Casino Resort also closed in March, and remains closed along with other resorts across the country also operated by Great Canadian Gaming.

Reservations are released on a 30 day cycle, but a reopening date has not yet been identified.

"Any potential reopening date will be established and announced once provincial health authorities

provide the necessary approvals to do so," says Terrence Doyle, president of strategic growth and chief compliance officer at Great Canadian Gaming.

But some hotels have been able to open their doors—with extra cleaning procedures and other new protocols.

Canadian-owned Sandman Hotel Group has re-opened its two Richmond hotels. Sandman has developed a new cleaning program in partnership with global hygiene company Ecolab.

Updates include touchless check-out, plexiglass barriers at the front desk, and extra disinfection of all high-touch areas in guest rooms. Shared guest facilities like pools, business centres, and fitness rooms will remain closed, and all hotel rooms will be left vacant and sanitized in between guests.

Rooms are being occupied by people in need, says marketing manager Pamela Jacques. These include healthcare workers, truck drivers, and community members who require a quiet place to work remotely.

"We believe our guests will have a heightened focus and demand for increased and transparent hygiene and cleanliness protocols," says Jacques.

Sandman is also promoting staycations as an opportunity to travel while remaining close to home, she adds.

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Business Awards to celebrate community's resilience

The Richmond Chamber of Commerce has hosted a Business Excellence Awards for the last 42 years, but none of those years have been quite like 2020.

To recognize the extraordinary circumstances of the year, the awards are pivoting away from recognizing financial success, towards celebrating resilience. Nominations are open online.

"COVID-19 has sent shockwaves through every aspect of our economy," says chamber chair Fan Chun. "Excellence in 2020 might mean run-

ning PPE drives, pivoting your business model online, or finding creative ways to keep your staff employed. That excellence isn't always reflected on a balance sheet. We'd be doing a disservice to Richmond's employers if our awards didn't acknowledge the reality of our times."

Awards will still be handed out in 10 categories: new business, young entrepreneur, outstanding workplace, business leadership, green business, innovative enterprise, association (non-profit), and small, mid-size, and large businesses of the year. The changes returning nomi-

nees will see include questions centred on ways they have adapted for COVID-19, and a shorter nomination package, in recognition of the many pressures on everyone's time.

In compliance with restrictions on gatherings, the awards gala itself will be adapting in 2020, pivoting to a virtual format.

Nominations will remain open until Sept. 8. Details of each category and the nomination form are available at RichmondChamber.ca. The virtual Business Excellence Awards ceremony is set for November.



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Celebrate Richmond's grads with photo opportunity signs

By HANNAH SCOTT

Local Journalism Initiative reporter

Richmond's high school graduating classes of 2020 are being celebrated with commemorative signs throughout the community.

The signs are intended to serve as backdrops for fun and safe grad photo opportunities. They are part of the city's #RichmondHasHeart campaign, which brings the community together through creative opportunities during the COVID-19 pandemic.

"In a year of unprecedented challenge and change, the City of Richmond congratulates the graduates of 2020," said Mayor Malcolm Brodie. "We hope that adding these commemorative backdrops in some of our city's most beautiful parks will help to create family memories that last a lifetime."

The commemorative grad 2020 signage will be installed at six locations across Richmond:

- Britannia Shipyards National Historic Site (5180 Westwater Dr.)—along the boardwalk in front of the dock
- Imperial Landing Park (4000 Bayview St.)—east end of Imperial Landing
- Paulik Neighbourhood Park (7620 Heather St.)—Paulik Park garden
- Garden City Community Park (6620 Garden City Rd.)—north side of the pond
- Middle Arm Waterfront Park (7411 River Rd.)—east of the UBC Boathouse
- Middle Arm Greenway (6111 River Rd.)—in front of the volleyball courts

When visiting parks and taking photos, maintain physical distancing and avoid large gatherings. Follow public health guidelines and limit the number



Photo courtesy City of Richmond

Commemorative signs placed throughout Richmond serve as the city's congratulations to this year's graduating class.

of people in a group to a maximum of six.

Share photos on social media using the hashtag #RichmondHasHeart.

For more information, including maps showing the locations, please visit www.richmond.ca/richmondhasheart.

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Public art supports #RichmondHasHeart campaign

By HANNAH SCOTT

Local Journalism Initiative reporter

Four new artist-initiated projects will strengthen the #RichmondHasHeart campaign.

The projects will explore meaningful ways to find community connection while maintaining physical distancing requirements during the COVID-19 pandemic.

The projects, which will be presented from now until September, are funded via developer contributions to the Community Public Art Program. They aim to promote mental health, well-being and creativity while fostering community connections.

Murmurations: A Score for Social Distancing by Lou Sheppard

In this outdoor performative artwork, up to seven participants at a time will follow shapes on the ground to move like birds flying in a flock. The art will

be installed in the Lansdowne Centre parking lot on No. 3 Road.

Lou Sheppard is an interdisciplinary artist from K'jipuktuk/Halifax and the current Branscombe House Artist-in-Residence. More information and updates about this project can be found at www.lousheppard.com.

Dearest by Keely O'Brien

This community art project uses snail mail to encourage connection, interpersonal exchange and safe methods of social contact. Sign up online to receive three artist-designed, pre-stamped blank postcards in the mail, then fill them out and mail to friends and loved ones.

Keely O'Brien is an interdisciplinary artist based in Richmond whose practice incorporates intricately handmade objects with immersive, innovative theatre creation. To find out more about this project

and how to participate, visit www.keelyobrien.ca.

Eating in the Time of COVID-19 by Christy Fong and Denise Fong

This online exhibition invites people to examine their relationship with food and how it has changed during the pandemic. It captures culturally diverse and intergenerational experiences.

Local artists, Christy Fong and Denise Fong have been exploring the use of digital media as an approach to community storytelling since 2015. In 2016, they co-directed the documentary short *Under Fire: Inside a Chinese Roasted Meats Shop in Vancouver*. Find out more about this project on Instagram at @richmondfoodstories.

Loving: Memories by Marina Szijarto

This project encourages Richmondites to create secular memory shrines to honour loved ones.

Marina Szijarto is a Richmond-based artist with more than 25 years of experience in contemporary arts practices and has been involved with leading community art projects for the Richmond Maritime Festival and The Harvest Full Moon Project at City Centre Community Centre. More information can be found at www.lovingmemoryshrines.wordpress.com.

To find out how you can participate in these projects, and to learn more about the #RichmondHasHeart campaign, visit www.richmond.ca/richmondhasheart.

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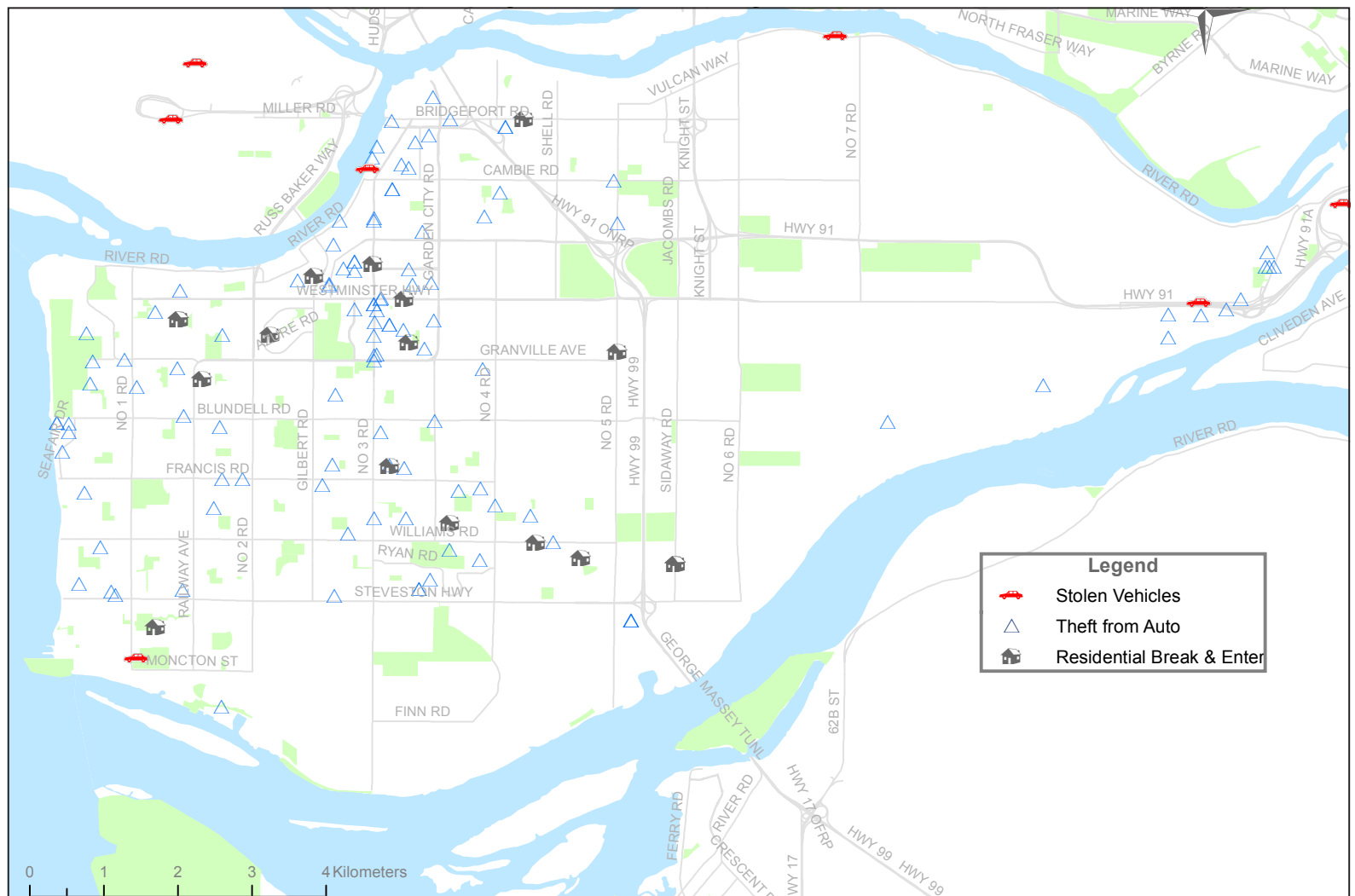
Photo courtesy City of Richmond
Four new community art projects support the city's #RichmondHasHeart campaign throughout the summer, including "Dearest" by Keely O'Brien.





RCMP

Crime Map May 1 - 31, 2020



Richmond schools look ahead to summer, September

By LORRAINE GRAVES and
HANNAH SCOTT, Local Journalism Initiative reporter

As the regular school year draws to a close, plans turn to summer school and the restart of classes in September.

Last week saw the end of formal instruction for secondary schools, and elementary schools will end this week. But the COVID-19 pandemic has reset many regular plans.

The Richmond School District is waiting for instructions on a September return to school based on BC's public health guidance, said superintendent Scott Robinson. There are two possible scenarios: full-time face to face instruction, or a hybrid model that includes remote learning.

While the district is planning for both, Robinson said they anticipate a provincial ministry decision by mid-August at the latest, and will communicate regularly with parents.

Summer school programs will mostly be remote or online, said Richmond continuing education director Michael Khoo. But some programs for vulnerable learners will be offered in person. In-person courses will have a capacity of 12 to 14 students, depending on the classroom size, to ensure physical distancing.

"Some sites will have students and teachers, while some sites will only have teachers as students will be engaged remotely," said Khoo.



Photo by Jaana Björk

As Richmond schools close for the year, the district looks ahead to the summer and fall.

In their own words...

Richmond RCMP plays integral role in City's cultural harmony



**Alexa
Loo**
Councillor

In recent weeks, we have seen calls to defund police. Law enforcement is under increasing scrutiny. Back in 2016/2017, Council asked if a municipal police force would better reflect and serve Richmond than the RCMP. That process found:

- Policing in Canada is generally excellent, with standardized training.
- The RCMP provides broader career opportunities compared to local police forces.
- The RCMP is a cost efficient policing model. The Federal Government contributes over \$5 million annually to Richmond.
- Transitioning to a municipal force is costly—over \$20 million in 2017 with increased operating costs of several million dollars annually.

After much research and public consultation, Richmond stayed with the RCMP. Under the leadership of Officer In Charge (OIC) Will Ng, the Richmond RCMP maintain law and order here and are an integral part of the Cultural Harmony



Strategy that we adopted in 2019. Our RCMP officers reflect our City's diversity and are an important part of our Council's goal of a safe and resilient City.

Officers attend religious and cultural events to build connections, and advise and assist with safety and security. Last year, they created the Richmond Culture Coin collection to share at events that celebrate and embrace our diversity. They also regularly attend smaller community events to meet, and engage with residents.

Many of us grew up with parents telling us, "If you ever have a problem, tell a police officer, they are your friend." Some people come from countries where this is not the norm and there is fear of the police. Richmond RCMP recognize this and created several programs to increase trust between officers and youth.

The Difference Makers program in schools is a partnership with the Rick Hansen

Foundation where officers work with students to identify a community need, create a plan and address that need. It builds teamwork and leadership skills in students and creates a positive relationship with the RCMP.

Back in 2003, Richmond's own RCMP Superintendent Ward Clapham created the Positive Ticketing Program. When RCMP "catch kids doing things right", they issue a positive ticket that includes admission to Richmond recreation services: pools, arenas, pitch and putt etc. This revolutionary program reduced crime in Richmond by 20% and has since been adopted in many communities across Canada and the US.

Richmond is a diverse community that is reflected in the makeup of our RCMP who serve to protect and connect. We are fortunate to have such a dedicated team in place working with the City to build a safe and inclusive community.

City of Richmond Council Meetings Calendar

City of Richmond Council has postponed most standing Committee meetings until at least the end of July 2020 to further strengthen existing physical distancing measures aimed at curtailing the spread of COVID-19. The exception will be General Purposes Committee and Finance Committee. Council Meetings and Public Hearings will also proceed as scheduled.

Development Permit Panel
3:30 pm | Wednesday, June 24
Council Chambers, Richmond City Hall

General Purposes Committee
4:00 pm | Monday, July 6
Anderson Room, Richmond City Hall

Finance Committee
Following the General Purposes Committee Mtg
Monday, July 6
Anderson Room, Richmond City Hall

Council Meeting
7:00 pm | Monday, July 13
Council Chambers, Richmond City Hall

Development Permit Panel
3:30 pm | Wednesday, July 15
Council Chambers, Richmond City Hall

General Purposes Committee
4:00 pm | Monday, July 20
Anderson Room, Richmond City Hall

Public Hearing
7:00 pm | Monday, July 20
Council Chambers, Richmond City Hall

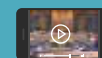
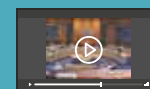
Council Meeting
7:00 pm | Monday, July 27
Council Chambers, Richmond City Hall

Development Permit Panel
3:30 pm | Wednesday, July 29
Council Chambers, Richmond City Hall

For meeting agendas and reports visit
www.richmond.ca



Council Meeting Live Streaming



Visit www.richmond.ca to link to live streaming or watch archived video.



Sports help keep Kennedys connected

By DON FENNELL
@rmdsentinel

The Kennedys are the epitome of the family that plays together.

Multiple basketballs and bicycles dropped off in a corner of the garage reflect just two of their many athletic pursuits. And the odometer reading on the well-used minivan indicates the multiple journeys made by the family of six—each day, before the pandemic slowed their busy sports schedules.

Chris and Stephanie Kennedy's love for sports was spawned in childhood, where they began to learn to appreciate the journey as much as the victory. The couple eagerly passed along the sentiment to their four children, all of whom are equally passionate about sports.

"We always wanted our kids to be active. From young ages, we encouraged trying a range of sports—everything from field hockey to soccer, baseball to triathlon, and basketball to cheer," says Chris. "It's about creating a lifelong appreciation for sports, and a connection to community."

Adds Stephanie: "When Chris and I first met we were both very active in coaching. Seeing the impact sports had on the students we taught, we both saw what a positive and sometimes life-saving difference their involvement in sport and their connections to us and their teammates made. Knowing this, we were adamant that sports would be something we would expose our children to early on."

Liz, at 18 the eldest of the four Kennedy siblings, has emerged as an outstanding basketball player. Recently awarded an athletic scholarship to St. Mary's University to continue playing the game she loves, Liz can point to a tireless work ethic—handed down from her parents—for her success. She also remembers fondly accompanying her dad to watch the senior girls' basketball team play at Port Coquitlam's Riverside high school, where Chris worked at the time.

"These were the first times I ever saw girls competing in sports at a high level, and exposing that to me at a young age showed me I had a future in sports," she explains. "I love to compete."

By their own standards not the most talented athletes, both Chris and Stephanie made up for natural skill with an insatiable work ethic. And they soaked up every opportunity they were afforded to participate. They've encouraged their children to do the same through experiencing as many sports as possible.

At a young age, Stephanie discovered a passion for gymnastics and routinely spent 16 or more hours in the gym each week. In addition to the sport itself, she enjoyed the opportunity to socialize.

Influenced by one of her own coaches, Pamela Ashworth, an affinity to coach soon followed.



Photo submitted

Chris and Stephanie Kennedy have passed on their love of sports to their four children (pictured: Nick, Liz and Zack), while teaching them to appreciate the journey as much as the victory.

"My love of working with little kids got me involved, and the time (Ashworth) spent with me fostering my special skill is why I am the coach I am today," Stephanie says. "I am forever grateful to her for getting me started."

Playing multiple sports growing up, Chris was fortunate that so many of his elementary teachers like George Nakanishi, Ken Whitehead and Don Taylor encouraged a sports culture.

"By Grade 9, I was already into coaching and earning money officiating basketball, volleyball and baseball," Chris says. "Almost all the best people I know in the world I have met through sports. From officials to coaches to players, my network is full of amazing people. I stay involved because it gives me purpose."

Stephanie says her love of sports helps her stay healthy and happy.

"When I am committed to participating in something and regularly working out every day, I also think it makes me a better parent, wife, coach and business owner (Panther Cheer)," she adds. "It also makes me a calmer, more rational, patient and grateful human being. This matters. Sports are the No. 1 way to relieve stress and help us manage our lives. This is the message I want to ensure my kids get from sports. This is a lifelong pursuit, a lifelong journey and commitment that will help them through all the tough times that lay ahead."

Remaining actively involved in Richmond's

strongly-rooted sports community, in both coaching and administrative capacities, Stephanie and Chris have also been fortunate to work with the children of some of the athletes they earlier coached. But, the strong connection to the athletic community has been at times challenging for their own four kids.

"There is often pressure and expectations, but I am impressed with how they handled this," says Chris. "Each of them has carved out a different sports journey. They all have a great perspective that sports are not the (end) goal, the skills and lessons gained through sports are what matter."

Chris adds that the volunteers who help make youth sports happen deserve to be lauded. But, he says in recent years the role of youth sports has unfortunately also began to shift away from the kids.

"I want to help push it back and promote the values that I have seen be important over my 34 years of coaching" he says. "I am hoping we emerge from this pandemic with sports being more child-focused."

At 11-years-old the youngest of the Kennedy clan, Katie has grown up watching many of her brothers' and sister's sporting adventures and picturing herself in their positions. Now, she's forging her own sporting moments.

"Two of my favourite experiences in sports are from when I got to go to Dallas to compete in the

NCA Nationals, which is one of the biggest cheer competitions in the world. Another favourite experience was when I went to provincials in swimming and I got my first individual medal and three others in relays—including two gold.”

Swimming is the sport of choice for Nick Kennedy, 16, the second eldest of the siblings. At the BC high school swimming championships earlier this year, he found himself in a unique situation competing in a meet that also featured Liz and 14-year-old Zack. It was a special moment.

But Nick also retains good memories of partaking in many different sports when he was younger including baseball, soccer, track and even the triathlon. Even during the restrictions resulting from the pandemic, he tries to find a way to stay active every day.

Liz does her best to stay connected with teammates, and to stick to a regular routine with a focus on controlling what she can.

Soccer and track top Zack’s favourite sports list. He appreciates the contrast between the two.

“I enjoy soccer because you work with others to accomplish your goal, but track is more individual so it’s easier to see if you’ve made progress. I also like that both sports are very competitive.”

Observing their kids’ sporting journeys, Stephanie and Chris say the many benefits of their participating in sports extend far beyond the wins and losses.

Stephanie says sports has fostered a competitive spirit in her children and shown them that you only succeed with hard work and perseverance.

“And it has taught them about responsibility—not only to themselves, but to their teams. There is nothing quite like having to wake yourself up at 4:45 every morning to head to the pool for swim practice.”

Says Chris: “I love how sports fuels passion in young people and makes them feel connected. Sports are a place where you can have setbacks, refocus, and try again tomorrow. What a great mindset.”

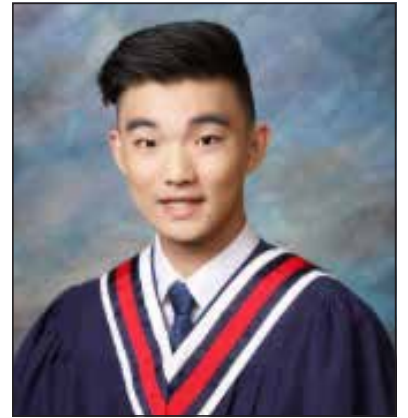
That’s reflected in Katie’s summary of what she misses most about the old ‘normal’—“I miss being able to wake up in the morning every day with a purpose, knowing exactly what I want to accomplish. And at every practice or competition being able to say: ‘it’s time to get better.’”

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Katie running in Terra Nova.

Photo submitted



Photos submitted

Junior curlers Michael Nunn and Johnson Tao have been named 2020 Spirit of Sandra Scholars by the Sandra Schmirler Foundation.

Richmond junior curlers earn Schmirler scholarships

By **DON FENNELL**

[@rmdsentinel](https://twitter.com/rmdsentinel)

A pair of Richmond curlers are two of the six juniors named 2020 Spirit of Sandra Scholars by the Sandra Schmirler Foundation.

Michael Nunn and Johnson Tao have each been awarded \$5,000 scholarships along with the opportunity to work with a world champion mentor as they pursue their dreams on and off the curling ice.

Nunn, 18, is currently enrolled in the Faculty of Arts at UBC but plans to transfer to the university’s nursing program to become a surgical nurse. The current COVID-19 pandemic has only strengthened his desire to become a nurse.

A silver medallist at the under-21 provincials and at the 2018 BC Winter Games, Nunn is an active volunteer. He organized a high school curling league that recruited several new curlers to his home club. He and his grandmother also volunteer every week providing community meals.

Tao, 17, is planning a career working with start-ups. In preparation, he plans to start working towards his Bachelor of Commerce degree at the University of Alberta this fall and continue on to get his MBA.

While at university, Tao will be playing for the Golden Bears’ junior curling team.

This year, Tao’s team hosted the 2020 New Holland Junior Canadian championships.

Born in Beijing, Tao came to Canada when he was five-years-old and with English as a second language became the top student in his Grade 12 English class.

“Each of the scholars excel both athletically and academically. And they are all engaged with their communities and committed to giving back to curling and keeping Sandra’s legacy alive,” said foundation board member Cathy Overton-Clapham.

A world champion and five-time Scotties Tournament of Hearts Champion (as the top team at the Canadian women’s curling championships), Overton-Clapham will mentor the six scholars.

Each Spirit of Sandra Scholar will organize a fundraising event to benefit the Sandra Schmirler Foundation and to keep her legacy alive. At the end of the 2020-21 curling season, the scholars will award a \$10,000 grant to a hospital of their choice for the purchase of life-saving equipment to help save babies born too soon, too small or too sick.

Since 2013, the foundation has provided substantial scholarships to 29 Canadian curlers. Many of the young athletes have gone on to enjoy great success, including two-time Scotties champion Shannon Birchard and two-time world junior gold medalist Tyler Tardi.

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Sentinel shares in salute to the World's Best Dads

The third Sunday each June is a particularly special one. A chance to pay tribute to dear old dad, or the father figure in your life.

In appreciation, the Richmond Sentinel proudly held the World's Best Dad photo contest, inviting our readers to share some of their prized images.

We're grateful for the submissions we received, and selected three to receive personalized mugs paying homage to that special loved one. The entries were from Erica Macklin, Vivien Zhao and Ray Misa. Macklin's entry included a letter paying tribute to her late husband, Paul, that touched our hearts and is reprinted below.



Paul and his youngest son.

This is my husband, Paul, with our youngest of five kids. This photo was taken almost seven years ago, six weeks after an electrical explosion at work left Paul with burns requiring skin graft surgery. This photo was taken a couple of days after surgery and it was the first time in six weeks that he was able to cuddle with our then-two-year-old little guy. It was the very best feeling to see him smile and feel happiness after a truly horrific experience. But it is the last photo taken of him before he died two days later. It took me a very long time to look at this photo and feel anything other than sadness, but now I can finally look at it and feel the love, joy and peace that they both felt in that moment. Paul was and will always be, The World's Greatest Dad.



Ray and his son Joshua.



Eric and his son Lucas.

For more submissions, see our Facebook page at www.facebook.com/TheRichmondSentinel/

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RAPS COMMUNITY REPORT Caring for the animals who care for us

Olivia goes home—after a year-and-a-half



**Eyal
Lichtmann**

There are bittersweet moments in the lives of folks who work in animal rescue. Recently, we were overjoyed that Olivia, a beautiful cat who has been at the RAPS Animal Shelter for a full year-and-a-half, finally found a forever home. As happy as we all are for her, we are also sad for ourselves, because Olivia has become a fixture and a favourite among staff and volunteers.

Olivia was surrendered to RAPS in January 2019 and was just adopted in early June 2020, after 18 months at the shelter.

When she was surrendered, Olivia had a large, unexplained wound on her right cheek. We later discovered that when Olivia gets stressed she self-mutilates by scratching at her face until it is an open wound, or by over-grooming herself until she has bald spots.

Olivia has spent a great deal of time wearing a cone to let her wounds heal. She also has to wear a cone anytime her environment changes to prevent her from inflicting additional harm on herself due to stress.

When she first came to us, Olivia was overweight, which was a concern because it could cause further health problems, so we have been working to bring her weight down. She also became quite sick and was diagnosed with both pancreatitis and the early stages of kidney failure. Both conditions were treated by the vets at the not-for-profit RAPS Animal Hospital for a number of months and she was also put on a health regime. She has seen huge improvements.

We also discovered that Olivia does not appreciate the company of other cats. To ease her stress, we



Photo submitted
Longtime
RAPS cat Olivia
was adopted
recently.

moved her into a separate building called the trailer (that serves as the animal shelter offices) away from other animals so she could have her own space. Olivia's personality really started to shine as she was able to be the Queen of the Trailer. She is a big girl with a bold and sassy personality, but she is also very lovable. Staff got used to Olivia stealing chairs as soon as anyone stood up. She also amused herself by tipping my water glass over onto my paperwork. She provided us with lots of joy and entertainment while living in the trailer.

Olivia had been posted for adoption many times but never received any interest, which everyone at the shelter found shocking. We posted her for adoption again during COVID-19 and she finally received interest. A gentleman named John reached out wanting to meet Olivia, and we set up a meet-and-greet for John and his wife to come see Olivia. John instantly loved Olivia and wanted to take her home.

After a pre-adoption checkup to review her pancreatitis and kidney problems, nothing abnormal was found, so all the care and treatments advised by RAPS' veterinarians worked. She is still overweight and needs to lose a few pounds on a special diet.

John was very understanding of all Olivia's needs and very excited to bring her home.

"Olivia had a fantastic first night, no stress," John said the day after taking her home. "She explored her surroundings and has already picked out her favourite chair."

Like John, all of us fell in love with Olivia and her funny quirks but we were all also absolutely over the moon with happiness that she was finally going to her new home. In some jurisdictions, a cat with her history and challenges might have faced euthanasia because of the long-term health recovery requirements and extensive veterinary costs. But RAPS is well positioned to provide support and long-term care for animals because of the assets we have built with the RAPS Animal Hospital and the RAPS Cat Sanctuary. If Olivia had not been adopted after 24 months, she would have been transferred to live out a wonderful life at the RAPS Cat Sanctuary.

Because of the support of animal-loving people in our community, we are proud to be a no-kill organization. Olivia is a testament to that promise.

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

MY NAME IS LILLY

Lilly is a strong and independent woman who would love her partner to be the same. A typical Aquarius, she is innovative and progressive but is shy at first, then warms up to her favorites fast.

****Due to COVID-19, all meet and greets will be by appointment only. Please call us at 604-275-2036 to set up an appointment.****



REGIONAL ANIMAL PROTECTION SOCIETY (RAPS)

rapsbc.com | City Shelter: 604-275-2036

Head Office: 604-285-7724

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rapsanimalhospital.com

604-242-1666

The RAPS Animal Hospital and Animal Ambulance are supported by Applewood Nissan





June 2020

Dear Member of the 2020 Graduating Class,

Please accept my heartfelt congratulations on being a member of the *Richmond School District Graduating Class of 2020*. You are leaving high school during an unprecedented time in our history. Never has there been a greater call for resilient decision makers. Undoubtedly, your memories will be different than previous grad classes but equally significant.

Graduations are unique among the milestones in our lives because they celebrate past accomplishments, and build for the future. While you may already have committed to a career path, it is quite possible you will change careers many times over your lifetime or you may choose to build your own business and be an employer. Your adaptability with respect to the changes ahead will be an enormous asset to you.

Take time for all the activities you enjoy. I believe it is vitally important to achieve a work life balance. "Be Adept, Work Hard and Give Back."

The *Richmond School District* continues to graduate terrific citizens and I know you will represent your community with integrity, vision and entrepreneurial skill.

"I know that you have the ability and the responsibility to lead a remarkable life."

Yours with Kindest regards,

Linda Reid
Member of the Legislative Assembly of BC
Richmond South Centre

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***Congratulations to
Richmond's Graduating Classes of 2020***