



LEST WE FORGET



**Cambie secondary salutes
Indigenous soldiers**

03

Photo courtesy Cambie secondary

Cambie Secondary School is paying homage at its Nov. 10 Remembrance Day ceremony to the Indigenous soldiers who served in the First World War and the Second World War.

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Learn about Bylaw 10000 and how you can help reduce plastic waste and pollution.

richmond.ca/singleuse



Indigenous tribute part of Cambie's Remembrance Day

By DON FENNELL
@rmdsentinel

When Canada assembles this Nov. 11 to remember the sacrifices made in the name of peace, those of the Indigenous peoples will be top of mind.

Thousands upon thousands of First Nations, Inuit and Métis soldiers served with British forces during the First World War and the Second World War. Participating in every major battle and campaign, including the Dieppe landings and pivotal Normandy invasion in the Second World War, at least 200 Indigenous soldiers gave their lives. And in Hong Kong, at least nine more died when 2,000 members of the Winnipeg Grenadiers and Royal Rifles became prisoners of war, notes a post on the Veterans Affairs Canada website.

On the home front, in British Columbia many Indigenous peoples joined Pacific Ocean defence units which patrolled and surveyed the coast. Others worked in war factories and increased agricultural production on their reserves. The post also notes that Canada's Indigenous population donated their own money and raised additional funds totalling more than \$23,000 to the Red Cross and other charities along with gifts of clothing and other items.

In Richmond, Cambie Secondary School's Nov. 10 Remembrance Day will weave the theme of Indigenous contributions throughout a ceremony that will include the traditional renderings of *O Canada*, *In Flanders Fields* and the *Last Post*. Student council president Amrit Singh and vice-president Jeannie Huang will serve as masters of ceremony, while Grade 12 student Saniya Mann will speak about her trip to the Kamloops Residential School last month where she dropped off a \$600 donation to the Kamloops Aboriginal Friendship Centre.

"Throughout the ceremony, we are intentionally using the Indigenous poppy called *Remembrance*, which was created by Indigenous artist Andy Everson, and pays particular homage to the Indigenous veteran," explains vice-principal Nik Nashlund. "As to be expected, we are showing the Canadian flag, but also a Canadian 'native' flag which was designed by Kwakwaka'wakw artist Curtis Wilson. His design for the flag is meant to represent First Nations in Canada to the public."

Nashlund says the hope is that one of the students, who has been a grass dancer since he was nine years old, will perform. Another student will perform her rendition of Taylor Swift's song *epiphany*. Swift wrote this song to empathize with doctors and nurses who serve on the frontlines during COVID-19. Their harrowing work and the mental trauma they have to experience is compared to the emo-



Photo courtesy Cambie secondary

This year's Remembrance Day ceremony at Cambie Secondary School will include a tribute to the Indigenous peoples who served in the First World War and Second World War.

tional anguish and physical exhaustion of soldiers during the Second World War.

"We wanted to highlight for students the story of Indigenous service in the First World War and Second World War, the Korean War and later Canadian Armed Forces efforts is a proud one," Nashlund says. "While exact numbers are elusive, it has been estimated that as many as 12,000 First Nations, Métis and Inuit people served in the great conflicts of the 20th century, with at least 500 of them sadly losing their lives."

Nashlund says despite the deplorable conditions and purposes of the residential schools, many young Indigenous men were still inspired to volunteer and fight for their country and for democracy and freedom in places overseas. Meanwhile, within their own country, the systemic racism of residential schools was taking away their culture and language and destroying families.

Cambie students and staff will take time to talk about a number of individual Indigenous soldiers by name, and speak to their accomplishments.

"We mention the tragedy that lies in the fact that their battlefield comrades respected the First Nations soldiers and relied on each other in a way that only brothers in arms could," Nashlund explains. "Sadly, more often than not, when they returned home, these Indigenous Canadians were once again relegated to their second-class status. Veterans' benefits and support from the Canadian government were put in place but the implementation of the programs on reserves was vastly different than elsewhere in Canada. So once again, the inequity and systemic discrimination was apparent. Our school community is listening and learning."

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Photo courtesy City of Richmond

Mayor Malcolm Brodie receives this year's first poppy from a distance from Bill Costain, service officer at the Richmond branch #291 of the Royal Canadian Legion.

City's Remembrance Day ceremony virtual again

Remembrance Day is a day for all Canadians to honour those who served and sacrificed their lives protecting their country. The City of Richmond and Richmond Remembrance Day Committee invites the public to join in this important tradition and participate virtually in an online service this Remembrance Day.

The 2021 Remembrance Day service will be broadcast live online on Nov. 11 starting after 10:30 a.m. In light of the ongoing pandemic, the Richmond Remembrance Day Committee asks that the public refrain from gathering at city hall this year. Instead, remember in place at 11 a.m.

Access to the live broadcast of the closed ceremony will be available on the city's website at www.richmond.ca/remember. The schedule for the official online ceremonies will be posted to the webpage prior to Nov. 11. There will be two minutes of silence at 11 a.m.

The City of Richmond also invites residents to download and display a poster featuring the Poppy Design*, which is available online. The Poppy Design pays tribute to those who fell fighting for Canada's freedom. Poppy pins will be available to pick up by donation from community facilities and local businesses to support the Royal Canadian Legion's 2021 National Poppy Campaign which started in late October.

Leading up to Remembrance Day, visit the Richmond Museum on Facebook and Instagram, and Friends of the Richmond Archives on Facebook for additional content highlighting artefacts and stories that represent the war and home front experience.

* The Poppy Design is a registered trademark of The Royal Canadian Legion, Dominion Command and is used under license.

Support local legion during poppy sales

By HANNAH SCOTT

Local Journalism Initiative reporter

It's that time of year when red poppies adorn jackets everywhere, a reminder of the hard-fought freedoms we enjoy today.

As they do each year, the Royal Canadian Legion Branch 291 (Richmond) is selling poppies in various locations across Richmond.

"What we collect goes back to seniors or veterans. It's collected for veterans, but we can support seniors things like the hospice—we just gave them 2,500 dollars last year," explains Bill Costain, the service officer and membership chairman for the local branch.

Services are provided to lower-income veterans, and recently efforts to get homeless veterans off the streets have started.

Costain says it's important to wear a poppy to display support for the veterans who fought for freedom.

"Right now there's the (veterans) who are back from Afghanistan, (and) the average age of a Second World War veteran right now would be 101," he says.

The local legion branch does not do other fundraising through the rest of the year, so money raised from poppy sales is particularly important. Poppies will be sold through Remembrance Day (Nov. 11).

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Photo by Takuya Suzuki

Richmond MPs Wilson Miao (Richmond Centre, left) and Parm Bains (Steveston-Richmond East, right) flank city Coun. Bill McNulty who is again selling poppies at Ironwood Plaza this year, with money going to the local legion which supports veterans and seniors.

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Minoru Centre for Active Living gets award

The Minoru Centre for Active Living has received the 2021 Architecture Prize for Accessibility from the International Olympic Committee, International Paralympic Committee, and International Association for Sports and Leisure Facilities.

The annual Distinction for Accessibility Award aims to increase the accessibility of all sports and leisure facilities and architectural structures worldwide so that everyone has an opportunity to practice and view sport freely and without barriers.

The Minoru Centre for Active Living, which opened in 2020, received the honour for its integration of accessibility features such as:

- Design features in the aquatic centre to enable easy and dignified access to the various pools such as ramps and gentle steps as well as infinity edges and mobile lifts.
- Multiple drop-off areas to facilitate accessible transportation modes.
- Barrier-free front doors and accessible reception centres.
- Change room facilities that significantly exceed width requirements. For example, oversize shower and changing stalls to accommodate a family with young children or individuals using an assistive device.

The facility boasts a spacious 790 square metre (8,500 square foot) fitness centre with a full complement of cardio, strength and stretching equipment as well as a large 176 square metre (1,900 square foot) fitness studio that hosts a variety of group fitness classes.

It is also one of the province's premier aquatic facilities with a 650 square metre (7,000 square foot) leisure pool, a rapid flowing river channel, two 25 metre pools for recreational and lane swimming, along with an over water climbing wall, drop slide and diving board. The aquatic centre is also home to Canada's largest hot tub as well as the country's only municipal cold plunge pool.

The International Olympic Committee, International Paralympic Committee, and International Association for Sports and Leisure Facilities presented



Photo by Jaana Björk

The Minoru Centre for Active Living has received an architecture award for its accessible features.

the award in Cologne, Germany. There were 86 contenders for the various categories of this year's international architecture prize coming from countries such as Japan, Montenegro, Peru, Syria, Canada, Australia and the United States. Winners include the Tottenham Hotspur Stadium in London, England; Helsinki Olympic Stadium in Finland; and the Ariake Gymnastics Centre in Tokyo, Japan.

Information on the award and recipients can be found at <https://iaks.sport/>

Lest We Forget

A TIME TO REMEMBER



Join us to support, honour and remember those who served and fought for Canada.



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Kajaks' mentor steps aside, but not from running

By **DON FENNELL**
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Usain Bolt was known for his lightning speed and Florence Giffith-Joyner (Flo Jo) as the fastest woman of all-time. But there's another name in track and field who, when she decides to hang up the cleats, will take her rightful place among the greats—Avril Douglas.

But, at 75, that's a long way off yet as she continues to tear up the turf as one of the best known, respected, and decorated Masters runners on the planet.

A world record holder, Douglas' competitive career "took off" in the early 1990s and has included numerous Canadian championships ever since. In 1993 she set national records in the women's 45-plus age group, and then five more in the 50-plus division. At 55, she established two world marks at 200 and 400 metres, and has won silver in the 800 metres and bronze in the 400 at the worlds.

A registered nurse when she joined the Richmond Kajaks, her nurturing nature quickly came to the forefront when she accepted an opportunity to coach the club's Track Rascals, who are aged six to eight. She recently "retired" as the program's head coach, though leaving it in the capable hands of a coaching staff she's had a profound influence on. Those into whose hands she has passed the torch, and the athletes she has influenced, will forever be grateful for her tutelage.

"You couldn't ask for anyone more conscientious and caring towards her participants. I think without realizing, over time she became a teacher, an experience that she cherished," says longtime Kajaks Masters teammate Fred Pawluk. "Avril demonstrated a keen interest in initially learning the Run, Jump, Throw program. She even took extraordinary efforts to master the finer points by visiting and observing other (similar) programs already in progress within other clubs."

A member of the Kajaks' executive board, Lanie Man says the club intends to continue Douglas' legacy by expanding the Rascals program. On a personal level, she feels a debt of gratitude for Douglas' encouragement toward her son.

"You know in an athlete's career there is that one coach who creates that pivotal moment to set you on your path. Avril is that person for (our family)," she says. "When we started out my son didn't really have any specific interests and just did things for fun. But because of her keen eye, she noticed the potential and really encouraged us to continue. Six years down the road, that belief has helped Lawrence gain confidence in himself by discover-



Photo courtesy Richmond Kajaks

Ever humble and modest, Avril Douglas may have "retired" as head coach of the Richmond Kajaks Track Rascals, but she's never far from the track or willing to extend a helping hand.

ing that he is good at something."

(Under the guidance of coach Garrett Collier, this year, at the age of 14, Lawrence is ranked first in Canada in the hammer throw for boys under 16).

Douglas was always a strong advocate for the Track Rascals program, seeing it as a gateway for future track and field athletes. And her commitment never waned—like arriving two hours before sessions to set up the course for the day and provide a print-out of that day's programs to her assistant coaches. All the while, she paid attention to each child's needs and ensured that while they were trying their best they were also having fun.

"It's almost like motherly love to me, how there is always a sparkle in her eyes when she talks about the kids and program," Man says.

Junior Development coach Julia Nickerson, whose son Ryan also started off with the Track Rascals, credits Douglas for "setting the tone for many positive athletic experiences to follow."

"Through the Rascals program, Avril has helped all those who participated to develop physical literacy in a safe and inclusive environment. (Under her guidance) the program often provided a space for children, who did not feel comfortable joining other physical activities or sports, to thrive."

During her time with the Kajaks, Douglas has also been an "incredible" coaching mentor, Nickerson says.

A former junior coach under Douglas for several years, and a former Kajaks athlete, Danielle Cosco has nothing but fond memories of working alongside and learning from Douglas.

"Avril was my coaching mentor and continuous inspiration throughout my years as a Kajaks coach and athlete," Cosco says. "I can't express enough how much her dedication, kindness, and hard

work truly impacted all of the athletes, their families, and her assistant coaches."

Douglas also encouraged Cosco to bring her own ideas, while creating a positive and collaborative learning environment.

"I truly have Avril to thank for giving me the confidence to coach, and for being such an amazing mentor and role model," Cosco says.

Soleah Allen (currently an athlete in the Kajaks' high school group and one of the junior Rascals' coaches who trained under Douglas) says: "When I think of Avril, passion, dedication and motivation come to mind. The amount of time and work, each week, she put into organizing every single practice for the past 11 years while also training with the Kajaks Masters is a lot of commitment. It's really amazing. During Rascals practice, she was full of passion and energy for these kids in making sure the

obstacle courses, games, and events are improvised to spark excitement and fun."

For Douglas, stepping aside from coaching the Track Rascals comes with mixed emotions. But it was time.

"My family is all on (Vancouver) Island now and I want to be able to visit my granddaughters without being concerned about getting a replacement... sometimes at the last moment," she says.

When she started the program with the Kajaks in 2010, she noted there was nothing like it for kids under nine. Her granddaughters were in the five-to seven-year-old group then, after being keen to watch her run on the track where they would often join her.

"I had heard that Athletics Canada had a program called Run, Jump, Throw so I looked into it, took the training, and subsequently also got my sports coaching certificate. It has always been important to me that each little athlete has fun, develops confidence in themselves, improves their physical literacy, and experiences all that track and field has to offer."

One of her fondest memories was of those days when the parents were invited to run with their child. After lining up and sprinting to the finish line, many parents were surprised at how fast their child was, she says.

While her competitive athletic focus may now be restricted to her Masters running, Douglas is never far from the track or the Kajaks.

"Avril has always been engaged with the club, showing up to volunteer and help at any of our meets," says Man. "She's one person you can count on."

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Eyes rounding into form

By DON FENNELL
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What a difference a game makes.
Or at least confidence.

Though the Richmond Sockeyes struggled with consistency through the first two months of this Pacific Junior Hockey League season, head coach Bayne Koen never doubted the team could right the ship.

It now appears that the club is indeed rounding into historic form—as of the league's top contenders.

On the heels of a narrow 2-1 road victory over the White Rock Whalers at Centennial Arena on Oct. 16, the offensive floodgates swung open five nights later when the Sockeyes blasted the visiting Aldergrove Kodiaks 11-4 at Minoru Arena. That seemed to be the tonic to convince the Sockeyes of what they're capable of.

Since then, the team split a home-and-home "series" with the powerhouse Langley Trappers (12-3-0-1, with 66 goals for and only 28 allowed). The Sockeyes (11-6-0-0; 70 goals for and 50 allowed)

held the high-flying Trappers to a single goal in a 1-0 loss Oct. 24 at George Preston, before earning a 3-2 decision back at Minoru on Oct. 28. They then flexed their own offensive muscles in grounding the Abbotsford Pilots 7-2 in the Fraser Valley to close out the month of October.

Garrett Wicks continues to lead the Sockeyes in individual scoring with 15 goals and 14 assists through 17 games. That's third best in the league.

After that, it's scoring by committee—often a sure sign of a good team.

Gabriel Parent has 15 points in as many games, while Matthew Stewart also has 15 points in 10 games. Jason Lin is the top-scoring defenceman with four goals and 14 points, while fellow d-man Gabriel Suessenbacher-Fu has two goals and 13 points.

Among goaltenders, Jovan Kheleh sports the league's fifth-best goals-against average at 2.84 and has posted one shutout. Marcus Cumberworth has played in 10 games and sports a 2.88 average along with an impressive .918 save percentage.

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Sports betting proving popular

British Columbians have placed more than \$25 million with BCLC in single-event sports bets on PlayNow.com, within just two months of the legalization of single-event betting in Canada.

"This is a significant milestone for BCLC that demonstrates further how PlayNow.com is well positioned to provide highly entertaining and engaging sports betting in a safe and secure environment," says Lynda Cavanaugh, BCLC's interim President and CEO. "It's important for players to know that playing with BCLC supports the success of British Columbia, as PlayNow.com is the only legal gambling website from which revenue supports important provincial initiatives, including healthcare and education."

Since the introduction of single-event bets on PlayNow.com, the NFL is proving to be the most popular betting choice. The number of NFL wagers has increased 97 per cent through the first seven weeks of the NFL season compared to the same period last year when bettors could only make parlayed bets under previous Canadian law.

The top betting event on PlayNow.com since it introduced singles was the week four game between the Tampa Bay Buccaneers and New England Patriots, where 69 per cent of the bets and 80 per cent of money wagered were on single-event bets.

Interest in single-event bets on the NHL is a growing trend. NHL bets on PlayNow.com have increased by 71 per cent after the first 19 days of the season compared to the same period last year.

Lest We Forget

**The Day We Remember
& Honour Our Fallen Heroes**

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CENTRE**

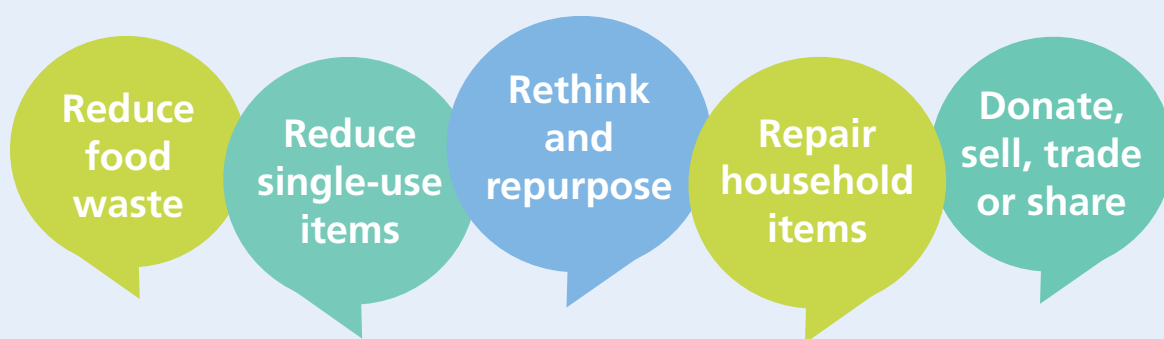
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Richmond's New Community Ideas Hub

**Looking for new ideas to reduce waste,
save money and help the environment?**

Check out Richmond's new Community Ideas Hub and find lots of great waste reduction tips shared by community members.



Working together to rethink how we manage our waste also supports a circular economy, where the materials are used, reused, repurposed and recycled multiple times to reduce the need for raw materials. Learn more at richmond.ca/rethink.

Environmental Programs Information: 604-276-4010
garbageandrecycling@richmond.ca



Services stopping seniors' solitude

By HANNAH SCOTT
Local Journalism Initiative reporter

The pandemic has created an increased sense of isolation for everyone, but for seniors who rely on external supports for company or services it has proved particularly challenging.

Carol Dickson, manager of seniors community support services at Richmond Cares, Richmond Gives (RCRG), says the agency's role is to connect people to the services they need.

Some seniors experienced trouble accessing food for the first time. Others struggled to access technology. But above all, access to human contact was limited, leaving people feeling isolated.

To combat the isolation, RCRG's visiting and senior peer counselling services switched to over the phone. The transportation program has recently been brought back. Prescriptions and frozen meals are being delivered. And Dickson says the grocery delivery program tripled in demand at one point, currently serving about 120 people a week.

"Everybody was reaching out, volunteers and staff, to our clients to see how they were doing," she says. "All those services give someone a friendly voice or a friendly face. Even if it's not a formal visit, all our services make people feel that they're cared for."

Dickson says both seniors and volunteers have shown a lot of strength and bravery throughout the challenging time.

"It's not easy to ask for help, so it's really a pleasure to be able to help someone," she adds.

Part of Dickson's job is to get the word out about RCRG's services, including through community presentations like the one she did recently at Hamilton High Street Residence. The intent of these offerings is to answer people's questions and let them know about available services as they're starting to age.

Longtime Steveston residents Fred Penland and Lynne Waller attended the presentation and shared some highlights.

"There had to be changes in the way certain aspects of care were administered, because volunteers couldn't go into people's homes," says Waller. "(RCRG has) a service where volunteers would go and visit with people and those things couldn't happen because of COVID, but they've been replaced by Zoom calls and long phone calls.

"It was interesting to hear the length to which RCRG and others in the community who were administering these kinds of programs have gone to take up the slack and provide the same caring. When you can't go and give somebody a hug, you kind of have to do it on the phone. But people are going the extra mile."

Penland says the two took a course on dementia about ten years ago to help provide care to Waller's mother. That course was also presented by Dickson.

"Something that really struck us as significant is that the people present at the presentation (at Hamilton) didn't need to worry about how the details work," says Penland. "All that someone needed to do in the future when they needed some services was to contact (RCRG) because they would be up to date on what was available for seniors and be able to assist in the process of finding the right people to talk to and the right applications to make."

With a computer and access to Zoom, Penland and Waller consider themselves lucky to be able to stay connected virtually. And Waller was impressed that many community organizations—like their bank and local community centre—reached out with phone calls in the first six months of the pandemic to see if any help was needed.

Mary Broten, who lives in nearby New Westminster, attended the presentation to learn about available supportive housing options for seniors who move out of their previous homes.

"I was really amazed at what Richmond offers seniors," says Broten.



Photo via pixabay.com

Seniors who are isolated or need assistance can turn to Richmond Cares, Richmond Gives.

Asphalt Paving Advisory

The City of Richmond has contracted All Road Construction to grind and pave the following locations in Richmond from **March 8 to October 15, 2021**:

PROPOSED 2020 PAVING LOCATION DETAILS	
Garden City and Alderbridge Way	Intersection only
8000 Block Westminster Hwy	Eastbound lanes only
Bridgeport Road and Viking Way	Intersection only
6000 Block Cooney Road	Granville Avenue to Westminster Highway
11000 Block No. 3 Road	Intermittent spot repairs for vibrations
8000 Block Lansdowne Road	No. 3 Road to Garden City Road
10000 Block No. 4 Road	Williams Road to Steveston Highway
11000 Block Railway Avenue	Steveston Highway to Moncton Street
Colbeck Road	
Palmberg Road	
Kozier Drive	Vibration complaint
8117 No. 1 Road	Vibration complaint
6651 Blundell Road	Westbound lane – vibration complaint
13000 Block Cambie Road	Jacombs Road to No. 6 Road
Gilbert Road	Northbound lanes (River Road to Elmbridge Way)

Work hours will be 7:00 a.m. to 10:00 p.m. on weekdays, and 7:00 a.m. to 8:00 p.m. on weekends. Night time work hours will be from 7:00 p.m. to 5:00 a.m. (typically).

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

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

The scope of the advertised work may be adjusted or cancelled in line with available funding.

Questions may be directed to Wasim Memon, Supervisor, Engineering Inspections, at 604-276-4189, or visit the City's paving program webpage at www.richmond.ca (City Services > Roads, Dykes, Water & Sewers > Construction Projects > 2020 Paving Program).

Code Ninjas embark on the future

By **DON FENNELL**
 @rmdsentinel

The future is unfolding at Code Ninjas Richmond.

In today's increasingly fast-paced world, where exchanges of information occur at lightning speed online, coding is taking its place as a key cog in the wheel. And locally Jeffrey Kam is leading the charge—preparing tomorrow's generation for what is yet to come.

"There is also a common misconception that coding is a special hobby for people interested in going into the tech industry," says Kam, the owner of Code Ninjas Richmond. "While many of our students have a general interest in tech, that is not a prerequisite for a Code Ninjas program. Our program caters to students of all interest levels, and we want to teach them at a young age to reduce barriers to access when it comes to coding and technological literacy as a whole. I see coding continuing to grow as a critical skill and necessary field of expertise in the national workforce over the next decade."

Kam's tech background has given him a front row seat to witness the sector's growth, which he is confident will only continue. He says there is a push for provincial funding to train more workers in tech, citing a lack of sector professionals and in-depth knowledge to be competitive in the space. Coding is the building block of the everyday products and programs we interact with on a daily basis.

Still in its infancy as a business after opening Oct. 26, the educational coding centre aims to prepare youth aged five to 14 for the growing tech demand. And what better way to do so than by teaching coding through building video games?

Kam was also keen to celebrate National STEM Day on Nov. 8, recognizing a curriculum based on science, technology, engineering and mathematics.

"I think it's vital for us to celebrate because these fields play a significant role in understanding and improving the society we live in," he explains. "Combined with other non-STEM fields, STEM learnings equip youth with the tools to expand their mind and career possibilities. Giving all kids the support, preparation and access they need to have a well-rounded education is the first step towards a brighter future."

A decade from now, Kam envisions that coding will persist on the path it has been acceler-



Photos submitted
At Code Ninjas Richmond, local youth aged five to 14 are being introduced to the fun and exciting world of coding. But owner Jeffrey Kam says it's not just for techies.

ating on, and that understanding coding basics will become vital to most industries. Code Ninjas' programs seek to "normalize" coding as a necessary skill to equip youth with basic technical knowledge for any career path.

But Kam also believes learning coding also helps develop various life skills, such as critical thinking, problem solving, collaborating and imagination which may also be applied to other careers.

Under Kam's guidance, Code Ninjas Richmond strives to integrate play and fun into education by presenting concepts through the familiar platform of video games. Kids get support and encouragement to learn languages such as Scratch, Javascript, Lua and C# from trained instructors as they progress towards the black belt.

"While it's great to see the curriculum expanding in B.C.'s school system, our programs address the educational gap for coding in the STEM curriculum by providing a sophisticated

training ground where 'senseis' adapt to students' learning styles and speeds," Kam explains. "Youth learn at different speeds, and some are at different levels than others. Our programs amplify what students are already being taught in schools and provide a safe space where they can practice their skills."

Coding is for everyone, says Kam, describing it as "an inclusive activity that is for anyone who seeks to try and learn it."

"It doesn't take any unique skills, expert math or science abilities, or certain personality traits to be able to understand and apply coding knowledge. In fact, it's actually a medium for creative expression—whether it's making videos, composing music, or of course, building video games. All it takes is a will to learn and a desire to have lots of fun while doing it."

In its first weeks, word of Code Ninjas Richmond (codeninjas.com/richmond) is spreading quickly. Ten students signed up for its CREATE program, with many more coming in for a free 30-minute game-building session and tour of the centre. During the pandemic, all health and safety regulations are being adhered to including disinfecting of surfaces between visits to the site at Unit 125-6699 River Rd.

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In their own words...

Power of the people



**Carol
Day**
Councillor

City councillors are blessed to meet with people from all walks of life and it is incredible to see the passion that Richmond citizens have for this wonderful city.

Whether people are advocating for new cycling paths, more seniors support, more affordable housing, more rental housing or fiscal responsibility, I feel that all the people I meet help me understand what is important to the citizens of Richmond.

Your city council has a meeting schedule that allows for citizens to get involved in decisions and make presentations either virtually or in person, if pre-registered.

The next month of meetings are listed below. Here is a link to the full list of council and committee meeting schedules, agendas and minutes: www.richmond.ca/cityhall/council/agendas.htm

COVID-19 has limited the public's ability to access City Hall, but through it all, we have maintained the ability to virtually attend meetings and access staff reports.

Information on how to participate in meetings is located on our website or you

can call or email our City Clerk's Office at 604-276-4007 or CityClerk@richmond.ca.

The Richmond city council voting record is another helpful tool for citizens. It's an easy-to-use online data base for accessing how council members voted on agenda items and provides links to the staff reports and minutes of the meetings. Here is the link: www.richmond.ca/cityhall/council/votingrecord/index.html.

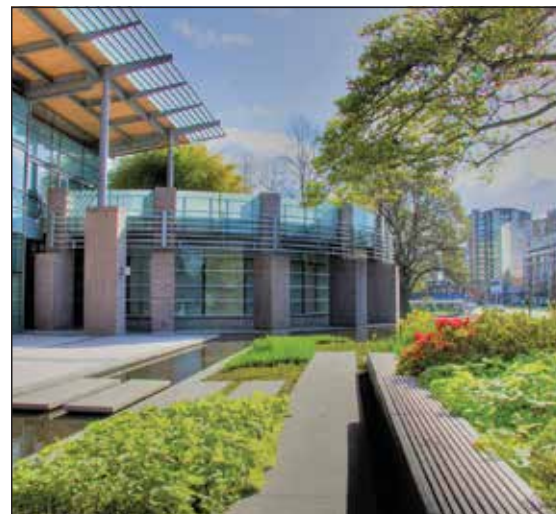
Other ways to participate and have your voice heard include:

- Emailing Mayor and Councillors at mayorandcouncillors@richmond.ca
- Contact the City at 276-4000 and ask for department managers who can provide valuable information on topics you're interested in.

I encourage the people of Richmond to stay involved in their local government because as a city councillor I can do a better job when I know what your concerns are.

Residents and businesses can access services through signing up for myrichmond.richmond.ca. These include tax and utility information and payments, also available is:

- Recreation and Activity Bookings
- Traffic Camera Footage requests
- Provide feedback or request a service from the City



- Create or modify your RichmondBC Alert preferences
- Find Child Care
- Pay parking tickets

To participate in several public engagement projects each year, or have a look at past ones, register for www.LetsTalkRichmond.ca. There is also a convenient way to report a crime, learn crime prevention tips and receive alerts by downloading Richmond's Community Safety app on iPhone or Android (search for Richmond RCMP).

As an engaged citizen you can join the conversation with the dozens of portals and I encourage you to stay in touch, stay active and stay informed, because you live in a city that is better in every way.

City of Richmond Council Meetings Calendar

The City of Richmond Council and Committee Meetings are available online. Watch live or view previous meetings by visiting: richmond.ca/cityhall/CityCouncil.

For further information, meeting schedules and assistance in participating either virtually or in person, please visit richmond.ca/cityhall or contact the City Clerk's Office at 604-276-4007 or CityClerk@richmond.ca.

Nov 9 | 4:00 p.m.
Community Safety Committee

Nov 10 | 3:30 p.m.
Development Permit Panel

Nov 15 | 4:00 p.m.
General Purposes Committee

Nov 15 | 7:00 p.m.
Public Hearing

Nov 16 | 4:00 p.m.
Public Works & Transportation Committee

Nov 22 | 7:00 p.m.
Council Meeting

Nov 23 | 4:00 p.m.
Parks, Recreation & Cultural Services Committee

Nov 24 | 3:30 p.m.
Development Permit Panel

Nov 29 | 4:00 p.m.
General Purposes Committee followed by Finance Committee

Nov 30 | 4:00 p.m.
Planning Committee

Dec 6 | 7:00 p.m.
Council Meeting

Dec 7 | 4:00 p.m.
Community Safety Committee

For meeting agenda and reports visit www.richmond.ca. Meeting schedule subject to change



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



Finding solace in time of need

Chimo supports women experiencing domestic violence

By HANNAH SCOTT

Local Journalism Initiative reporter

For women who are experiencing domestic violence, the pandemic has proven particularly challenging.

But thanks to organizations like Richmond's Chimo Community Services, which operates Nova Transition House, people can access supports close to home. During the pandemic, Nova Transition House has experienced an increase in demand.

"There are hardly any words to describe what a woman feels when the only place that should be safe for her is the least safe place in the world," says Tabitha Geraghty, Chimo's executive director. "The challenge goes back to financial control, fear, the inability to leave because you don't have the means to leave or the access to leave. The pandemic has really amplified all of those pieces for women who are in that situation."

While previously there might have been other service options for women experiencing domestic violence, the pandemic makes the decision to stay or leave "black or white, one side of the door or the other," says Geraghty.

She adds that the heightened stress of the pandemic can also increase instances of abuse.

"When we get into a high-stress season like the holidays, pandemics, recessions, that always triggers more abuse and more people fleeing domestic violence," she says.

Chimo's crisis line added a chat option at the beginning of the pandemic, as sometimes women who are isolated and quarantined with their abusers are unable to make a phone call. All Chimo programs continued during the pandemic, with some changes to accommodate safety protocols and needs.

Geraghty says there are many entry points to Chimo's services that may guide people to the transition house. The organization takes a holistic view of clients' needs, offering services like a crisis hotline, a family law program

and counselling services, in addition to referring people to other nearby organizations for services they don't offer. Geraghty says Richmond's variety of non-profit resources is a point of pride, and helps clients get the supports they need.

"Quite often when a woman comes in and she tells her story, she doesn't know what she needs," says Geraghty. "It's up to the worker to read between the lines and uncover (what supports are needed)."

Much of Chimo's work is through word of mouth, which is why awareness



Photo via pixabay.com

Women experiencing domestic violence can seek help through services like Chimo's Nova Transition House.

is important.

"It's your community that's going to support you and give you the knowledge and the resources you need," she says. "Chances are, if you've never needed a transition house you've never heard of it."

Pre-pandemic, Chimo accepted physical donations of clothing and household items. But recently, donation funds have been used to create service kits that include things like clothes, linens and household items. And the help of other organizations including the Salvation Army, RAPS and Richmond Family Place has been instrumental.

"The Salvation Army accepts donations (during the pandemic), and when we need extra they always give us what we need. RAPS and Family Place provide the opportunity for women to go in and shop at their thrift stores for free to get start-up kits for things we can't provide to them," says Geraghty.

There have been some financial supports provided by the government, but Chimo has also done a lot of fundraising to meet their needs. The LOVE YOU by Shoppers Drug Mart program, which ended Nov. 5, also supported Chimo's programs and work again this year. All eight Shoppers Drug Mart locations in Richmond participated.

Geraghty says Chimo's services are available 24/7, and its team is constantly prepared to help people in need.

"We've been doing this for 47 years—we're always ready to accept somebody who's fleeing domestic violence."

There are hardly any words to describe what a woman feels when the only place that should be safe for her is the least safe place in the world.

— Tabitha Geraghty

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Airport traffic continuing to increase

By HANNAH SCOTT

Local Journalism Initiative reporter

As the world begins to open up again, more people are travelling by air. And Canada's second-busiest airport is getting a little busier.

On average, between 26,000 and 29,000 people are travelling through Vancouver International Airport each day, according to Robyn McVicker, vice-president of passenger journey. In comparison, a regular September or October day would see 65,000 to 70,000. Last summer and fall, there were only about 10,000 people daily.

"What's been good that we have seen is as traffic started to ramp back up this summer, usually in September it begins to fall off again, (but) we've actually seen a pretty good hold of the traffic pattern, so people are continuing to travel in a safe manner," says McVicker.

While travel continues to increase as Canada opens its borders, some logistical challenges remain due to the pandemic. These include different requirements at the place of origin and destination. For instance, a new federal vaccination mandate was brought into play Oct. 30 for those departing from Canadian airports.

"Anybody traveling out of, coming through, or working at (the airport) has to be fully vaccinated with a Health Canada-approved vaccine," says McVicker.

Exemptions are available for a small number of travellers, with a transition period allowing travellers who are not vaccinated to instead present proof of a molecular test result through Nov. 29. A molecular test uses a nasopharyngeal or nose swab or a saliva sample. These travellers must either show a negative result within 72 hours of their departure time, or a positive result that is 14 to 180 days old.

Even those who are fully vaccinated may still be



Photo courtesy Vancouver International Airport

Travel is picking up, with passenger volumes nearly triple what they were a year ago at Vancouver International Airport.

selected for mandatory randomized arrival testing.

Those who are arriving at Canadian airports must show both their proof of vaccination and their pre-entry test result. Other countries may have different testing requirements for travellers upon arrival.

McVicker says some testing facilities are available near or inside the airport. People travelling to countries that accept a rapid antigen test for arrival (including the U.S.) can get one in the east concourse area of the airport. These tests have a faster turn-around time, but are less sensitive and can be less accurate.

People looking for a molecular test can go to LifeLabs near the airport, on Russ Baker Way, which

will return results within 12 hours.

The airport is also focusing on additional protocols, including sanitization stations and mandatory masking.

And with the holiday season upcoming, McVicker says December and January traffic is likely to be high.

"COVID has really changed how we forecast and how the airlines forecast (passenger numbers)," she says. "Probably numbers will go down a bit in the month of November to 20,000, 25,000 a day, but I would absolutely anticipate that it goes up well for December and January. We expect it to be more than we have today (in December)."

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Donate to RCMP Toy Drive and make a kid smile

By DON FENNEL

@rmdsentinel

Cops. Donuts. Holiday cheer.

The three join forces Nov. 20 for the annual Richmond RCMP Toy Drive at Lansdowne Centre.

From 8 a.m. to 1 p.m. on this special Saturday, Santa has enlisted the police officers to collect toys for the Richmond Christmas Fund. And every year, with your help, they try to out-do what was achieved previously.

To that end, you're being encouraged to stop by and help stuff the squad car with a new, unwrapped toy. You can also make a monetary donation of \$10 or more, and in return you'll receive a warm bag of mini donuts courtesy of sponsor FortisBC.



Photo courtesy Richmond Christmas Fund

Helping Santa and Richmond RCMP officers load up the squad car with toys will put smiles on the faces of local children.

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Nature's Essence commits to hospital campaign

By **DON FENNELL**
@rmdsentinel

The roots of Nature's Essence run deeply in Richmond.

When staff at the family-run natural health store was deciding how to celebrate their 20th anniversary in business in 2017, they decided to commit \$100,000 towards Richmond Hospital foundation's Act Now campaign. This fall marks the final donation to that initiative of \$20,000.

Supporting neighbours and families with their wellness needs is the team's mandate at Nature's Essence, and they credit the Richmond community for their success and ability to expand the business globally. While that includes multiple retail stores in B.C., Richmond continues to be where the family feels most connected and at home.

"While this past year and a half has been challenging for many families and businesses, it has

also solidified our commitment to health care in the community, specifically in Richmond," says Raymond Lin, owner and general manager of Nature's Essence. "We are proud to make a contribution towards the new Yurkovich Family Pavilion at Richmond Hospital, an essential facility that will serve our family, staff, and clients."

Both Lin and his son have received care at Richmond Hospital in the past and are thankful for the expertise and compassionate care provided by the health care teams. With this recent donation, Raymond looks forward to ensuring a high calibre of care continues to be available for the Richmond community.

"Nature's Essence has been a loyal supporter of Richmond Hospital Foundation since 2017. Just as Richmond Hospital Foundation strives to build a better and healthier Richmond, Nature's Essence aspires to contribute to a bright, healthy future. We are so grateful for their dedication to health and generous donation towards



Photo courtesy Richmond Hospital Foundation
From left: Candace Hernandez, vice-president, Richmond Hospital Foundation; Raymond Lin, owner and general manager, Nature's Essence; and company reps Emily and Annie Lin.

the future of health care," says Candace Hernandez, vice-president of Richmond Hospital Foundation.

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Henry extends B.C. mask mandate

The order requiring masks in indoor public spaces throughout B.C., initially set to expire Oct. 31, has been extended by provincial health officer Dr. Bonnie Henry.

Henry said last week that the order will be in place until the risk of spreading COVID is "significantly reduced." She also stressed the importance of wearing masks during faith services, although this is not specifically mandated.

Among the spaces where masks are required—for all people aged five and up—are malls, retail and grocery stores, libraries, community centres, on public transportation, and inside schools.

Henry also said last week that those who received two doses of AstraZeneca COVID-19 vaccine will be fast-tracked to receive an mRNA (Pfizer

or Moderna) booster dose, six months after their second dose. While two doses of AstraZeneca still provides good protection against serious illness, it is not as protective against infection, Henry said.

During the same update on Nov. 1, Health Minister Adrian Dix said 95.8 per cent of the healthcare workers in the province were fully vaccinated, 1.6 per cent had received one dose, and 2.6 per cent—3,325 people—were unvaccinated. In the Vancouver Coastal Health region, two per cent are unvaccinated, 478 workers.

"If people are in our healthcare system and not recognizing the importance of vaccination, then this is probably not the right profession for them, to be frank," said Henry on the topic of unvaccinated healthcare workers being placed on unpaid leave.

STR8TS

No number can be repeated in any row or column. Rows and columns are divided by black squares into compartments. Each compartment must contain a 'straight,' a set of numbers with no gaps in any order, eg. [4,2,3,5]. Numbers in black cells are not part of straights but also cannot be repeated in their row or column.

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REMEMBER IN PLACE

Thursday, November 11, 2021

This Remembrance Day, members of the public are encouraged to participate virtually in the online service to honour the individuals who gave their lives to serve and protect Canada. Please refrain from gathering at City Hall this year—instead, Remember In Place from wherever you are at 11:00 a.m.

The 2021 City of Richmond Remembrance Day service will be broadcast online on Thursday, November 11. Access to the live broadcast of the closed ceremony will be available on the City's website at www.richmond.ca/remember.

The schedule for the official online ceremony will be posted to the webpage prior to November 11.

www.richmond.ca/remember

