

LANSDOWNE WILL TRANSFORM DOWNTOWN

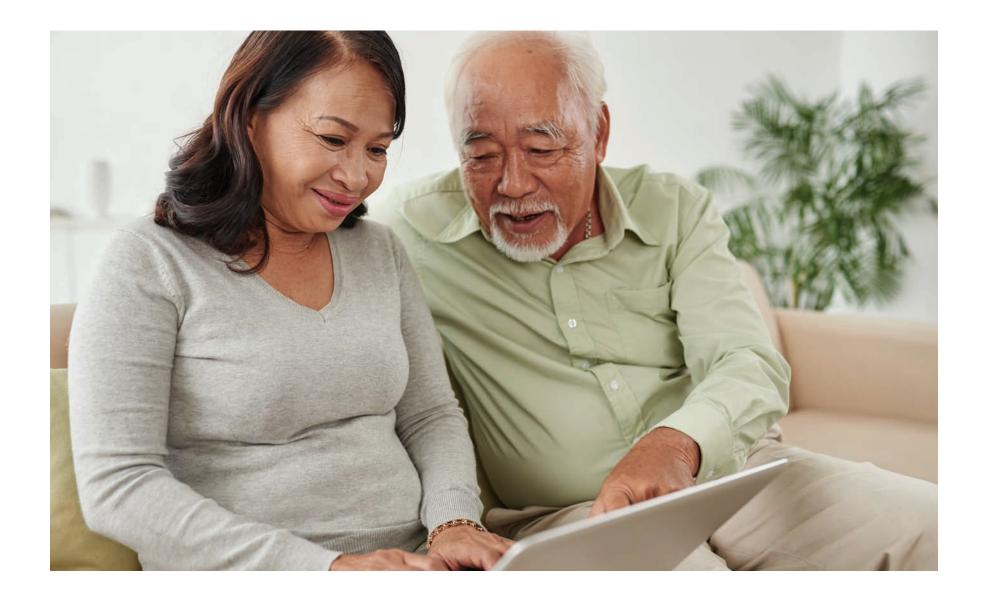


Heather Marshall at Lansdowne Vision and Masterplan kiosk inside Lansdowne Centre mall near food court.

Photo by Chung Chow



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The plan for the new Lansdowne neighbourhood includes a five-acre park for public gatherings.

Photo courtesy Vanprop Investments

Lansdowne unveils drawings of massive redevelopment

By MARTIN VAN DEN HEMEL @MartinvandenH

The future of the 50-acre Lansdowne Centre property is slowly taking shape, at least on paper and in the minds of the design team.

Vanprop Investments, which bought the property from the Woodward family in 1983, has launched a website (lansdownedistrictcom), which unveils conceptual drawings of the massive downtown Richmond property along with details of the overall vision for the area.

vital piece of Richmond's history to build an enduring legacy," the website says.

Jesse Galicz, vice president of development for Vanprop, said the development will feature distinctive architectural designs for many of the two dozen towers. The overall theme will speak to Richmond's alluvial history-with undulating lines and curved forms inspired by soil and sediments shaped by running water—and moves into the future.

The goal is to create a unique Richmond style with high standards for ar-The owner's vision is to "revitalize a chitectural distinction, Galicz said.

opened inside the mall's north hallway, with scheduled public information meetings on Feb. 17 and Feb. 22.

in keeping with the City of Richmond's official community plan. While Vanprop will not be asking for any more retail or residential construction density than is currently allowed by existing zoning, they are seeking the city's permission to spread things out.

Vanprop's team would like lower-rise buildings adjacent to the Canada Line station, with taller buildings in the middle and lower buildings towards the

An information centre has been east end next to Kwantlen Polytechnic University.

When could construction begin?

If Richmond City Hall approves the The master plan for the property is plan this year, then the rezoning and development proposal process would begin that might allow for the phased construction to start on the first residential project by late 2019 or early 2020.

> Galicz said the development will include affordable housing and housing choices for all stages of life, from young families to empty nesters and seniors.

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One stop shopping for complex health needs

By LORRAINE GRAVES @LGsentinel

I challenge as you age, says Jennifer MacKenzie, chief operating officer for Richmond's community health centre.

People dealing with mental health or substance use issues often find the same thing is true, she says.

Complex patients and their medical care providers certainly face challenges, she says.

"Over the last couple of decades we have had a patchwork guilt of community services, working in isolation from one another. Our patients are living longer with multiple condition or diseases. For example, they may have a bit of arthritis, diabetes, and a bit of dementia. They would have to go to three different places, see three different teams, who develop three different care plans."

Soon, Richmond will have a community health centre, one central place catering to people with any mental health, addiction, or aging issues for most of their medical needs, be it a counsellor. social worker, medical specialist, physio, occupational therapist or a whole host of other services.

of the way. MacKenzie says finding suitable space, big enough for the centre's needs in Richmond was a challenge. She says the City of Richmond has assured her that there will eventually be shuttle bus service connecting the centre to the closest stop on Westminster. There is no sidewalk between the CHC and that bus stop. Many of the CHC's clients may have mobility issues.

While family physicians will still be the main point of contact for health care, the new centre will mean that a general practitioner, have to stick-handle their patients through the system to see professionals like specialists, therapists, or clinical pharmacists. They will be in one place, at one time, so patients can get more done with fewer trips in the centre.

The facility on the corner of Alderbridge Way and Lansdowne Rd. is being outfitted to suit the needs of their upcoming clients.

Elevators and ramps, wide doors, and soothing surroundings are on the list. As well, there will be a single coordinator for a patient instead of a hodgepodge of

different people trying to do their While the building is a little out best for someone who may have issues outside the professional's areas of expertise.

> Just the way we now can use our electronic devices to keep track of our work, home, and family's appointments, reminders, games, practices and plans in one coordinated place. MacKenzie hopes the centre will allow for better coordination of appointments, x-rays, lab results, and follow-ups required. This information sharing should result in a plan that takes all of a patient's needs into consideration, physical and emotional.

The health facility was created or their office manager, will not to offer better care for some of our most vulnerable and complex patients. With a cut in duplicate or conflicting medical interventions, the centre should also result in savings of tax dollars. It is an example where kindness is also cost-effective.

> Currently, if a patient needs to see three different medical professionals, sometimes about three different problems, MacKenzie says, the current model means they have to go to three places, on three different days, take theirs and the professionals' time to tell

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Photo courtesy Vancouver Coastal Health

A reporter from the Ming Pao talks to COO Jennifer MacKenzie and Jane Sun, Richmond's director of Strategic Deployment and Clinical Optimization, about the new facility and its purpose.

ONE STOP

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three people what the problem is, and hope they somehow are able to coordinate with each other what they are MacKenzie says community medicine planning for the patient.

If it sounds complicated or confusing, it can be, even for the experienced professionals trying to manage a patient's complex needs.

One example of problems with the current system is with medications. If a patient has poor kidney function but needs pain medication for arthritis and then something to help with yet another problem, we rely on physicians to pick up on drug conflicts every time something new is added to the mix.

Sometimes, if a neighbourhood pharmacist picks up on the problem, which they often do, it means multiple phone calls to multiple physicians or specialists to figure out what is the best and safest mix of meds for the patient.

The doctors don't always agree. Often they are very busy. This can take time and means patients often have to wait to get the prescriptions they need.

At the new one-stop health centre, there will be a pharmacist to review all the meds someone takes, just as your local pharmacist can do every year by request.

Ultimately, MacKenzie says, it's about cooperation and communication: "Health care is not about bricks

and mortar. It's about people and it's about how they work with one another for these complex populations. They need to be able to work with one an-

A former occupational therapist, is in her blood.

"I come from a small town in rural Nova Scotia. My dad was a doctor. My mom was a nurse. I grew up living and breathing health care. It's what Canadians value. It's what distinguishes us from Americans a lot of the time."

Richmond's new health centre will offer fewer trips to deal with problems because more appointments can be booked in one day and in one place. But it is the coordination that MacKenzie sees as the centre's greatest strength, having health care professionals talking to each other, conferring with each other and the patient, on how best to manage multiple health care problems.

With the official opening scheduled for later this year, MacKenzie says the facility will improve patient experiences, patient care, and save multiple patient trips that she hopes will save lives and add quality to the lives of those who need coordinated health care the

"We're not just building a community health centre we're actually transforming community health services here," she says.

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Diamond maker has eye for design

By **DON FENNELL** @DFSentinel

To Ching Chan found something positive amid misfortune.

A 1998 graduate of Steveston-London Secondary School, she was only 15 when her mom was felled by illness. As a result, Ho Ching, also known as Wendy, skipped school to help out at her parent's jewelry store. That's when she discovered a talent for design.

"From there, I developed my knowledge and interest for jewelry," she explained.

Chan's talent was on display in the recently-completed Birks Iconic Jewelry Design Challenge. She was one of three finalists in the nationwide TV event held last month in Toronto.

"Two of my friends saw this challenge on Entertainment Tonight and encouraged me to apply, just two days before the deadline," she said.

Participants were required to submit a 60-second video introducing themselves and their work. They were also tasked with designing a display case, jewelry styling for up-and-coming Canadian musicians, and designing an engagement ring. But "being on camera and having to speak in front of an audience" was her biggest challenge.

In designing a display case, Chan wanted to try something new and integrate elements not usually seen. She drew a portrait of a woman wearing a hat, and on the side displaying three rings along with a Birks ring box, she wrote the social media hashtag #beiconic.

"This adds character and narrates a story, and also leaves room for the viewer to imagine how they will wear and play with the rings," she said.

For the jewelry styling segment, the finalists all worked with Fashion Canada using Birks iconic jewelry. Chan said she was fortunate to style emerging singer-songwriter Lisa LeBlanc from Moncton.

"I stacked, mixed and matched, and



Photo by Martin van den Hemel

Richmond's Ho Ching (Wendy) Chan's talent for design landed her a spot in a recent nationally-televised jewelry challenge.

combined different metal colours and materials to showcase her vibrant personality," continued Chan, noting portraits of the musicians will be published in February in Fashion Canada magazine.

In designing an engagement ring, each of the contestants were mindful that it would be worn daily. Therefore, Chan designed a ring that is "timeless, bold and versatile."

Chan, 28, has worked hard, and consistently, to sharpen her skills. She obtained a jewelry design and diamond grading diploma at the Hong Kongbased Gemological Institute of America in 2007.

She then earned an art and jewelry design diploma at Vancouver Community College, and was working as a gemologist in Vancouver—specializing in diamond grading and jewelry appraisals, when she decided to further her education.

"(Being a gemologist) was my dream job at the time, however after two years, with a curiosity in art, I found myself eager to go back to school again," she said.

In April, Chan graduated from the Nova Scotia College of Arts and Design having also won the 14th national jewelry student competition hosted by L.A. Pai Gallery in Ottawa. Her winning work, Tangible Thoughts, consists of personal emotions she chose to express in wood.

"I am realizing the form from the material, just as emotion is released from the mind," she explains. "The abstracted lines and negative spaces become the tunnels for the eyes to travel,

similar to wandering through a maze."

Chan will be hosting a solo show in 2018. Follow on instagram @illuhocw for updates.

Meanwhile, Chan is helping to host the Canada 150 Art Jewelry Show at the family's jewelry store, Mings Diamond, at Lansdowne Centre. The event showcases and promotes contemporary art jewelry across Canada, which she said seems to be recognized more on the East Coast.

"We want to share something new in a traditional jewelry setting," she said. "We are very fortunate to showcase 18 esteemed artists and their work along with three governor-general award winners."

As a second-generation jeweler, Chan says hands-on experience is important. So too, a trained eye for details, along with passion and knowledge.

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CORRECTION:

An article in the January 2018 edition of The Richmond Sentinel, which featured the Goto family, named the incorrect organization that matches willing sponsors with families in need during the Christmas season.

The City of Richmond's Working Poor Christmas Fund raises money for local families in need, matching donors directly with families so they can address specific needs.

City staff coordinate the fundraising efforts, and participate in sponsoring families and delivering gift cards or hampers. Recipients are identified with help from local community health nurses and school administrators.

The Richmond Christmas Fund no longer matches would-be sponsors with families.

Local producer's film gets Sundance Festival love

By LORRAINE GRAVES @LGsentinel

There's a buzz at the Sundance Film Festival and it has a local angle.

Of the thousands of films sent in, only 110 end up in the competition.

The Kindergarten Teacher, a feature film starring Maggie Gyllenhaal, is one of that select group and the film has a Richmond connection. Steveston's Gabriel Napora is one of the executive producers of the project having its world premier at the festival.

"Sundance is the most prestigious of film festivals—Sundance or Cannes in the world and we're one of about 14,000 films that was chosen to be in the festival and we're up for the grand jury prize," said Napora as he arrived in Park City, Utah for the festival.

The Kindergarten Teacher is one of only 16 films nominated for the US Dramatic Competition.



Maggie Gyllenhaal stars in The Kindergarten Teacher.

Asked about his role in the production, Napora said:"I'm one of the executive producers and our production company, Imagination Park, is one of production companies involved."

An executive producer deals with the financing of the film.

It was a project that Napora had faith in from the beginning:"I was both an investor in the film myself and also

someone who sourced out money."

The Kindergarten Teacher is based on a successful Hebrew language production out of Israel.

It is the story of a New York teacher who discovers what may be a gifted five-year-old student in her class. As she becomes fascinated and obsessed with the child, she spirals downward on a dangerous and desperate path in order to nurture the talent she feels he has.

Asked why he supported this film, Napora said: "We loved the script. We thought the stories were amazing. We loved the producers and just thought it was something that really excited us."

Asked about why it can lead to more vivid movies when the writer/adapter is the same person as the director, Napora reflects, "When it is the case, if

See Page 16





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Photo by Chung Chow

Munesh Raman demonstrates Neil Squire Society's affordable, hands-free, sip-and-puff controller LipSync for electronic devices and computers.

Neil Squire Society offers new life

By LORRAINE GRAVES @LGsentinel

f you are looking for a new home for your old computer or tablet, look no further than the Neil Squire Society.

It will be given a new life helping someone re-enter the community and the workforce after a major injury.

With the technological tools available today, many people can once again participate in the workforce even after becoming a paraplegic. At the very least, the society helps clients use the technology available in smart phones, tablets and computers to interact with the outside world, just like able-bodied people do.

According to Richmond's Munesh Raman, computer comfort co-ordinator and technician

for the Neil Squire Society, "We tend to get a lot of clients here who want to work on their cell phones, send and receive emails, take pictures and do Facebook."

When a client has no use of their hands, due to paralysis or amputation, regaining independence becomes a matter of harnessing technology to solve mechanical problems.

That's where your used computers, tablets, displays and keyboards come into play.

Raman says they are certified Microsoft refurbishers.

The society seeks Windows-based machines, not over five years old, that can be loaded with Windows 10 and Office. The equipment then goes to people who can use them in their daily lives, after learning how to use them.

Apart from refurbishing, the society does one-on-one training in their Burnaby offices for people with disabilities.

When a client has no use of in the region, the society also ofneir hands, due to paralysis or fers online training.

> "That way we can empower more Canadians to use technology," Raman says.

> "We're able to give back a lot to the community and see the difference in peoples lives. When they come through the computer comfort program, after not having any exposure to technology before (their injury), they are able to learn those skills and move forward and help in the community."

Raman knows whereof he speaks.

Once a heavy duty mechanic, See Page 9

NEIL SQUIRE

From Page 8

an injury forced him to change ca-

He went to Douglas College for a year's training in IT (Information Technology) then went to the Neil Squire Society for his practicum.

smile in his voice.

The non-profit society offers many options such as an employment program and an assisted technology assessment where they see what people need after their accident to get back to work.

Sometimes it's different seating. a different keyboard, or a different chair arrangement. Sometimes it's an earpiece or headpiece to answer the

As well, they offer training in use of speech recognition software that works in place of typing. When appropriate, the society teaches people to use smaller, one-handed keyboards if they have use of one hand.

Two years ago, the society received a \$2,000 grant from Google to develop a more affordable solution for people with no use of their hands, who wanted to use their mobile devices and computers.

In the old days, people had to use \$1,500 sip and puff interfaces to work their computers and wheelchairs. It sometimes meant learning Morse code so their mouthpiece could control their computer. It always took

patience. The society has put a more practical and affordable option into their clients' lives.

"If you have no hand function, it's hard to click on your phone," says Raman, "By using 3D printing, and by making it open source, they are able to build LipSync (mouth controllers) themselves for less than \$300. We do the printing on the actual device. "And I never left," he says with a LipSync works with phone and computer."

> So, whether you just want to keep your old Windows computer, laptop, monitor, keyboard or tablet out of the landfill, or you are looking for a place to learn new skills while coping with disabilities, the Neil Squire Society offers encouragement.

Raman says, when coping with a disability, "There is hope as long as you believe in yourself. It's not going to be one year or two years. It's going to take time to say, 'Ok this is what happened and it's time to move on,' but the first two years are the hardest."

Today, with new skills in IT and a job at the Neil Squire Society, Raman says he looks forward to work each

"I feel good. I feel like I'm going be making a difference in somebody's life through employment or giving them technology that they can use for themselves to be empowered," he

Check out neilsquire.ca for their refurbishing program, to see how you can make a difference in someone's

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Embracing diversity, embracing love

By LORRAINE GRAVES @LGsentinel

ateway's newest offering, Salt-Water Moon, opens Feb. 15 and runs through Feb. 24. The play is by one of Canada's leading playwrights, Newfoundland's David French.

French started out writing half-hour dramas for CBC. He also wrote for the CBC children's program Razzle Dazzle before moving on to write a series of plays about the Mercer family. Gateway's production is the precursor to the entire series, how the young couple met before going on, in subsequent plays, to explore their intertwined lives throughout the years.

So while French's love story, Salt-Water Moon, has music and humour firmly grounded in Newfoundland, this time round, the two actors are not typical Newfoundlanders.

Instead, they are children of immigrants. Kawa Ada fled Afghanistan with his family just as the Russians invaded. Mayko Nguyen's family fled Vietnam.

"We wanted to challenge ourselves to see if the audience could come on this journey with us and imagine all of this, this deep complex, love between these two people," says Kawa.

Kawa also works as a keynote speaker on diversity: "It's one of the things I speak to all over the country. Colour blind is a term I don't use. We want to see people in all their colours."

"You have a boy who fled his home, because of his father's trauma of the great war. (He's) in search of something and leaves the girl he loves behind. She becomes engaged to another man in town. (The boy) comes back to win her



Courtesy Joseph Michael Photography

Kawa Ada and Mayko Nguyen star in Gateway Theatre's production of See Page 11 David French's Newfoundland love story Salt-Water Moon Feb. 15 to 24.



Richmond Sentinel celebrates first birthday

By MARTIN VAN DEN HEMEL @MartinvandenH

appy birthday to us!!!

It was one year ago this week that The Richmond Sentinel printed its first edition back in February of 2017 with a cover story about a couple that made a multi-million dollar contribution to build a new acute care tower at Richmond Hospital. (This week, the Richmond Chamber of Commerce held an event at Richmond Hospital, presenting a letter to the provincial government urging them to fund the new tower, and signed by more than 100 Richmond employers representing nearly 12,000 workers.)

Starting from scratch with a skeleton staff oozing with newspaper experience, the non-profit Sentinel has certainly come a long way.

But there's still a long road ahead of us as we fight for the vital advertising dollars that it will take to keep us in ex-

What can our readers do to help?

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The media industry is in the midst of a transformation that started years ago, with no obvious end in sight.

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So many voices have been lost, while so many community newspaper monopolies have been created in the aftermath of mergers and closures.

While monopolies may be good for one business, competition does a better job of serving the community's interests. The Sentinel is here to serve.

•martinv@richmondsentinel.ca

giving actor, it's very easy to fall in love

with her."

Done without Newfoundland accents but very much set there, Salt-Water Moon is rooted in the universality of the story, of music, of humour, of problems and, most of all, the universality of love.

Asked if there is much humour in such a serious subject. Ada replies. "In David French's writing, that's part of the Newfoundland culture. There's music in the play and there's laughter. Those are two things that go hand-in-hand with Newfoundland so we've tried to preserve that and bring it to the fore. It is part of this deep complex love between these two people."

And the take-away message for Ada? "This play is one of those beautiful gentle waves of love."

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EMBRACING

From Page 10

Under the direction of Ravi Jain. Salt-Water Moon shows that love, in all its complications, is universal.

Normally Ada and Nguyen choose to live and work in Toronto, but they each had reasons for heading to Richmond with this production.

"Gateway is a theatre I have wanted to work at for a long time particularly because of Jovanni [Sy]," says Ada. Nguyen's reason? Her family lives in the Lower Mainland.

"To do the show for them is going to be very special," Ada says.

Ada describes his co-star, Nguyen, as phenomenal. And says that every performance, "She's such a generous and

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Draft Market Rental Housing Policy

Market rental housing is an important part of Richmond's housing inventory. This type of rental housing is provided by the private sector and rented at market rates. The City of Richmond is considering new policy that will protect the supply of market rental housing, support tenants and encourage the development of new market rental units in the city.

You are invited to participate in a public workshop to learn more about draft policy directions and share your feedback with City staff by completing a feedback form.

Public Workshop

Wednesday, February 7, 2018 7:00-9:00 p.m. (Overview presentation at 7:15 p.m.)

City Centre Community Centre Multi-Purpose Room 4 5900 Minoru Blvd (note: pay parking is in effect in the area)

RSVP

Email tina.atva@richmond.ca or call 604-276-4164 with name, email address and phone number.

Please RSVP on or before Monday, February 5, 2018 as space is limited.

Please come prepared to roll up your sleeves as this public event will have a workshop format.

Visit LetsTalkRichmond.ca

- for more information on the City's Draft Market Rental Housing Policy
- to complete the online feedback form

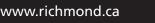
The feedback form will be available until 11:59 p.m. on Sunday, February 18, 2018.

More Information

Visit: www.richmond.ca/plandev/planning2/projects/marketrental.htm

Contact: Tina Atva, Senior Planning Coordinator

Phone: 604-276-4164 tina.atva@richmond.ca Email:









Public forum to tackle overdose crisis

By **DON FENNELL** @DFSentinel

he executive director of Richmond Addiction Services Society welcomes the opportunity to address the current overdose crisis at an upcoming community forum.

But Rick Dubras stresses dialogue must not be fleeting.

"We've had addiction issues since colonial times. We need to continue to address the causes in an ongoing manner," he says.

Richmond Public Library is partnering with Richmond Addiction Services and the Overdose Prevention and Education Network on a free pub-10 a.m. to 2 p.m. at the main Brighouse branch, 7700 Minoru Gate.

The public, and members of local organizations—including BC Emergency Health Services, City of Richmond, RCMP, Salvation Army, Pathways Clubhouse, Touchstone Family Services, Turning Point Recovery Society, Vancouver Coastal Health and Vancouver Area Network of Drug Users will collaborate to create a response and prevention plan.

As an outcome, Richmond Addiction Services will put forward an action plan to all levels of government

including the city and other funders.

"The more we connect and engage our community, the more we help to increase attention and uncover what needs to happen in order to prevent substance use from becoming problematic for individuals, families and communities," Dubras says.

Too often, he continues, society looks for the quick fix to its problems. Instead, we need to understand the depth of issues such as addiction.

"Addiction and substance abuse are complex issues and we need the time and engagement in order to fully comprehend what is underlying those issues."

Policy development, funding and lic discussion Saturday, Feb. 3 from strategic decisions need to be based on what is needed, Dubras says. It is about implementing change that not only saves people's lives, but provides better understanding of the barriers and treatments.

> While the Feb. 3 event is free to attend, registration is required tinyurl.com/RichmondAddict

Lunch will be provided to registered participants, and parents with children are welcome to attend as free child-minding will be available by request at info@richmondaddictions. ca.

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Black History Month and a reluctant local hero

By LORRAINE GRAVES @LGsentinel

The woman who sparked Rich-I mond's recognition of Black History Month is quick to spread the glory around, even asking that this article not be about her but rather all the programs on offer through our communi-

"All I have done is partnered with other people and look for people in the community who have the knowledge and the resources," Mary Wilson says.

The program has grown over the years.

"Originally we started with just a couple of programs in the library for a round table where we talked about our lives in Canada. It just grew from there," she says.

Richmond Public Library is partnering with the City of Richmond, Richmond Arts Centre, Chimo Community Services to present a series of programs in celebration of Black History Month.

This year's opening ceremonies are on Friday, Feb. 2 at 4:30 p.m. in Richmond City Hall council chambers. When doors open at 4 p.m. students from Mitchell Elementary School choir will perform as the audience is being seated.

Canada Post will unveil the 2018 Black History Month stamp.

"I do want to give black people the idea that they come from a strong and a contributing culture," she says.

Asked about her journey, Wilson, who grew up in North Carolina says: "I married a Canadian and immigrated back east and somehow ended up in Vancouver."

A medical social worker, Wilson is retired and has lived in Richmond for 20 vears. Her involvement in our community's Black History Month flows not iust from her interests but from her values as well.

"I just have an interest in history. I got started to educate everybody about the contributions of the black people of Canada. I try to involve people

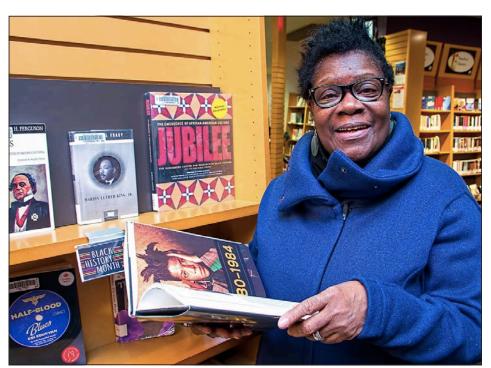


Photo by Chung Chow

Mary Wilson saw a need to educate Richmond residents about the significant contributions made by Black Canadians.

of black ancestry, black people from observances. Canada, many mixed, and from many places, so that we get to know one have a sense of community and famanother's histories as well as share that history with the larger population and to have the children in schools be aware of black history. That's important as well."

blacks" invited to B.C., she says, by our first colonial governor, Sir James of Richmond's first cannery was John Sullivan Deas, after whom the island and slough are named. He was a tinsmith who came from California at Douglas's invitation.

Wilson says her upbringing influenced her to start Richmond's

"People from the black community ily. You didn't sit at home doing for yourself. You did for your community. You contributed to your community. usually through volunteering. Those are the beliefs that are instilled in me. There were a large number of "free You are out there helping someone else because it is a privilege."

The black community sets a good Douglas, himself black. The creator example, often encouraged in the rest of Canada, with a strong history of volunteering, of pitching in and of helping out neighbours.

> "We have a lot more in common and a lot more connections than we realize," she savs.

> > •LGraves@richmondsentinel.ca

Registration is required*

For info or to register, visit rpl.yourlibrary.ca/events_calendar or speak to a library staff member.

- Sat. Feb. 10, 10:30 a.m. 12 p.m. Afro-Canadians and their Contributions to the Canadian War Efforts Speaker Carmen Lake
- Sat. Feb. 10, 2 4 p.m. Story-Powering our Youth through Dance and Storytelling Youth performance
- Sat. Feb. 17, 11 1 p.m. Hogan's Alley Historical photographic display (drop-in, no registration required)*
- Sat. Feb. 17, 2 3:30 p.m. Inspired Inventions African inventors and 3D printing
- Sat. Feb. 18 from 2 3 p.m. To be Seen and Unseen: The Duality of Growing up Black in Vancouver Singer Dawn Pemberton shares stories of her childhood experiences.

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SUNDANCE

From Page 7

you've got a very talented writer-director, the film becomes a very singular vision of what they want"

Investing in a film always carries some financial risk. Was Napora worried this time?

"Not so much because I knew the people involved and how skilled they are, so I felt really good in terms of getting involved just because of all the players. It was a no brainer for me."

The film hopes to enter other competitions, like the Oscars this coming year. Those entry eligibilities are based on the year the production is first shown. For The Kindergarten Teacher, awards." that will be 2018.

production, has made a name for itself, gaining a full palette of talent, locations, skilled workers and support industries.

"I think it's starting to change. Van-



GABRIEL NAPORA

couver is predominantly a service industry. But now, I think there are people coming out of Vancouver who are making their mark on the world stage. We want to be guys winning top

If the buzz at Sundance is any indica-Vancouver, once a backwater of tion, Napora and the people at Imagination Park are well on their way with The Kindergarten Teacher.

> "We certainly got involved in a project we thought was amazing," he says.

> > •LGraves@richmondsentinel.ca



SHINOBI SCHOOL OF COMPUTER GRAPHICS 350-4400 Hazelbridge Way | info@ssocg.com



Photo courtesy City of Richmond Children's Arts Festival in Richmond on Family Day, Feb. 12.

Creativity + fun = Arts Fest

By **DON FENNELL** @DFSentinel

Fun awaits kids of all ages at the upcoming Richmond Children's Arts Festival.

Celebrating its 10th anniversary on Family Day (Monday, Feb. 12), the popular event from 10 a.m. to 4 p.m. at the Richmond Cultural Centre will be filled with creative interaction, entertainment and more.

Presented by Lansdowne Centre, the festival will feature multiple zones in which participants can enjoy fun performances, engage in hands-on arts and crafts or sign up for creativity classes led by professional artists.

General festival admission, which is \$5, allows participants to check out the Sonic Garden and Art Alley presenting live performances by Big Easy Funk Ensemble, Kutapira, The Blues Berries, Magic 2 Go, and Circus West among others.

The festival's many Imagination Stations offer the chance to create everything from tie dye t-shirts to scratch animation with Cinevolution.

Some 30 artist-led creativity classes affords participants access to a hands-on interactive class led by a professional artist, with a range of visual and performing arts including puppet making, hip hop music, and

clay creations.

Registration at richmond.ca/register or by calling 604-276-4300 is required for all creativity classes, with the fee including general admission.

In celebration of the 10th anniversary, children will also have opportunities to shape and participate in this year's programming.

New this year will be a cardboard challenge inspired by the documentary film, aine's Arcade, that featured a cardboard arcade created by a nineyear-old in East Los Angeles.

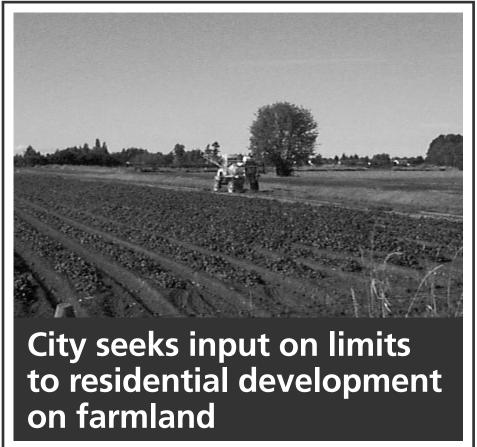
Participants can create their own arcade games from cardboard and other recycled material. There will be a sneak preview event at Lansdowne Centre on Saturday, Feb. 3 from noon to 3 p.m. including a mini arcade atmosphere with fun music and balloons.

Youth will also have a chance to run away to the circus. Figuratively-speaking, of course.

Circus West will be visiting local classes to give students a peek into the world of the circus. A few of the students participating will be incorporated into the performance with the Circus West cast, to be given the opportunity to perform at the festival in front of a live audience.

For full event details, visit www. childrensartsfestival.ca.

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Council recently authorized consultation to review options to further limit house size (floor area), farm home plate and to consider a maximum house footprint limit on agricultural properties ½ acre or larger.

The City will be hosting a series of open houses where residents, farmers and other interested parties can meet City staff, see display boards, and fill out a feedback form.

Public Open House #1

Wednesday, February 7, 2018 2 p.m. to 5 p.m. (afternoon) Richmond City Hall 6911 No. 3 Road

Public Open House #2

Thursday, February 8, 2018 5 p.m. to 8 p.m. (evening) Richmond City Hall 6911 No. 3 Road

Public Open House #3

Thursday, February 15, 2018 5 p.m. to 8 p.m. (evening) East Cambie Community Hall 12360 Cambie Road

Visit LetsTalkRichmond.ca

You can see the open house display boards and share your comments through a feedback form on LetsTalkRichmond.ca until Sunday, 11:59 p.m., February 18, 2018.

For more information:

Phone: 604-204-8626 Email: communityplanning@ richmond.ca

www.richmond.ca





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Easy ways to avoid food-borne illness

By LORRAINE GRAVES @LGsentinel

With all the messages of what to eat, super foods, supplements, and wonder nutrients, it is easy to forget the most important way to eat healthy is to be sure our food is safe.

Richmond's Dr. Brent Skura, recently retired from UBC's Faculty of Land and Food Systems, has spent his career studying food science and food safety.

Originally intending to study insects as an entomologist, things changed one day in a university food science lecture.

Skura was hooked from that day on: "It was exactly what I was looking for."

The work of scientists like Skura has meant lives saved. Even then, we have a ways to go.

According to the federal government: "Every year, a total of about four million (1 in 8) Canadians are affected by a food-borne illness. Of these, there are about 11,600 hospitalizations and 238 deaths."

Throughout his career, Skura worked to reduce those numbers with research and education.

Skura says many illnesses are actually spread by people who don't wash their hands after using the toilet.

He calls it the fecal-oral route of spreading illness: "It can be from a surface to hands to the intestinal tract, or a person touching food and the food is then consumed."

Other than not washing hands, Skura cites other causes of illness from food:

"Not holding food at proper temperatures, leaving perishable foods out, not refrigerating foods properly, and the issues of potential cross-contamination."

He says that means spreading bacteria from one food to another, often from an uncooked item to other things ready to eat. One example is frying up raw hamburger but using the same flipper for the raw meat as the cooked. Any bacteria from the uncooked burger will

be spread back onto the cooked, and otherwise safe, meat.

In naming some of the main culprits, the bugs in food that can make us sick, like Hepatitis A, something spread from human fecal or sewage contamination, Skura cautions against uninspected raw seafood. Shellfish are filter-feed-

ers and one thing they can filter out of the water is bugs like the Hep A virus. Even touching the infected food can be enough to pass the virus on to consumers. Hep A is very contagious.

As is Norwalk virus. Spread by the same route from someone who didn't wash their hands properly so the virus ends up on surfaces or food, and from there, flows into a body to make the person very ill. This virus can live on surfaces thus the decontamination cleaning required when this fast-acting and dramatic virus infects a cruise ship of passengers.

And if you have ever had the 24-hour flu, chances are, says Skura, that you actually had a food-borne illness.

"People often think that it's the flu but really it is caused by Norovirus or bacteria like Clostridium perfringens or Staphylococcus aureus."

Sometimes, illness is caused by eating a type of bacteria that has changed its form slightly such as the one from farm animals, E. coli O157, that can cause devastating disease. The symptoms can include bleeding from the intestines and the kidneys. It can cause death or life-long disability.

Though outbreaks are often caused by undercooked hamburger, the most recent in Canada came through Romaine lettuce. The thought being that someone with E. coli O157 didn't wash their hands properly before handling the lettuce destined for market.

An outbreak's cause can be hard to nail down.



DR. BRENT SKURA

"It's like looking for a needle in haystack," says Skura because the amount of contamination isn't evenly spread throughout a product or a shipment and Skura says, "Not all people who eat the same food are going to become ill."

Some bugs make us sick because they produce a toxin. That's why

home canning has to be done following reputable instructions and not by using mom or grandma's old recipes.

Botulism toxin is produced by a naturally-occurring bacteria but only where there is no oxygen and little acid, as is the case with some home canned foods.

Eating this bacteria itself doesn't hurt adults; we probably eat a fair bit of it. It's safe because we have strong acid in our stomachs, but for babies, who don't have very acidic stomachs, it's a serious hazard. For that reason, experts recommend not feeding babies honey or corn syrup. They can contain spores that will grow, producing toxin in an infant's stomach. Even pasteurized products can still contain the spores. Also, since modern tomatoes are much lower in acid, you have to add a known amount of acid to them for safe canning. The government of Canada website has an ues. excellent home canning safety site.

While some food contaminants cause the typical food poisoning symptoms, others have different tricks up their sleeves. Botulism is actually a nerve poison and it takes very little to start to paralyze people. In fact, doctors use miniscule amounts of the purified toxin to relax the muscles of people suffering from painful muscle spasms, such as after a stroke. It is also used cosmetically to paralyze facial muscles so wrinkles are less obvious. teaches and mon of those working Family Fall Fair, he at South Arm Unit "You always have the time," he says. So what does a "I was always been food system," rechealth is concerned "Everything in mon of those working Family Fall Fair, he at South Arm Unit "You always have the time," he says. So what does a "I was always been food system," rechealth is concerned to the purified to start to paralyze people. In fact, doctors use miniscule amounts of the purified toxin to relax the muscles of people suffering from painful muscle spasms, such as after a stroke. It is also used cosmetically to paralyze facial muscles of people food system," rechealth is concerned to the purified toxin to relax the muscles of people food system," rechealth is concerned to the purified toxin to relax the muscles of people food system," rechealth is concerned to the purified toxin to relax the muscles of people food system, and the purified toxin to relax the muscles of people food system.

Listeria can be responsible for typical symptoms of food borne illness like nausea and diarrhea but is also

"It's like looking for notorious for causing miscarriages. needle in haystack," Outbreaks are often, but not always, ays Skura because the mount of contamina- like milk and cheese.

tion isn't evenly spread Some bugs that can make us very ill throughout a product don't make the food smell, look or feel or a shipment and Skura different. Skura says if in doubt, throw says."Not all people who

The time it takes to get sick from a food-borne pathogen varies. With some, like the one that grows on warm but not hot rice, it is as little as eight hours while for others, it can be up to 10 days, making figuring out the source all the harder.

With some food contaminants, safe handling techniques and thorough cooking are enough to render them safe to eat. With others, like the toxin produced by one variety of Staph aureus, heat won't kill them.

Skura also cautions that commercially prepared foods we used to keep on the shelf may now need refrigeration: "We follow the recommendations to reduce salt to reduce hypertension but that can have impacts on food safety."

The salt and sugar that once made foods shelf-stable have been cut, making them healthier to eat, as long as they are stored properly. We need to read the label. If it says "refridgerate after opening" then do.

Skura's desire for food safety contin-

Today, in our community, he still teaches and monitors the food safety of those working at the booths at the Family Fall Fair, held every September at South Arm United.

"You always have to be vigilant all of the time," he says.

So what does a scientist who says, "I was always been fascinated by the food system," recommend where our health is concerned?

"Everything in moderation. Eat a variety of food. Practise good personal hygiene and make sure your foods are handled, cooked and stored properly."

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Knights usher return of pro basketball

By **DON FENNELL** @DFSentinel

The boys are back in town.

Seventeen years after the Vancouver Grizzlies abruptly left for Memphis, professional basketball has returned to the Lower Mainland. And like the NBA team that preceded them, the Vancouver Knights have established a strong link to Richmond.

While the Grizzlies played their home games at what is now Rogers Arena, much of their time was spent at their practice facility in the Riverport industrial Park. The Knights, however, have made the Richmond Olympic Oval their base for both practices and home games.

Jamal Mullings, director of basket-

ball operations for the Knights, has high hopes for the team in the new North American Premier Basketball League.

"We want to establish a culture of winning, bring a championship to Vancouver, and be as big as the Grizzlies were," he says.

Though the Yakima SunKings spoiled the Knights' home debut last Sunday, posting a 113-101 victory over the hosts, and then triumphed again Monday 108-82, Mullings—who also plays guard for the Knights—likes what he sees.

"It's a long season. We just opened 3-1 on a four-game road trip and we've gone through a lot of change and

See Page 21



Education Week is an annual celebration hosted by the Richmond School District. It is a time to celebrate teaching excellence and student achievement while highlighting individual, classroom, school and district accomplishments.

Please join us at one of our signature events:

FEBRUARY 25 (2:00 - 4:00 P.M.)

Meet the Board at the Richmond

Public Library

FEBRUARY 27 (4:15 - 6:00 P.M.)
Science Jam at Aberdeen Centre

MARCH 1 (11:00 A.M. - 2:00 P.M.) Fine Arts Fair at Aberdeen Centre

MARCH 2 (7:00 - 10:00 P.M.)

Notorious at McRoberts Secondary



A complete schedule is available online at edweek.sd38.bc.ca

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Wildcats embody culture of excellence

By **DON FENNELL** @DFSentinel

In a culture of excellence, it's perhaps wise to expect the unexpected. After all, creativity and innovation are hallmarks of champions. They're forever challenging the status quo.

The McMath Wildcats senior high school girls basketball team embodies these qualities.

Buoyed by the previous success of the program, the players continually strive to reach even greater heights.

"There is a real commitment to the program," says Chris Kennedy.

Co-coach of the Wildcats with Anne Gillrie-Carre, Kennedy says there are routinely girls, from Grade 8 through 12, in the gym Sundays working to better their games.

"We are lucky to have a number of parent and community coaches helping support the program," Kennedy says.

And while fully respecting their coaches, and the wisdom of their words, sometimes even the players don the proverbial coach's hat.

Earlier this season, Abby Zawada, a fourth-year player on the senior squad, and Grade 10 Liz Kennedy, already in her third year on the team, grabbed the whiteboard during a timeout to draw up a play in a way the other girls would relate to.

"That is something I haven't seen in 30 years," Chris Kennedy says. "It is great having leaders on the floor who are so in tune with the coaches."

Zawada is consistently a top scorer each game, while Liz Kennedy was a city all-star a year ago.

Martha Melaku has quietly become one of the most reliable small forwards in the province, while Grade 11 Jayna Wilson has also emerged as a leader alongside Jalen Donaldson and Dakota Chan. The latter two are also both high-level soccer players.

"This helps," Chris Kennedy says.



Photo by Chung Chow

The McMath Wildcats faced Whistler in senior girls basketball action at McMath Secondary School.

"They are used to high level competition."

The Wildcats are on the verge of a possible third straight city title. Mc-Math will host the Richmond championships Feb. 5 to 7.

They're also eying a fourth straight girls to lappearance at the provincials in citizens."

March. They or

"Being there the last three years builds confidence," Chris Kennedy says.

But clearly no one is taking anything for granted.

"We have worked to get a very difficult exhibition schedule this year to challenge us," Kennedy says, hopeful it will pay dividends.

While success on the basketball floor is obviously a goal, far more is at play.

"We are working to support the girls to become leaders and good citizens."

They displayed just that Sunday by spending the afternoon in the Downtown Eastside giving back to those less fortunate.

—The Richmond senior boys basketball championships are Feb. 6 to 8 at Richmond High.

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LANSDOWNE

From Page 3

Asked if there are plans to build micro-units that would be affordable for first-time buyers, Galicz said that's certainly open for discussion and consideration.

Decisions around the precise size of the units and price points still need to be made.

He said the drawings they've released are just "artists renderings" and each building design is subject to change.

The overall project will be pedestrian and bicycle friendly, and will be eco-friendly.

To what extent green roofs, solar energy panels, and geo-thermal energy will be used remains to be seen, though to address sustainability issues, the development will be "energy efficient" and will feature "naturalized stormwater management" and be both "green and ecologically resilient."

The site will feature a civic plaza that will act as a sort of town square, where people can connect to other people and get to other parts of the community.

Current plans call for the existing Lansdowne Centre shopping mall to remain in full operation until 2025 "and possibly longer," the website says.

When construction does begin, that will occur in phases starting at the east end of the property close to Kwantlen Polytechnic University, which would allow the mall to "continue to thrive and evolve, as it has in the past four decades."

Vanprop is currently "drafting a Master Plan that we hope will, indeed, serve the community of Richmond, enhance the environment, strengthen the economy and create a lasting legacy."

The current plan calls for a five-acre park that's visible from Lansdowne Road, as well as a grand civic plaza that would sit adjacent to the Lansdowne station of the Canada Line.

When the site is complete, it will include 24 new towers, including two office towers, and a community or recreation centre.

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KNIGHTS

From Page 19

adversity (including the franchise shifting from Seattle) early in the process, but I feel like it's paying off," he says. "Now we have opportunity to actually focus on basketball."

Mullings says fans can expect to see a scrappy team that utilizes its athleticism.

"Some people may look at us and think we're undersized, but we utilize a lot of small-ball lineups. Our quickness is an advantage, so we try not to worry about being outsized inside and use our defence to get nounced last July in Chicago by CEO Dr. Sev out of tough situations. The counter to size is speed."

Head coach Jerome Brown concurs.

"I like to play small ball. I love guards that go up and down (the court) and play a fast pace with plenty of movement," he says.

But while Brown favours a fast-paced game, he also stresses patience. He points to the Golden State Warriors as an example.

"It's no more than possessions. We just have to play the game the smart way instead of forcing the issue."

Both Mullings and Brown are also bullish on the future of the eight-team league with franchises from the Pacific Northwest to the U.S. Southeast.

Most of the coaches have NBA resumes. as does president David Magley, previously commissioner of the National Basketball League of Canada and a former Cleveland Cavalier. And many of the players are former D league if not NBA players, Mullings says.

"I think (the North American Premier Basketball League) is the most competitive (basketball) league right now," adds Brown, whose Knights (3-3 going into a twinbill against Nevada, 0-4, last week) are scheduled to host Kansas City Tornados (0-4) Feb. 3 at 7 p.m. at UBC.

When the creation of the NAPBL was an-Hrywnak and president Magley, the latter cited the new league's unique standards as the main factor that will separate it from other leagues around the world. These include financial standards for team owners, sliding scale payments for players, venue and uniform regulations, and community initiatives. Hrywnak and Magley are also dedicated to including valuable programming for local communities, particularly schools from the elementary to high school levels. Programs include players reading to younger children, hosting basketball camps for teens, and speaking in school-wide assemblies about substance abuse and staying in school.

•dfennell@richmondsentinel.ca



Photo by Chung Chow

Vancouver Knights guard Jamal Mullings defends against Yakima's Jackson Trapp during the Knights' home debut.

Sockeyes alumni give back \$236,000 in scholarships

Bv DON FENNELL @DFSentinel

Being a Richmond Sockeye extends well beyond playing hockey. In many ways, it's a belief manifested in several forms not the least of which is giving back.

That attitude is engrained in the team's culture, and noticeably practiced and promoted by alumni. Each year they support the current players through such initiatives as an alumni game, a smoker fundraiser and a golf tournament generating funds for a scholarship program. Since it began over a decade ago, more than \$236,000 has been awarded to graduating players to assist with the post-secondary studies.

"We feel education is so paramount," says Doug Paterson, a team owner and president of the Sockeye alumni. "Anything we can do to help our players get to the next level, or get as much education as possible, is important. In my day (he played for the original team in 1972) there wasn't a lot of us that went on to post-secondary, but today kids have a greater opportunity. If we can give them a little encouragement that's great"

The scholarship also aligns with Paterson's personal philosophy that "in life we need to pull together."

To help instill that message, Paterson asks each of the current Sockeyes to sell at least 10 tickets to the club's annual alumni game.

"The more we can do collectively

"When you've got a bunch of guys on the same page, and willing to make human beings for being part of our sacrifices where necessary, you can flourish. It's not just about developing that." as a hockey player, but how you turn

the better the results are." he says. out as individual after the Sockeyes. I like to think the majority are better program. You can't put a price on

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Reunion

RICHMOND SECONDARY SCHOOL would like to invite all former students and staff to celebrate the 90th RHS reunion Sat. Apr. 21 from 12-6 pm. If you would like to share time or mementos, contact Beth McKenzie ('74) at bethgibson54@gmail.com or rss.alumniassoc@gmail.com

Donations

IF YOU HAVE SPARE NON-PERISHABLE FOOD, cash, or time, then look no further than our Richmond Food Bank. Hungry people in our community need your donations. For more information or to donate, phone 604-271-5609 or email info@richmondfoodbank.org

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SPACE AVAILABLE. Steveston United Church. 3720 Broadway St, Call: 604-277-0508. Email: office@stevestonunitedchurch.ca

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Book Sale

MINI-SALE AT RICHMOND PUBLIC LIBRARY. CAMBIE BRANCH at Unit 150, 11590 Cambie Rd, Richmond, February 24 Saturday 12:00 pm to 4:30 pm. Quality children's books and adult fiction @\$2 each. Sponsored by Friends of the Richmond library. All proceeds benefit Richmond Libraries.

Study

RICHMOND'S ARTHRITIS RESEARCH CANADA (ARC) is recruiting patients for a scientific study. Contact Johnathan Tam at 604-207-4027 or email supra.activity@arthritisresearch.ca.

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

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- Richmond School District Office
- Minoru Aquatic Centre
- Richmond Hospital
- Lansdowne Centre
- IGA Save-On-Foods

And at these community centres:

- •Cambie •City Centre •Hamilton •South Arm
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MID-JANUARY ANSWERS

CROSSWORD Across

- 2 Health
- 4 Walking
- 5 Pharmacist
- 6 Your Handkerchief 1 Slips Trips Falls
- 7 Fitness
- 8 Bacterium
- 12 Family Practitioner 3 Weakness
- 13 Anvil
- 14 Great Shape
- 15 Femur

16 Tobacco Smoking _____

17 Bacteria

Down

- 2 Heart Attack and Stroke
- 9 Strain
- 10 Gain
- 11 In Good Form

SUDOKU

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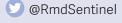
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Fun & Games



ACROSS

- 1 Harbinger of spring, galanthus
- 4 Tree blooms without flower petals
- 5 Blooms in miserable weather
- 7 Wind stronger than a gale
- 9 Jan. 31, Guru Har Rai's BD, ____ Sikh guru
- 11 Early blooming shrub, Hamamelis vernalis
- 13 Name of thunderhead cloud
- 15 Night of Feb. 15
- 17 Planets easily visible
- 18 Shadow animal, Marmota monax
- 19 Month celebrating African origins
- 20 Wind storm scale



The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9.

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

DOWN

- 2 308 mm rain = ____ of snow
- 3 Big sporting event in Korea
- 6 Rollers & chop = types of _____
- 8 Shrove Tuesday food
- 10 Upcoming festival for lovers
- 12 Start of Lent
- 14 Commemoration of Buddha's death
- 16 Fat Tuesday in French
- 17 Size of earliest blooming daffodil

Answers will be posted in the next issue in Mid-Feb



24 | February 2018 RICHMOND SENTINEL

THINGS TO DO IN RICHMOND

Family Day weekend



Family-friendly events and activities

10 Venues

February 10-12 www.richmond.ca/familyday

Pancake Breakfasts | Open Gyms and Drop-In Sports | Art Workshops and Crafts | Yoga, Hip Hop and Zumba | Swimming and Skating | Art Exhibitions | Nature Scavenger Hunts | Storytime and Music

We'll keep you active together with fun things to do all Family Day weekend!







































