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VOL. 2 ISSUE 9

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Student actors from McRoberts secondary portray eight characters from 1917 Steveston.

Photo by Don Fennell



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Yesterday once more on Steveston stroll

By **DON FENNELL**
@DFSentinel

Multiculturalism may be a modern buzzword, but it has been a reality since the arrival of the first settlers.

During the community's formative years over a century ago, folks from throughout the world contributed unique customs and traditions that helped to shape their new home.

With immigration, many cultures joined the Musqueam already here since before written history. The blending of nations offered many challenges and opportunities, of which we catch a glimpse thanks to the student actors.

"I didn't know that back in the day it was (already) really diverse," says Vince Bernales, a Grade 12 student at Hugh McRoberts secondary who takes on the role of Ollie in this summer's Steveston Alive! Walking Tour Vignettes. "There were a lot of different communities, especially from around the world that helped build Steveston like the Chinese people helping to build dikes, the Europeans flood gates, and the Japanese families fixing boats."

Portraying Oillie's sibling Mika, Caroline Tang says it's nice to see more of Steveston than meets the eye.

"There's so much history that's interesting and the vignettes bring out the interesting quirks you probably wouldn't notice just walking around," she says.



Photo by Don Fennell

A student in the Richmond Historical Society's Steveston Alive! Walking Tour Vignettes sports the attire representative of a store clerk in 1917.

Both relate well to their characters. As the older of the siblings, Ollie is always looking out for Mika. That's also true, Bernales says, with his real-life younger brother. And in Mika, Tang sees a spitfire who wants to get things done and "check for herself."

"I thought women then were a little more soft spoken and shy," Tang says. This is the second year the young

actors have been a part of the walking tour vignettes. Their drama teacher encouraged them to try out. But while Bernales had considerable on-stage experience since Grade 8, Tang worked mostly back stage before emerging from the shadows. Now, although both have chosen very different career paths—Bernales will be studying bio-medical engineering and

Tang biology with the intent of becoming a teacher—they can't imagine their lives going forward won't also include acting.

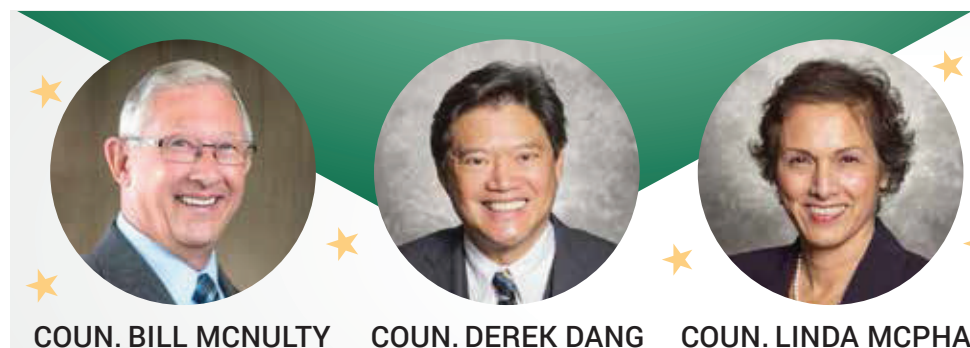
"Performing arts is something you have to see to believe. It's so engaging," says Tang. "We have so much opportunity for creativity that it's going to be different every time."

Written (alongside a heritage advisor) and directed by award-winning playwright and McRoberts alumni Andrew Wade. He plays the conductor. The historical vignettes use actual locations as settings for each brief play, buildings that were here in 1917.

There are five vignettes total that involve eight characters imagined from life 100 years ago, explains Steveston Historical Society executive director Sarah Glen. "Stories address issues such as the decline in salmon population after the Hell's Gate landslide, women winning the right to vote, the effect of the First World War on the community; alongside more personal tales of romance, friendship and perseverance."

The Steveston Alive! Walking Tour Vignettes are performed Saturdays at 1 and 3 p.m. in June and July, and are about an hour long and just over a kilometre in length. Tickets are \$10, and free to kids 12 and under. The program is made possible through the support of G&F Financial and the City of Richmond. For information visit richmond.ca/stevestonmuseum.

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Anne Vogel Clinic offers prescriptions for safe drugs

By LORRAINE GRAVES
@LGsentinel

Big changes are coming for the treatment of a deadly disease. Currently, it kills three British Columbians each day.

Those under medical supervision survive, while those living secretly with their condition at home often do not.

Opioid dependency disorder will now be treated as the medical condition it is, thanks to efforts by medical professionals and new federal prescribing regulations. Just as epileptics no longer have to be hidden, lepers aren't sent away to a desert island considered contaminated, AIDS patients aren't shunned as they were in the not-too-distant past.

Like the diabetics who require injectable insulin, clean needles, and a safe way to dispose of them, people dependent upon opioids can now seek medical help without fear of arrest, without fear of shunning, without fear of condemnation by the medical profession.

"At our (Anne Vogel) clinic we have a different profile of customers than many of our sister clinics," says Karen Barclay, manager

of the community mental health and substance use program for Vancouver Coastal Health in Richmond. "Many Richmond clients hide their substance use in their middle class lives."

The recently-announced, new prescribing regulations coming nation-wide will allow doctors and nurse practitioners to diagnose opioid addiction and offer prescriptions to patients for opioids.

"The federal announcement is helpful," says Dr. Meena Dawar, Richmond's medical health officer. "It reduces or eliminates one of the barriers to treatment because it allows physicians to prescribe treatments for opioid use disorder."

Family doctors, nurse practitioners and specialists as well as the professionals at the Anne Vogel Clinic will be able to write a prescription for opioids that are clean, safe, and in a known strength, for their patients living with a substance use disorder.

"It moves the problem into the zone of really what it is, a medical condition," Barclay says. "We can address that medical problem with a medical solution. Without that, people are having to turn to the black market, the street,

where the drugs are unregulated, often toxic and contaminated."

Dawar says doctors have options.

"It depends on a GP's comfort level, if the family doctor in Richmond has taken the training and is comfortable diagnosing and treating opioid use, he or she can go ahead and prescribe. If they are not comfortable, then they can pick up the phone, call the Anne Vogel Clinic."

The clinic, named for a previous medical health officer in Richmond who started the local methadone treatment program in spite of many obstacles, offers services for more than just those with addiction issues. It is located within the Community Health Access Centre which also offers seniors health services, mental health services, and groups for moms.

Because everyone waits in the same area, no one knows why a patient is there.

Barclay says there is a lot of myth and stigma associated with opioid dependency even among some friends and colleagues. She says some still believe "it is all about people using opioids via

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SAFE DRUGS

From Page 4

needles in the street.”

“Most addicts in Richmond do not fit the stereotype in the public’s mind. Most clients in Richmond have hidden addictions,” she says. “We have quite a high percentage of people who come to the clinic and are quite successful at maintenance therapy. Once on treatment, they’re quite stable.”

The Anne Vogel Clinic is open to all comers including teens. The plan is that no one should have to seek illegal drugs once they’ve been diagnosed and prescribed their meds.

“People get really upset about the clean needles but a lot of our medication is delivered that way for example women receiving fertility treatments and diabetics,” Barclay says.

Anyone receiving injectable medicine also receives a special container to safely dispose of their needles.

For those concerned that these new relaxed regulations around prescribing opioids to treat addiction will allow people to try these strong drugs, both Dawar and Barclay are clear.

“The approach is that an individual approaches their physician. The appropriate clinical assessment is done to diagnose the illness. From there, treatment options are discussed and a treatment plan made,” says Dawar.

Guy Felicella grew up in Richmond. He also grew up in great emotional pain. He eventually found relief in an injectable opioid, heroin. After de-



Photo by Chung Chow

Karen Barclay, manager of the community mental health and substance use program for Vancouver Coastal Health in Richmond, with some of the Anne Vogel Clinic team.

acades of use, he sought treatment.

“What opiate assistive therapies do is they address the physical need to stabilize the person. Once the physical dependence gets addressed, the person isn’t so hell-bent on getting drugs, so they can start piecing their life back together,” Felicella says.

Sterile, safe opioids meant Felicella could stop stealing \$300 to 400 each day to numb his pain with heroin.

Anyone who has had a break-in, theft, or their car window smashed has been affected by the high the cost of illegal drugs. The new clinic and regulations may mean the risk of break-and-enters may drop in Richmond.

Also, there is no point in selling legally-obtained medication on the street when those who need it can get a prescription filled at a lower price than the black market.

Both Dewar and Barclay assure that no one can go to a doctor to just get a prescription for opioids any more than they can pop into their walk-in clinic or GP to see if they could just try insulin or injectable fertility drugs.

“I don’t think anybody’s sitting at home saying, ‘I think I’ll go inject some heroin today.’ People don’t just do that,” says Felicella.

The Anne Vogel Clinic is definitely not a safe injection site. They do not provide any drugs themselves but they can provide prescriptions that can be filled at a pharmacy. The clinic is a place for those concerned about their substance use to go for a listening ear, help with a safer life, medical treatment and a prescription for sterile meds to address their opioid addiction without judgement, without the need to go cold turkey. Once a client

is ready, compassionate counselling is also available at the clinic.

“Right now, we are open Mondays to Fridays opening at 9 a.m. closing at 5:30 p.m. most days but staying open until 6:45 p.m. on Tuesdays and Wednesdays so people can come after work. We hope to be increasing our hours to weekends as well,” says Barclay.

Dawar says the clinic offers advice to family physicians and accepts same-day referrals from doctors.

“We love it when they book an appointment over the phone but we’re drop-in friendly,” says Barclay.

“Even if a client is ambivalent, we’d be happy to meet with them, talk to them about their options. Dealing with an addiction might need a couple of opportunities to know if they are ready to make a change. Sometimes they might need to have that conversation a couple of times,” she says.

“When a patient is ready to seek treatment, we are ready to help them,” says Dawar.

“I think it also moves the problems into the zone of really what it is, a medical condition. If someone has a physiological addiction, we address that medical problem with a medical solution. Without that, people are having to turn to the black market, the street, where the drugs are unregulated, toxic, and contaminated,” says Barclay.

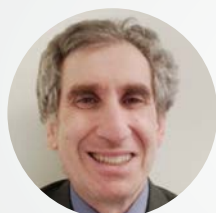
“This is absolutely a step in the right direction,” says Dawar.

The Anne Vogel Clinic, at 7671 Alderbridge Way. 604-675-3975.

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Arthritic knees do



Photo by Chung Chow

Arthritis Research Canada funds J.F. Esculier's research at UBC that indicates it can be healthier to keep running even if you have arthritis in your knees.

By **LORRAINE GRAVES**
@LGsentinel

Common wisdom has it that you need to protect your knees, especially if you have arthritis, by wearing foamy runners and avoiding running, to preserve the cartilage in the joints.

But the latest research suggests that's not true.

According to J.F. Esculier of the University of British Columbia and Arthritis Research Canada (ARC), you do more damage to your joints by doing nothing.

A post-doctoral fellow in UBC's department of physical therapy and an active physical therapist, Esculier says moderate exercise strengthens the cartilage that cushions our joints. Exercise that includes running.

"Listen to you body. If you have been doing 10 kilometres each week and doing fine but then go up to 20 and live in pain, then cut back or increase your mileage gradually," he says.

Esculier had researched running shoes, specifically their soles. Most

people thought the cushier the better. It turns out that wasn't true.

Too much padding means people can't tell when their running is hurting their feet or joints because there isn't the pressure point feedback that warns a runner to not land on their heels, toes, or sides of their foot too much.

ARC promoted Esculier's online survey that asked the public and health care providers if they thought it was safe to jog if you have osteoarthritis in your knees.

"The results we got, the most interesting one that we were not expecting, said there was a very high rate of uncertainty. So that told me we should keep going with our research."

Another interesting result from Esculier's survey was that 80 percent of runners would decrease running if they were diagnosed with arthritis.

Thinking like a scientist, Esculier says, "That's a good motivation for us to come up with more data."

Together with associate UBC physical therapy professor Michael Hunt,

better with a jog, new research shows

Esculier describes their research. "What we are doing is taking an MRI before and after running on a treadmill, looking at how that cartilage recovers."

Their preliminary study compared two groups of 10 female runners. One group had osteoarthritis in their knees and the other didn't. Hunt and Esculier did MRIs of everyone's knee cartilage, the translucent impact absorber between the joints, before and after a 10-kilometre run.

"From the preliminary results, now it seems that cartilage is just as able to tolerate running and recover following running. If you have osteoarthritis you can actually sustain loads of running (the same as) healthy people who are the same age," says Esculier.

This study is paving the way for the next stage of the research they

hope to do. They plan to study larger groups of recreational runners for longer, to look at the effect of 12-week running program, to figure out what it does to both normal and arthritic knees.

"Similar to training for the Sun Run," Esculier says.

They have two groups of 30 recreational runners about the same age: one group with osteoarthritis and one without. They plan to do an MRI scan on the patients as each finishes their first run then, check everyone again at the end of the three-month program. They will compare each person's before training and after images to see what happened. Early data suggests the running will be healthy for everyone's knees.

Esculier's work follows on the heels of another group of scientists who gleaned information from numer-

ous finished studies that looked at running and its affect on every associated load-bearing joint. When the scientists tabulated the results of all those other researchers' findings, they published a June 2017 paper in the scientific Journal of Orthopedic & Sports Physical Therapy saying, "Recreational runners had a lower occurrence of OA (osteoarthritis) compared with competitive runners and (sedentary) controls. These results indicated that a more sedentary lifestyle or long exposure to high-volume and/or high-intensity running are both associated with hip and/or knee OA."

Esculier and Hunt's research will use actual MRI images of what's happening inside the runners' knees, what's happening to the cartilage, to see the effects of running on both arthritic and normal knees.

"We are not looking at elite level athletes here, the kind that participate in the Olympics,"

Esculier says. "I am looking at people who are already able to maintain a certain level of activity but have knee pain, osteoarthritis in their knees and people who want to maintain recreational running. In Vancouver it is a very, very large population. The Vancouver Sun Run with 42,000 people who take part, (many) are aged 40 plus, 50 plus. They want to keep doing it to maintain their health, stay active."

Esculier's preliminary results say don't shy away from running for fun or exercise even if you have arthritis in your knees. Not only does it not damage the cartilage in your joints, it is actually healthier for your creaky joints.

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Barrier-free design for YVR travellers

By LORRAINE GRAVES
@LGsentinel

Most people take their airport access for granted, when it comes to dropping off their luggage, finding their way to their gate, and even

boarding their plane.

But it was like mounting a polar expedition to travel anywhere for people who used a wheelchair.

Now, thanks to consultants like Richmond's Stan Leyenhorst of Universal Access Design, many barriers

are being designed out of buildings. Plans, that aim at accessibility for all, employ what is called universal design.

Thanks to the Vancouver International Airport Authority's (YVR's) Innovative Travel Solutions (ITS) team, CheckitXpress makes it easier for everyone, whether in a wheelchair or not, to do self-serve drop-off with their luggage before a flight.

Subcontracting with the Rick Hansen Foundation, Leyenhorst reviewed the initial plans for the baggage check station.

"One of the things we advised on was making sure it was close enough to the ground," says Leyenhorst.

Once there was a prototype, he says, "The next thing was to do with how sticky the belt was. At first, you couldn't slide your bag because it would just stick."

Now that the first model of the accessible baggage drop-off is in place and operating at YVR, Leyenhorst sees possibilities for future improvements with the little ramp to roll suitcases up to the conveyor belt.

"With the next iteration, we are going to try to make it about an inch lower and make that angle shallower," he says.

Safety has also been designed into the system.

"Another feature is, if you step on it it won't go. The conveyor just stops," he says.

Through his company and the Rick

Hansen Foundation, Leyenhorst says, "This is something I'm doing all the time. Anytime YVR has anything new, a renovation or anything the Rick Hansen Foundation with Brad McCannell have been on it. (Brad's) been working as a consultant at YVR since 1993. Now he's moved to the Rick Hansen Foundation as VP of access and inclusion."

Leyenhorst keeps busy with his own consulting firm, UADI, for other companies, individuals and at the airport.

"I do all the blue print reviews. I do the disability awareness and simulation training that YVR requires of all their employees. They are probably the most progressive company I've run into and the big reason is Craig Richmond." Richmond is YVR's president and CEO.

Leyenhorst also consulted with a family construction company to build his own home without barriers. It means a home he can fully use without steps, or thick carpets that impede wheels plus a host of other features like doors wide enough to get his chair through and an accessible kitchen, bathroom and shower.

"I am just about to launch the disability awareness training that Brad designed and I'm taking over. It's called 'Ramping Minds.' Brad is also quadriplegic, almost as long as I have been," says Leyenhorst.

See Page 9



LEGISLATIVE ASSEMBLY
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COMMUNITY COMMENT



DEAR RICHMOND CONSTITUENTS,

I rise today to pay tribute to the late Lois Carson Boyce, who has been affectionately referred to as the Rolls Royce of volunteerism, not only in our community of Richmond but nationally as well.

Lois passed away on February 27 at the age of 99. She was one of Canada's most decorated volunteers, dedicating her time, energy and talents towards a number of causes, most notably environmental, social and seniors' issues.

She amassed an incredible volume of awards, certificates and photos with dignitaries thanking her for her tireless work. Among her many achievements was the prestigious Golden Jubilee Medal awarded to her by the Governor General of Canada. Locally, Lois earned the Richmond Chamber of Commerce Community Service Award in 1998 as well as the Richmond Volunteers are Stars Award in 2006 and an Ethel Tibbits award in 2010 honouring her contributions as a Richmond pioneer and a long-serving member of the community.

Her most recent work in our community was around local seniors care initiatives, including Richmond City Centre Community Association and the Safe Communities alliance. Because of her, residents of Richmond Centre now have a community centre and much more.

Family, friends, dignitaries and many members of the community gathered recently to celebrate Lois' life, her kindness and her spirit of giving. Lois Carson Boyce was a huge force in Richmond and she will be missed.

Rest in peace, our iconic Islander. Your legacy lives on in the many projects and lives you touched in your 99 years.

Linda Reid, MLA

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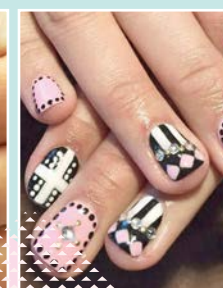
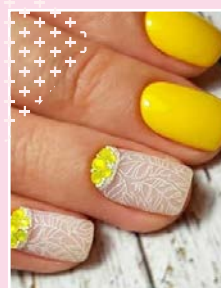
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BARRIER-FREE

From Page 8

“When we talk about inclusion, we’re not necessarily talking social inclusion. We are talking physical inclusion.”

But there’s always room for improvement.

“Rick Hansen has an accessibility certification rating system that launched last September. Now we are rating buildings for accessibility and not just mobility, for example, lighting for people who are deaf, blind or have low vision. We are rating buildings for people with cognitive impairment.”

Not all accessibility assignments are for large projects or for those with deep pockets. The nature of the beast is that it can take tweaking before everything works together. Little is standard. Leyenhorst consults on a new Lower Mainland foot ferry. The operators want it too to be wheel chair accessible. The challenge is that the ramp changes steepness with the tide. Making

it barrier-free takes ingenuity, patience and persistence.

Leyenhorst says, “It launched (recently) and this is the nature of the game. It’s brand new. We had some trouble with ramps so we have to tweak the ramps. There were three people with wheel chairs. They were gracious. They just said, ‘We’ll wait until you’re ready.’”

Being in a chair takes planning and patience for many things that are quick and easy for those without physical challenges.

“That’s why I get up at six in the morning everyday because everything takes longer,” Leyenhorst says.

When it comes to barriers to access, he says, “This is the problem; they often just don’t think about it. That’s why we’re here, to make them think about it.”

To learn more about accessibility built into our international airport visit tinyurl.com/accessYVR

For info on Leyenhorst’s company go to uadi.ca

•LGraves@richmondsentinel.ca



Photo by Chung Chow

Consultant Stan Leyenhorst of Universal Access Design Inc., a sub-contractor for the Rick Hansen Foundation, demonstrates YVR’s new CheckitXpress baggage check designed with accessibility in mind and built by Glidepath of New Zealand.



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Young farmers host market in Minoru

The second annual Young Citizens Farmers and Artisans Market will be held from 11 a.m. to 12:15 p.m. on Wednesday, June 6 at Minoru Plaza, just outside the Brighthouse branch of the Richmond Public Library.



Students prep for market.

Submitted photo

The market is run by students from Quilchena elementary school and their pre-school buddies from Terra Nova Nature School.

"Our students are organically growing their own produce and herbs and will be selling their products for charity," said Quilchena teacher Andrew Livingston. "They will also be selling art, poetry, woodworking, cleaning products...all created by students."

ARC Soirée ticket winner



Photo by Sombilon Studios

Ticket winner Victoria Warfield and husband Vlad Zachata pose with Lorraine Graves and her husband, Michael Weaver at the ARC Soirée May 17. Warfield, a Richmond musician and piano teacher, was over the moon when she discovered her prize because the Soirée included a private concert in Fairmont Hotel Vancouver's The Roof by acclaimed blues musician, Colin James. Full story at richmondsentinel.ca

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Disability Expo enables entrepreneurs

By LORRAINE GRAVES
@LGsentinel

The Richmond Centre for Disability sees entrepreneurship as a way to self-sufficiency for many, able-bodied or not.

With that in mind, they will hold their 2018 Self-Employment and Entrepreneurship Expo Tuesday, June 19 at the Richmond Cultural Centre from 10 a.m. to 2:30 p.m. in the performance hall and atrium.

Sponsored by VanCity Savings and the City of Richmond, the event offers a chance to meet with experienced mentors, business examples, peer motivators plus education options to choose among.

The fair is aimed at people considering starting their own business as well as people who have started businesses and need coaching, according to the centre's community outreach coordinator, Dave Thomson.



Photo submitted
RCD's Dave Thomson
says the 2018 Self-Employment and Entrepreneurship Expo to be held Tuesday, June 19 at the Richmond Cultural Centre.

"One aspect of the expo is like speed dating for entrepreneurs. We are also going to have vendors so people can actually see some businesses functioning," Thomson says.

"We partnered with the KPU (Kwantlen Polytechnic University) farmers' market Tuesday is their day. Hopefully we'll get some spill off from their people too."

In some cases, a person with a disability may have received a settlement

for the cause of their disability. Rather than just investing in the first opportunity that comes along the expo lets potential entrepreneurs learn from the mistakes and strengths of others' experience before spending any money of their own. It allows for the research so key to the success of a new venture.

Oddly enough, new ventures by women—according to Women's World Banking, an international fund

for loan guarantees based in Belgium—have a strong success rate because women do a great deal of research before they start.

They start small; and they spend very little on the trappings of business.

Instead of a board room, a kitchen table or a desk in the bedroom suffices. Any business that really does its homework, checking out competitors, price points, distribution and costs has a better chance of making a go of it.

The centre's 2018 Self-Employment and Entrepreneurship Expo offers potential and existing entrepreneurs just such an opportunity to network, learn and be with other like-minded people.

"Come find some information out. Especially if you are on the fence and don't know if that's the way to go. It's a great way to get information and make those next steps," says Thomson.

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Citizens' Association embraces candidates

By **DON FENNELL**
@DF Sentinel

Longtime Richmond city councillor Harold Steves is seeking re-election. And three colleagues from the Richmond Citizens' Association hope to join him.

At a nomination meeting May 23, the party embraced Steves, Kelly Greene, Judie Schneider and Jack Trovato as candidates in the Oct. 20 municipal election.

First elected in 1969, Steves has been a member of Richmond City Council since 1977 after serving a term as a member of the legislative assembly with the provincial-governing New Democratic Party.

Born in Richmond, Greene has lived in the city most of her life and last year ran as a provincial candidate in the

Richmond-Steveston riding against eventual winner John Yap. She enjoys the community's diversity and wide variety of activities and cultural events.

Schneider has lived in many B.C. communities, as well as Paris, France, before making Richmond her family home five years ago. Active living is one of her priorities, and she also has a long history of involvement in the environmental movement, beginning when she was a teenager.

Trovato immigrated to Canada from Argentina with his family as a small child and grew up in Richmond. A long-time drama teacher, he won the Prime Minister's Award for Teaching Excellence.

A founding father of the Agricultural Land Reserve, Steves is from one of the city's first farming families.

•dfennell@richmondsentinel.ca

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Show the way and

By **DON FENNELL**
@DFSentinel

"Strive not to be a success, but rather to be of value."

—Albert Einstein

With faith, one can move mountains.

"The most important resource is energy," says world-renowned performance psychologist Dr. Jim Loehr.

Speaking on the importance of character at Leadercast Live 2018, the largest one-day leadership event on the planet with more than 100,000 attending via simulcast in 20 countries, Loehr said celebrated American author Mark Twain once said the two most important days are the one on which you're born and the day you find out why.

"I would like to add a third: the day you intentionally decided to align your life and energy with why," he said.

Participants in the local conference, hosted May 4 by Trinity Western University's leadership program at its Richmond campus, listened intently as Loehr described life as a "pure gift." He added, "Happiness flows when you bring joy to others. And data supports that health is driven by our commitment to others."

ANDY STANLEY

Basing his speech on why self-leadership matters, and how it makes a huge impact on your team, organization and community, U.S. pastor Andy Stanley said we face our greatest leadership challenge every morning in the mirror.

"You won't be a leader worth following if you don't lead yourself well," he said. "Great leaders last because they lead themselves first."

Stanley said the best leaders value "ultimate" most, not what they want now—something most people don't

discover until it is out of reach. He likened dessert as something you might want now, but its possible effect on your health as ultimate.

"We don't simply need friends with common interests, but common values," Stanley said. "Everyone ends up somewhere in life. We want you to end up somewhere on purpose."

CAREY LOHRENZ

A former lieutenant in the U.S. Navy, and the first fully-qualified female naval aviator to fly the F-1 Tomcat in the military, Carey Lohrenz shared her insights into overcoming fear, and courage and bravery in leadership.

"Enveloped in uncertainty, only those who take action can thrive and succeed. Universally we all suffer from a fear of failure, but when we're afraid we pass up valuable opportunities. My dad told me the people who tell you you can't are usually the ones afraid you can."

KAT COLE

Group president of Focus Brands, Kat Cole said it's OK to think differently than yesterday.

"As you go forward, give yourself and others permission to change," said Cole, who became a vice president at age 26.

Her mother divorced her father when Cole was nine, raising three girls as a single mom on \$10 a week. But Cole said it takes that kind of courage to change and passion to evolve.

JEN BRICKER

Born without legs and placed for adoption by her biological parents, acrobat and aerialist Jen Bricker delivered a powerful message on persevering and positive thinking.

"The power of what you speak and allow in your life will shape you."

Bricker said her parents used to

lead by example



Photo by Don Fennell

Trinity Western University Richmond campus hosted Leadercast Live.

say if she wanted something bad enough, she would figure it out.

"We all have obstacles and gifts, talents and abilities," she said. "Your friends, family and co-workers are your platform, and you are making an impact whether you realize it or not."

IAN CRON

Suggesting you'll never be able to effectively lead others until you learn to lead yourself, best-selling author Ian Cron says the key predictor to success is self-awareness. But, he added, only 13 per cent of people are aware of it.

What you think of yourself, and understanding your personality and its effect on others, is important.

Talking about the Enneagram of Personality (a description of the human psyche) and how knowing yourself and your tendencies makes you a better leader for others, Cron said the Enneagram helps us recognize and overcome self-defeating pat-

terns of behaviour and to become our most authentic selves.

JOE TORRE

One of Major League Baseball's all-time great managers (four World Series in 29 seasons), and now chief baseball officer since 2011, Joe Torre began his long and distinguished career as a player in 1960 with the Milwaukee Braves.

Speaking on transferring self-leadership skills to leading others, Torre says to be a good player, manager or anything you need to be a good listener and to treat everyone fairly.

A good manager, he says, hears his players and tries to unite them as a team. He says while managing the vaunted New York Yankees, their success—in addition to athletic talent—was a result of making sacrifices for each other.

"They never stopped succeeding because they never stopped to admire what they accomplished."

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Council approves temporary modular housing project

By **DON FENNELL**
@DFSentinel

Richmond City Council has given the go-ahead for a temporary modular housing project at 7300 Elmbridge Way.

It will provide 40 new homes with supportive services for the homeless within the community.

Council voted earlier this month to authorize staff to negotiate terms for a five-year ground lease with BC Housing for the city-owned property.

Staff were also authorized to negotiate a memorandum of understanding with BC Housing and RainCity Housing outlining roles and responsibilities for operation of the new facility. Staff were directed to conclude negotiations on the two agreements within two months and report back to council.

Council also directed staff to continue to work with BC Housing and other housing providers

to seek additional permanent supportive and affordable housing options in Richmond.

Status quo for farm houses

After hearing from more than 30 speakers from the public, council voted for the status quo and retain a bylaw that allows for a maximum 1,000 square-metre (10,764 square feet) farm home plate with septic field on agriculturally zoned land.

Council also voted to allow farmers on property eight hectares (20 acres) or larger to add a second dwelling to a maximum of 299 square metres (3,229 square feet).

Mayor Malcolm Brodie and Coun. Harold Steves and Coun. Carol Day voted against the motions.

Council will also be writing a letter to Premier John Horgan along with the B.C. ministers of agriculture and finance, with copies to all Richmond Members of the Legislative Assembly, the Lead-

er of the Third Party, the Leader of the Official Opposition, and the chair of the B.C. Agricultural Land Commission requesting the province review their policies on foreign ownership, taxation, providing greater incentives for farmers, and strengthening the Agricultural Land Commission's enforcement actions for non-farm uses.

55+ BC Games endorsed

A Richmond Sports Council initiative to bid for the 2020 +55 BC Games is being supported by city council.

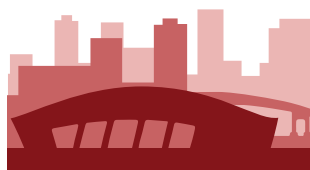
The Games supports active aging by drawing more than 3,500 participants from across the province, and will provide an opportunity to showcase Richmond's various sports venues while inspiring residents to be active in their community.

Additionally, \$60,000 from the Council Community Initiatives Account, and a minimum of \$55,000 of in-kind services, will be committed to hosting the Games if Richmond's bid is successful.

Richmond previously hosted the Games in 2009.

•dfennell@richmondsentinel.ca

CITY COUNCIL MINUTES



Public input sought for Richmond Centre redevelopment

With a proposal to redevelop part of the Richmond Centre shopping mall in the works, the city wants to hear from you.

Details will be on display at the mall through June 3. The developer and city staff will also be available to answer questions, and listen to feedback, at an

open house in the mall on Thursday, May 31 from 5 to 8 p.m. A feedback form and background information will also be available on LetsTalkRichmond.ca.

CF Richmond Centre is proposing a two-phased redevelopment of the south portion of the mall. This includes removing and

replacing the former Sears building, nearby shops and the existing multi-storey parkade, and adjacent surface parking with a high-rise, urban neighbourhood featuring about 2,000 dwellings, new public streets and outdoor spaces.

•dfennell@richmondsentinel.ca

In their own words...

New tools to help residents connect with City



Ken Johnston
City Councillor

Richmond City Council is committed to transparency and accountability in local government. One way we address this is by providing the community with easy-to-use and popular tools that help keep residents informed about City programs, services, events and actions and provide everyone with an opportunity to give input to Council.

Recently launched is MyRichmond, a new web service that provides Richmond residents with an improved experience to stay informed and manage interactions with the City. MyRichmond is an online portal that provides a customizable, personalized view of residents accounts have with the City. Three new features are now available to those that sign up including:

- MyHome, which provides you with a combined view of important information about your home, including your property tax account, utility account, and garbage and recycling schedule;
- MyVoice, which provides a record and tracking of customer service requests made to the City;

- MyProfile, which manages your customer identification and communication preferences.

Future improvements and services will be released in a phased approach, and soon, there will be even more services for both residents and businesses. We look forward to features like MyCommunity, which will allow one to track recreation courses registration and quickly access special events and drop-in program information, as well as dog licence account registration and renewals that will be made available through the MyHome section.

While these services are already available online, the key difference of MyRichmond is the Single Sign-On feature. Currently, many of the online services offered by the City require you to set up a separate account, each with a different set of credentials. Over time, MyRichmond will allow you to access all these services with a single sign-on experience, which means you'll only need to remember one password for all the services available through MyRichmond.

If you haven't registered yet, visit www.richmond.ca and look for the MyRichmond tab in the top right hand corner to get started.

There are many other ways to stay in touch with the City. Our RichmondBC mobile app provides users with detailed information about all our facilities, drop-in programs and events all easily accessible through your smartphone or tablet. Another useful feature is the electronic wallet pass, which allows you to check into a fitness centre

with your smart device, rather than having to carry a membership card. You can download the app for free from the Apple or GooglePlay stores.

Community engagement is another important way to keep our community informed and to ensure Council is accountable. LetsTalkRichmond.ca, our online engagement platform, provides residents with the opportunity to learn about and provide input on important issues that will be coming before Council for decisions. Users can participate at their convenience at any time of the day from wherever they are. So far this year, we've sought input on more than two dozen projects via LetsTalkRichmond.ca, with thousands of residents participating in these processes.

Our social media channels are another great way to stay in touch with us as well. We post regularly on Facebook at /CityofRichmond and Twitter @Richmond_BC on important City initiatives, public information sessions and more. Our staff also responds to questions and concerns raised by our online community.

You can also stay informed about Council's deliberations and decisions through the live streaming of Council meetings on our City website. You can watch meetings live or view archived videos of meetings at your leisure afterwards.

If you want to get in touch directly with Council, you can email us at mayorandcouncillors@richmond.ca or call the Councillor's Office via our main City switchboard at 604-276-4000.

City of Richmond Council Meetings Calendar

Parks, Recreation & Cultural Services Committee 4:00 p.m. Tuesday, May 29 Anderson Room, Richmond City Hall	General Purposes Committee 4:00 p.m. Monday, June 4 Anderson Room, Richmond City Hall	Planning Committee 4:00 p.m. Tuesday, June 5 Anderson Room, Richmond City Hall	Community Safety Committee 4:00 p.m. Tuesday, June 12 Anderson Room, Richmond City Hall
Development Permit Panel 3:30 p.m., Wednesday, May 30 Council Chambers Richmond City Hall	Finance Committee 4:00 p.m. Monday, June 4 Anderson Room, Richmond City Hall	Council Meeting 7:00 p.m., Monday, June 11 Council Chambers Richmond City Hall	

For meeting agendas and reports visit www.richmond.ca. Agenda and reports are usually posted the Friday prior to meetings.

Council Meeting Live Streaming

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

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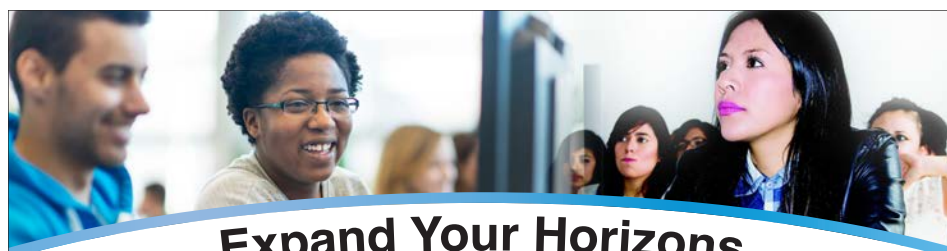


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Photos by Don Fennell

BC Elementary Track and Field Championships founders, from left, Doug Clement, Diane Clement, Carl Savage and Kim Young were honoured Saturday during the 50th anniversary of the meet at Minoru Park.

Track meet a golden event

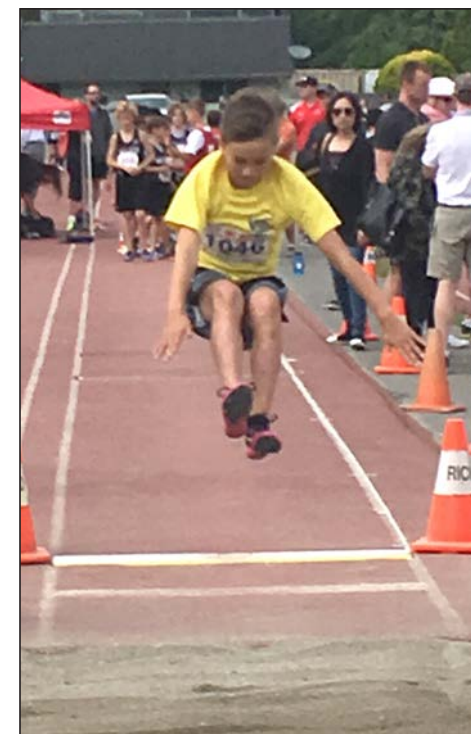
By DON FENNELL
@DFSentinel

While the Beatles were singing about a "Revolution," the Richmond Kajaks were talking evolution.

The local track and field club was only in its infancy in the mid-to-late '60s, but founders Doug and Diane Clement were already looking to the future.

With the help of a pair of Richmond teachers, Carl Savage and Kim Young, they started a provincial meet for children of elementary-school age. It proved so popular that it became an annual event, at its peak attracting as many 3,000 participants.

More than 1,600 athletes, competing in a variety of disciplines from sprints to distance, relays to high jump, and long jump to shot put, soaked up the positive vibe and warm sunshine last weekend at



Minoru Park as the Kajaks celebrated the meet's 50th anniversary.

•dfennell@richmondsentinel.ca



Photo by Don Fennell

The chair from which Richard Collier guided many Richmond Kajaks throws practices.

A legend and a chair

By DON FENNELL
@DFSentinel

Who knew there could be so much history in a simple folding chair?

On the surface it appears to be just another metal and plastic-crafted seat. One of literally hundreds of thousands.

With an eye to history, a secondary piece to the inventory of equipment belonging to the Richmond Kajaks Track and Field Club, is priceless.

From this chair, Richard Bernard Collier spent countless hours presiding over throws practices, encouraging hundreds of young athletes to reach levels that many themselves wondered were even possible.

His sense of vision and determination reflected who he was. As Athletics Canada said in a statement following

his passing: "In the pursuit of excellence Richard Collier has always seen the big picture, recognizing that every situation presents an opportunity to learn and grow."

Each year, since his passing in 2015, the Kajaks pay homage to the legendary coach with the Richard Collier Big Kahuna ThrowsFest. Recognizing Collier's Hawaiian roots, kahuna means a wise man.

Dedicating his life to serving others enriched his own.

And last Saturday, during the third annual ThrowsFest at the Minoru complex that now bears his name, a Hawaiian proverb magnified the support the athletes demonstrated for each other throughout the day's competition: 'A' ohe loko maika'i i nele ka pana'i (no kind heart lacks reward).

•dfennell@richmondsentinel.ca

Popular summer pass is back

While 20 bucks doesn't go that far these days, you can get a Summer Swim Skate Pass and still have a loonie to spare.

The \$19 pass, for children and youth aged five to 16, is good from June 28 through Sept. 3. It provides unlimited swimming at Watermania, Minoru Aquatic Centre, South Arm Outdoor Pool and Steveston Outdoor Pool as well as unlimited skating at Richmond

Ice Centre. Youth 13 to 16 can also access the fitness centre at Watermania.

"This is a fantastic pass for children and youth to be able to access our arena and aquatic facilities for a fun-filled summer," said Nicole Tjepkema, community facilities co-ordinator.

The passes can be purchased starting June 1 at any arena or aquatic facility in Richmond.

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McMath runners ready for BC's

By DON FENNELL
@DFSentinel

McMath Wildcats are poised to make some noise at the B.C. High School Track and Field Championships in Langley this week, but coach Bob Riddell is tempering the volume just a little.

Riddell cautions that the provincials "can be really overwhelming and intimidating for students going for the first time."

"When you are in against the best you have to have a different mindset," he explains. "It is never automatic for a young competitor."

Next year was supposed to be the year for the Wildcats. When the Grade 11s, the core strength of the team, would be Grade 12s. But someone forgot to tell them.

Going into the B.C.'s, McMath has a lengthy list of medal candidates, starting with Liam McLeod who raced in the prestigious Oregon Relays this spring and Carson Bradley who is nationally ranked in the 200 and 400 metres. Riddell even finds himself shaking his head at their talent.



Photo submitted

McMath's senior girls 4x400 relay team consists of Morgan Game, Danielle Cosco, Macaela Bradley-Tse and Dakota Chan.

"Just being trackside is an experience, how fast they can run. It has to rub off on the other students," he says.

Riddell doesn't discount the contributions of past Wildcats either. He says the Loewens, Cathcarts and Higgashitanis, who were also members of the Richmond Kajaks, helped establish a tradition of excellence. He says the elementary schools (Homma, Dixon, Westwind, Diefenbaker, Byng and Steves) that feed McMath also established a positive track and field culture.

"It is a big commitment for the school coaches, and for some a really hard slog to get their athletes out. Fred Chiang and Peter Thackwray at MacNeill really took the district program on their shoulders and made it work. MacNeill is developing super junior and Grade 8 teams."

In addition to McMath's Alica Lo, a medal possibility in the triple jump, Burnett's Eric Che looks to overcome an early-season injury in the long jump.

•dfennell@richmondsentinel.ca

Bradley looks to sprint to finish line

By DON FENNELL
@DFSentinel

Topping last year's personal-best won't be easy, but Carson Bradley is determined to give it his best shot.

One of the province's top up-and-coming sprinters, the McMath secondary student is poised to be one of the pre-race favourites in three events at the B.C. High School Track and Field Championships May 31 to June 2 in Langley.

Bradley, who trains throughout the year with the Richmond Kajaks, is slated to compete in the boys' 200 metres, 400 metres, and 4x100-metre relay. Aside from placing first in each, his

goal is to break 22 seconds for the 200 and to run under 49 seconds in the 400.

"I'm confident I'll realize my expectations because I've been pushing my limits at least five days a week, both on the track and in the weight room since the beginning of the school year," he says. "Further, I ran 22.2 for the 200 at the district qualifying meet last week, and 49.8 in the 400 in April. At this point in the season, I'm where I need to be to hit my goals. I'm looking forward to the



CARSON BRADLEY

championships and representing Richmond and McMath."

At the 2017 provincial high school championships, Bradley knew after his 400-metre heat he was in a good position to possibly win the final. He had secured the first seed with a season-best and expected to bring home gold with a personal best. Though predictably nerves set in, he stuck to his game plan and won in a personal-best time of 50.57 seconds.

Bradley later added the 200-metre title with a strong finishing kick that earned him a winning time of 22.78 seconds.

•dfennell@richmondsentinel.ca

Eyes pin 'C' on Brown

By DON FENNELL
@DFSentinel

Matt Brown is the new captain of the Richmond Sockeyes.

Just over a month after helping his hometown team to the provincial Junior B hockey championship, Brown, 19, has received another

honour. The 6-foot-3, 200-pound defence-man has been chosen to lead the Pacific Junior Hockey League team into the 2018-19 season.



MATT BROWN

A four-year veteran of the Sockeyes, Brown brings great character to the team, and was an associate captain this past season. His defensive prowess helped lift the team to the Cyclone Taylor Cup.

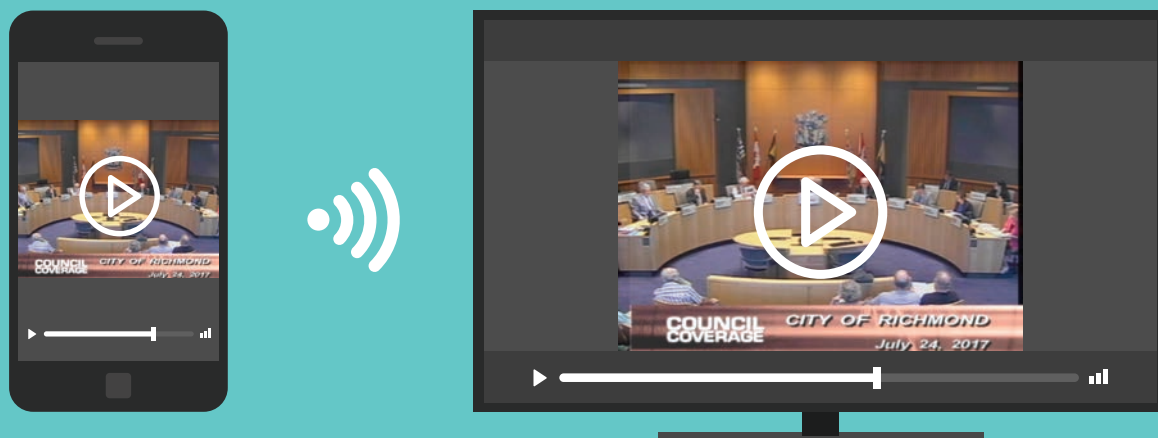
But Brown also showed he has some offence to his game, scoring three goals and assisting on 11 others in 33 regular-season games in 2017-18.

The Pacific Junior Hockey League has also announced that Ronnie Paterson, who provided valuable insight as an assistant for head coach Brett Reusch, will be heading up the new White Rock Whalers franchise next season.

Playing out of Centennial Arena, the Whalers will be the 12th franchise in the PJHL. They will play in the Tom Shaw Conference along with the Sockeyes, Delta Ice Hawks, Grandview Steelers, North Vancouver Wolf Pack, and Port Moody Panthers.

•dfennell@richmondsentinel.ca

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Shaw Cable has discontinued its Council meeting broadcasts. But you can stay informed by watching Richmond City Council meetings online.

Watch live at 7 p.m. on the 2nd and 4th Mondays of the month. Or watch archived video anytime at your convenience. Click on E-Services menu on our website home page to access.

www.richmond.ca



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To post your FREE classified please email us at classifieds@richmondsentinel.ca. Deadline: Thursday, June 7 for the Mid-June issue (25 words max.)

Free events

CNIB TALK: INDEPENDENT LIVING AFTER VISION LOSS. Wednesday, June 13, 10 a.m. to 12 noon. 4255 Moncton St. Call 604-718-8098 or (604) 276-0059 to reserve.

ARTIST SALON AT RICHMOND ART GALLERY. Ho Tam talks of his self-publishing successes and his craft. Free. Registration required. www.richmondartgallery.org/

Reunion

RICHMOND SECONDARY SCHOOL CLASS OF 1978 40th reunion, Saturday, June 23, 6 p.m. to midnight. Country Meadows, 8400 No. 6 Rd. Tickets \$65. E-Transfer: Richmond.Grads.Of.78@gmail.com

Sale

RICHMOND HOSPITAL AUXILIARY BAG SALE 10 a.m. to 3 p.m. May 30 in the Steveston Heritage Church, 3731 Chatham St. Buy a bag for \$10 then receive all the regular clothing you can stuff into your bag.

Walking tours

DRAMATIZED WALKING TOURS OF HISTORICAL STEVESTON. Join McRoberts secondary actors for five short plays highlighting the issues of the day in 1917. See the actual historical buildings and vistas come alive. Tours leave from Steveston Museum's Town Square Park at 1 and 3 p.m. every Saturday in June and July 2018. Info at historicsteveston.ca

Activities

609 STEVESTON SQUADRON AIR CADETS. Early registration for the 2018-19 training year is June 6 from 6:30 to 7:30 p.m. at Richmond Curling Club, 5540 Hollybridge Way. Parades every Wednesday from 6 to 9:30 p.m. September to June at McMath secondary. Inquiries at 609SSC@gmail.com.

Medical services

STRUGGLING WITH SUBSTANCE USE? Call 604-675-3975 to make a same-day appointment at Anne Vogel Clinic at 7671 Alderbridge Way. Walk-ins welcome. Weekdays 9 a.m. to 5:30 p.m., Tuesday and Wednesday open until 6:45 p.m. Available to all ages, including teens.

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- Delta Shopping Centre (Richmond)



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RICHMOND SENTINEL
OUR COMMUNITY NEWS

Managing Editor

Martin van den Hemel, martinv@richmondsentinel.ca

Reporters

Don Fennell, dfennell@richmondsentinel.ca
Lorraine Graves, lgraves@richmondsentinel.ca

Photographer
Chung Chow

Advertising Sales

Willy Wu, willyw@richmondsentinel.ca

Production Manager

Jaana Bjork, jaanab@richmondsentinel.ca

Graphic Design
Florence Liang

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General inquiries

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

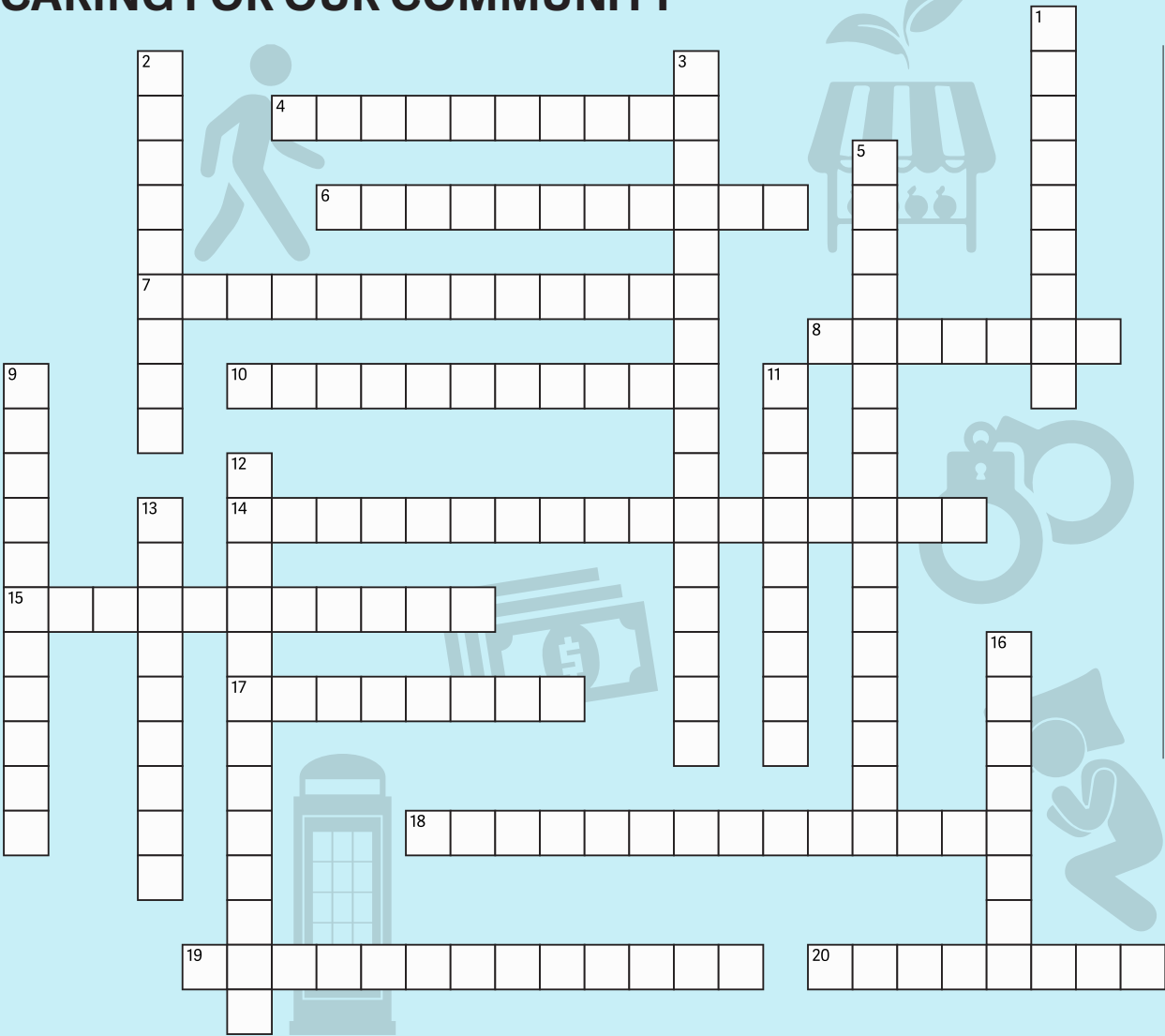
Newsroom

Tel: 778-297-5005

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Visit our website at richmondsentinel.ca

Fun & Games

CARING FOR OUR COMMUNITY



ACROSS

- 4

KPU's Hannah Pascual designs for ____ women
- 6

Steveston Historical Society ____ Vignettes
- 7

Static, but may start moving again
- 8

Hope for bunny virus
- 10

GenomeBC/UBC olefactory bugs
- 14

ARC Soirée supported
- 15

Place to get gardening fix and feed the hungry
- 17

Big singing event, ____ Idol
- 18

Rural fun at ____ Farm
- 19

Gorge yourself on books at the Richmond ____
- 20

What youth did for homeless

SUDOKU

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

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

DOWN

- 1

City recycling depot
- 2

Local farmers, artisans market every other Sunday
- 3

Father, son coaches
- 5

Tuesday afternoon event outside main library
- 9

First residents of Richmond
- 11

New clinic, mental health, substance use
- 12

Cool place on a hot day
- 13

Location of Adventure Park
- 16

RCMP Sentinel page

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

MARKET HAVE YOU PUZZLED?

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

LORNE & RYAN CHERNOCHAN (604) 818-8517 | ryan@chernochan.com | www.friendinrealestate.ca

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Serving Vancouver, Richmond, North Delta, Ladner, Surrey, White Rock, Langley, Burnaby and Beyond.



\$4,999,000.00



6620 No. 6 Road

Private Country Estate built on 2 acres in ALR. Unsurpassed quality & workmanship throughout. Unique open floor plan with 8 bedrooms / 10 bathroom over 8300 sq ft on 2 levels. **Call Dale for more details**

\$1,699,800.00 **FEATURED LISTING**



10688 Bird Road

WEST CAMBIE GEM! 6 bedroom 5 bathroom family home 6,275 sq ft on 2 levels situated on a 44 x 141 lot. Gourmet Kitchen. 2 bedroom rental suite 2 car garage. **Call Dale for more details**

\$839,900.00 **FEATURED LISTING**



13-22380 Sharpe Ave

Desirable Hamilton Neighborhood Townhouse This Stylish and Chic 3 bedroom + den is a pleasure to show. 1,500 sq feet corner unit on 3 levels. 2 car garage. **Call Dale for more details**

\$4,799,900.00 **FEATURED LISTING**



11871 Granville Ave

McLennan Beauty! 7446 sf ft on 1/2 acre Zoned AG-1. Custom Built 10 bedrooms 8 bathrooms. Top of the line quality throughout. Sought after Central Location! **Call Dale for more details**

\$1,725,000.00



11500 Westminster Hwy

BUILD YOUR DREAM HOBBY FARM. 0.5 acres zoned AG-1 Frontage 84' x 258'. Close to shopping, recreation, golf, transit, Hwy 99, Knight Street, connector to New Westminster or Alex Fraser Bridge to Surrey. **Call Dale for more details**

\$3,688,800.00

NEW



10451 Palmberg Road

SOUGHT AFTER AREA in east EAST Richmond! Here's your chance to custom build your family home and farm on this 2.41 acres. Located on a quiet no through road. Private setting. Super close to all amenities. Silver City Theatre, Shopping at Ironwood Mall, Transit, Schools and super quick access to Hwy 99 north to Vancouver or South to Ferries and U.S. Border. **Call Dale for more details**

\$6,200,000.00



8720 No. 5 Road

Rarely available 9.8 acre property zoned AG-1 agricultural. Public Assembly/ Institutional use to allow for Churches, Temples, Mosques, Schools etc are permitted on the front 2 acres and remaining acreage must remain farmland. **Call Dale for more details**

\$1,360,000.00



11591 Seahurst Road

LAND VALUE ONLY: SOUGHT AFTER IRONWOOD NEIGHBORHOOD! Prime location to raise your family with everything at your fingertips. 60'X140' lot. **Call Dale for more details**

\$4,990,000.00

NEW

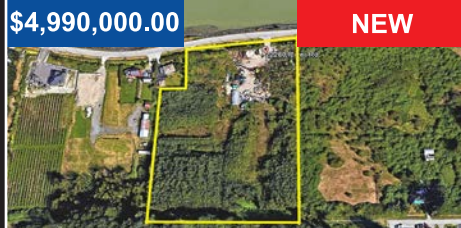


22451 Gilley Road

PRIME ACREAGE! RARELY AVAILABLE in ALR. Hamilton area of east Richmond. 8 acres Zoned AG-1. Come Build your new home here while farming the property! Close to shopping, parks, schools and transit. **Call Dale for more details**

\$4,990,000.00

NEW



22280 River Road

Hamilton area of East Richmond. 8.11 Acres Zoned AG-1. Excellent holding property or build your family home and a farm on the land. Enjoy walks on the dyke, fishing on the Fraser River and the fantastic views. **Call Dale for more details**

\$4,200,000.00

NEW



14300 Burrows Road

PRIME LOCATION! In East Richmond on 3.7 Acres of located in ALR. Ideal Holding property or build a home to suit your needs while still farming the land Property is zoned. AG-1. Property is currently tenanted. Neighboring property at 14400 Burrows Road is also listed for sale. MLS #R2267410

\$3,500,000.00

NEW



14400 Burrows Road

RARELY AVAILABLE in East Richmond! 5.3 acres prime location suitable for a holding property or come to build your home while farming the land. Property is currently tenanted. Please allow 24 hours notice view. Do not enter property without expressed permission. 14300 Burrows Road is also listed for sale. MLS# R2267409.

www.GurdialBadhGroup.com Gurdial S. (Dale) Badh - RE/MAX Real Estate Services, 410-650 W41st Avenue, Vancouver, BC V6Z 2M9

The above information while deemed to be correct, is not guaranteed. This advertisement is not intended to solicit properties already under contract.

