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OUR COMMUNITY NEWS

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ARTIST SAYS THANKS TO LIFESAVERS



**Motorcyclist broke 38
bones in upper body in
head-on crash with SUV**

03

Photo by Chung Chow

John C. Sayer, right, thanked paramedics Taryn Overhill, left, and Warren Kniepkamp, centre, for saving his life on March 30. He suffered life-threatening injuries while riding his Harley Davidson east on Williams Road, and was struck head-on by an SUV that had crossed the centre line.

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Heroes save motorcyclist after head-on crash

By MARTIN VAN DEN HEMEL
 @MartinvandenH

Richmond artist John C. Sayer was discharged from Vancouver's Holy Family Hospital on Nov. 21, and almost immediately began planning how to thank the emergency responders who saved his life.

His message to paramedics Taryn Overhill and Alison Goerwell, advanced life support paramedic Warren Kniepkamp, and Richmond RCMP Const. Meagan Stowe: "Thank you. They saved my life, I'm here because of them."

Added Sayer's wife of 34 years, Sue Priest: "What can I say to them? They saved his life. Words cannot express the gratitude I have for them."

It was nearly eight months earlier, on a sunny Friday afternoon on March 30, while Sayer was on his 2008 Harley Davidson Electra Glide motorcycle, that he came within a brushstroke of certain death.

As he was heading east on Williams Road, toward No. 2 Road, an oncoming Ford Escape SUV crossed the centre line, and struck Sayer head-on.

As he saw the SUV barreling towards him, Sayer told The Richmond Sentinel he recalled thinking: "My life is over, I'm dead."

The next thing he knew it, he was laying on the road, his hand facing the opposite direction it should have been, his leg torn off, and a bone sticking out of the left sleeve of his jacket.

Sayer sustained 38 upper body fractures, and lost his left leg above his knee.

But by some miracle on that Good



Photo submitted

Artist John C. Sayer credits his family and friends with helping him along the long road to recovery.

Friday afternoon, his head, neck and back were spared. Sayer's head missed the hood of the SUV by just a couple of inches.

Sayer was reluctant to talk about the crash, but instead wanted to focus on the people who saved him.

Since they gave him his life back, Sayer thought it would be appropriate to give them a piece of him, in the form of his artwork.

"Instead of a card or flowers, I wanted to give them something I created. It's the most personal gift you can give," Sayer said.

Sayer said he's long had a healthy respect for emergency responders. When he was 16, a police officer got him his first job.

And in recent years, he's had numerous health setbacks, only to be assisted by paramedics and other health-care providers.

On Sunday, Sayer for the first time got to thank Overhill and Kniepkamp in person, during a reunion at the

ambulance station at No. 1 Road and Williams during a photoshoot for The Sentinel.

Under his own power, with the help of a walker, Sayer went over and shook their hands in a reunion that was "a little emotional," he admitted.

From among Sayer's prints, Kniepkamp chose—appropriately enough—a painting of a Harley Davidson entitled Warren's First Ride.

Overhill's choice was a painting of a Dragonfly, colourful and full of life.

"I kind of think of it being another birthday, because I lived," he said of the day of the crash. "I shouldn't have lived."

Powered by the love and support of his family and friends, and buoyed by his own positivity, Sayer is set for the long road to recovery that is ahead of him.

"If it wasn't for my friends or my wife, I probably wouldn't have wanted to live through this."

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McMath gives back

By DON FENNELL
 @DFSentinel

On the Downtown Eastside, poverty, mental illness and homelessness are a reality—a constant, painful reminder of society's woes.

One of the oldest neighbourhoods in Vancouver, at the start of the 20th century it was the prosperous retail centre of the city.

But then over several decades as businesses began to set up shop elsewhere, desperation and eventually hopelessness began to set in. Today, the crisis has made the use of fentanyl and opioid overdoses commonplace.

In Richmond, one classroom of students at a local high school recognizes the plight and is encouraging their peers to help make a difference—one act at a time.

Under the guidance of the program's long-time teacher DiAnne Simonson, the leadership class at R.A. McMath has taken a seemingly small gesture and made it grow with the help of several elementary school classes. Collecting leftover Halloween candy may not seem like much, but in the hands of many on the Downtown Eastside, it is a gift.

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SUN. DEC. 2 1 TO 2:30 PM

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Britannia Shipyards

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Photos by Chung Chow

Terra Nova Nature School puts kids in tune with nature, rain or shine.

Preschoolers put in tune with nature

By LORRAINE GRAVES

@LGSentinel

When I tried to set up the shoot at Terra Nova Nature School preschool with our photographer, Chung Chow, I was worried about the weather.

But school co-director Emily Vera put those concerns to rest.

"We are outdoors for most of the time. It's fine with us. They'll be in rain gear."

And that's the attitude that permeates the five-year-old school.

This preschool offers children outdoor education every day. They learn about life, the environment, growing things and how to have fun, structured and unstructured, out of doors, following the well-respected principles of the daycares, preschools and education system in Reggio Emilia, Italy.

"It was really important to us that we have a large amount of garden space so children are connecting to food, in an authentic and experiential way," Vera says.

Vera and Kate Dawson are the school coordinators. That's what their job titles say but, in reality, they are so much more. They are the visionaries behind a spectacular success based at the Terra Nova Nature Park.

Terra Nova, as it is known now, sits at the northwestern tip of Lulu Island. Since time immemorial it has been home to the Musqueam people who lived, fished and harvested the land and sea's bounty, calling the

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PRESCHOOLERS

From Page 4

spot, "boiling water," after a natural phenomenon in the waters nearby.

The local elementary school uses an anglicised spelling of that name in the language of the Musqueam.

With the arrival of the settlers, it became farmland mainly inhabited by Canadians of Japanese ancestry.

"There are beautiful remnants of the fruit trees that were here," Vera says of the gifts from past farmers.



The land, scheduled to be completely developed into housing formed the fulcrum of a hotly-debated civic election with those opposed to development and those in favour facing off. Richmondites voted. The make-up of council changed and Terra Nova was saved by the City of Richmond from further development.

From that decision has come the creation of the 63-acre Terra Nova Rural Park, beautiful parkland owned and managed by the city.

After documenting the archeological excavations that told the same stories as the Musqueam elders' of the long-term use of the land, this corner of Lulu Island became the park we know today.

Two women, experienced and educated in teaching small children, independently had hopes of a school at Terra Nova for children and families that would reintroduce the outdoors to the people of Richmond. Then they met.

"So we were just extraordinarily fortunate when Kate and I literally had this dream together of opening up an outdoor school in this place because we had both fallen madly in love with this beautiful space and a historic



building built here in the early 1900s," says Vera. "It is the Edwardian cottage. It is so beautiful and whimsical."

Formerly a home to a Japanese-Canadian family for many decades, what has become known as the Edwardian cottage, needed a purpose.

"We proposed the idea of implementing an outdoor school in these lands in that historic building," says Vera.

As the City of Richmond renovated the century-old farmhouse, Vera and Dawson looked for a neighbourhood partner.

"The Terra Nova Rural Park is actually in the programming catchment of the Thompson Community Association so they became a logical partner for us to have. And their board has been amazingly progressive

considering it was a very novel and unique idea in Richmond. And they supported all the start-up costs. Kate and I, and all of our employees, are actually employees of the Thompson Community Association," Vera says.

In addition to the preschool, Dawson and Vera have more projects on the site that have also been going for five years for a wide range of ages and stages.

"We run programs that are all titled Beyond Four Walls that range from birth to age 12. We have the Chickadees Program for caregivers and babies, and then we have parent and tot classes. We also run school-aged programs for five- to seven-year-olds and eight- to 12-year-olds."

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Photo courtesy BC Centre for Disease Control

Dr. Jason Wong is an epidemiologist in public health and preventative medicine at British Columbia's Centre for Disease Control.

Sex over 60 still requires precautions

By LORRAINE GRAVES

[@LGSentinel](#)

With World AIDS day on Dec. 1, thoughts turn to prevention and treatment of sexually transmitted infections.

Whether you use one of the old names—venereal disease, STD—or the one common now, STI (sexually transmitted infections), the numbers are on the rise throughout our province.

While all sexually-active ages are seeing a rise in incidence, one surprising group that's seeing a rise in new infections is seniors.

Dr. Jason Wong is an epidemiologist in public health and preventative medicine at British Columbia's Centre for Disease Control (BCCDC).

"Chlamydia, gonorrhea and syphilis are on the rise through-

out British Columbia, including among seniors," Wong says. For BCCDC's statistics, seniors are people aged 60 and over.

"Sexual health is definitely an important part of people's lives regardless of your age," says Wong.

"You have a new partner, have a healthy sex life and want to maintain a healthy sex life. We recommend that they get regularly screened so you don't have or you don't transmit, a sexually transmitted infection."

There are many different kinds of sexually transmitted infections, including three common bacterial types still in circulation.

While STI-caused infertility may no longer be of concern for seniors, Wong says there are still serious problems they can cause: "Chlamydia and gonorrhea, if you don't treat them can

lead to, for women, pelvic inflammatory disease which can lead to chronic pain. For men, it can also infect the testicles or structures around them, the epididymis, which can lead to infertility or chronic pain. These STIs can reduce quality of life because of pain and discomfort."

Initially, chlamydia and gonorrhea can cause no symptoms. Sometimes they cause a discharge or painful urination, a burning sensation. Often that can be a simple bacterial or fungal infection not related to sexual activity. Whatever the cause, it is treatable.

Then there's the third-most common bacterial STI. "Syphilis is a little different bug," says Wong. Untreated, it causes perplexing symptoms and

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SEX OVER 60

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remissions that can lead to life-altering damage, even death. It can be 10 days to 3 months after you get infected with syphilis before the initial signs show up. On average, it's usually three weeks after the bacteria enters your system before you notice anything. The bacteria can survive in body fluids so can be spread by more than traditional intercourse.

"Syphilis typically causes a local presentation, a painless open sore, an ulceration. So, some people notice it and wait to see if does get better. It goes away." At that point, many think that whatever they had is gone. Not true, says Wong.

"The syphilis can then present elsewhere in the body, in a systemic infection, as rash or hair loss. There is a whole host of things syphilis can cause—it's called the great imitator because it can cause so many differ-

ent types of problems."

This is where older adults have an additional challenge to getting diagnosed. These perplexing symptoms can be attributed to a host of other problems common in seniors. If you have had a new partner within the last year, tell your doctor.

Then, with syphilis, whatever caused those problems seems to go away.

"In the next stage, for the first 12 months, there are absolutely no symptoms, no rashes, no hair loss. They feel totally fine so people are distinctly not unwell but they are still infectious."

That means, they can unknowingly pass along syphilis to their sexual partners.

In the final phase, Wong says, "People are not infectious but syphilis has caused organ damage to their heart, brain, liver. It can cause permanent damage to people that can be very debilitating. Typically, it takes years to reach this stage." There is some

thought that Winston Churchill's father's early-onset dementia was a result of late-stage syphilis.

Because of what these bacterial infections can do to a developing baby, that's why all pregnant moms are tested early for a host of STIs, when they are still treatable, before they can damage the growing child.

And child-bearing brings up one of the reasons Wong thinks STIs are on the rise because seniors think, "I don't need to worry about pregnancy. That doesn't prevent sexually-transmitted infections."

Another reason may be that seniors often lose their long-time partner. The need for love and intimacy does not end at any certain age or with the loss of a spouse.

So, given the STIs out there, what should people do, at any age?

"If you have a new partner, have a healthy sex life and want to maintain a healthy sex life, we recommend that you get regularly screened so you don't have, or you don't transmit,

a sexually transmitted infection."

And if the test turns up positive? "All of these bacterial sexually transmitted infections are curable. All curable with the right antibiotics," says Wong. "Once treated, they are gone."

Some doctors will want to do additional tests after the fact to make sure the infection has been thoroughly treated. And, it is important to remember that these infections don't leave you immune to them. Anyone can catch them again.

Outside the three main bacterial STIs is HIV. It is not bacterial. It is a retrovirus. It can be prevented; it can be treated life-long so it is no longer a death sentence but, as yet, it cannot be cured.

The great news is that everything one does to prevent the main three bacterial STIs also works on the viral sexually transmitted infections like HIV and Hepatitis.

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Neighbourhood voting trends insightful

By **DON FENNELL**
@DFSentinel

Only one Richmond polling station mirrored exactly which candidates would be elected in the Oct. 20 civic election.

Votes cast at Steveston-London Secondary School (in the Steveston riding) accurately predicted that Mayor Malcolm Brodie would be re-elected for another four-year term, as well as the eight individuals who formed city council, and the seven making up school board.

Carol Day earned the most votes for city council, with Harold Steves second, Chak Au third, Kelly Greene fourth, with Bill McNulty, Linda McPhail, Alexa Loo and Michael Wolfe the final four spots at the voting station. Derek Dang had just three fewer votes than Wolfe, reflecting a similar overall scenario in which he finished less than 100 votes behind Loo.

Just as he did overall, Ken Hamaguchi topped the poll at Steveston-London, followed by Donna Sargent, Sandra Nixon, Debbie Tablotney, Richard Lee, Heather Larson and Norm Goldstein.

There were 11 Richmond Steveston Voting Divisions in total, with Day topping the polls at six stations and finishing second at the remaining five. Harold Steves was first at three stations and Chak Au tops at two. Kelly Greene

also did consistently well.

Ken Hamaguchi topped the polls at eight stations among school trustee candidates, while Sandra Nixon was routinely second. Donna Sargent, Debbie Tablotney and Heather Larson also did consistently well.

Richmond East voters also showed a preference for change, with Day winning eight polling stations, although council-veteran Steves placed second four times. Chak Au topped three polls and McNulty placed second five times.

Ken Hamaguchi was a consistent top-three performer in the riding, which showed strong support for Richard Lee with three first-place finishes.

Votes cast at Matthew McNair Secondary School reflected both the successful candidates and order of finish for school board.

In Richmond Centre, where voting was more varied, Au performed the best among council candidates with 10 first-place finishes. Carol Day also garnered four firsts to go along with seven seconds, while Steves got three firsts and a second. McNulty was consistently third.

Hamaguchi maintained his success with four firsts, while Nixon drew five seconds and Sargent seven thirds for school board. Richard Lee made a strong impression with five firsts and two seconds.

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PRESCHOOLERS

From Page 5

She says, "and then we started a new program for children who are home-schooled which is our Beyond Four Walls Home Learners' Program."

Vera says cooking is an important part of their program.

"We have done eight to 10 family cooking days. And we have developed an age-appropriate curriculum for food security."

She says with smile, "We want them to know where their food comes from."

For information on programs, see terranovanatureschool.com

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Happy Hanukkah Everyone!



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'Dave's Fish' owner dies

By LORRAINE GRAVES

@LGSentinel

Alight to the world who loved life, and family and Christmas, leaves the season a little less bright this year.

Dave Scott, founder of Dave's Fish & Chips in Steveston, died Nov. 20 of pancreatic cancer. Dave started his shop 40 years ago on Chatham Street as mainly a take-out place with two tiny tables in the window. As business grew, Dave secured the former post office at 3460 Moncton St. During renovations, he found old letters, undelivered, stuck in the boarded-up wickets. At first, Dave's used those wickets to pass food from the kitchen. It is a café where the chips were hand-made and the coleslaw fresh, from scratch. Dave bought from the local fishers. He made batter daily. In summer, their take-out window always had a line-up. The generous cones of fish and chips came piping hot in newspaper. Patrons learned not to order a large serving unless they were sharing or feeding a ravenous teenager.

One hallmark of his kindness and

wisdom was the little dish with a tiny package of crackers, about 4 french fries, a carrot stick and a celery stick the moment a family sat down with a child. He knew kids were hungry. There was no charge for this snack.

Dave gave many Richmond teens their first jobs. They could work full time in the summer but he let them know, come fall, he wouldn't let them work as many hours, saying they needed time to do homework.

This reporter first met him doing a news story with the Canadian National Institute for the Blind (CNIB) in the 1980s. Before the home technology existed to do so, the CNIB would print a restaurant's menu in clear braille and bind it with their print menu showing underneath.

Dave Scott leaves as his legacy children, treasured grandchildren and a better community. The Gulf of Georgia Cannery National Historic Site, of which he was a founding member, remains as lasting reminder of this soul of Richmond. Think of Dave Scott when you hear its whistle blow.

•LGraves@richmondsentinel

Filmmakers net \$10,000 grants

By DON FENNELL

@DFSentinel

Two teams of Richmond filmmakers and artists have each received \$10,000 grants from STORYHIVE to produce music videos for their singles.

The creative talents for Behind the Glamorous Life of Ms. Hap and Drawn to You are both participating in STORYHIVE's 2018 Music Video Edition.

Life is not always easy when you have to put on a facade of glamour and beauty in Behind the Glamorous Life of Ms. Hap. The music lead is Yat and video lead Jonathan Newman.

Created by Tanzy Sayadi, Drawn to You is the story of two people attract-

ed to each other in a crowded nightclub. As they get close they change gender and identity.

Out of 200-plus entries from throughout Western Canada and 40 grant recipients in B.C. and Alberta, the teams will not only be able to produce their music video but also earn distributing opportunities, mentorship and training.

Now in its four year, STORYHIVE opened for submissions last September providing diverse creators the opportunity to bring their dream projects to life, through a combination of music and film.

The final projects will be available in the summer of 2019 on Telus Optik TV On Demand and on STORYHIVE.com

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GOOD SHEPHERDS

From Page 3

"We had so much candy the Good Shepherd Street Ministry had to make two trips this year (to pick it all up)," says Simonson. "Our final tally was 6,652 bags weighing 761 kilograms. Plus we were able to give them boxes of granola bars, cookies, crackers, licorice and chips. The list goes on and on, and these items did not fit into the candy bags."

Justine Oye knows how much it means. Having graduated from Simonson's leadership class in 2008, Oye is now a Grade 6/7 teacher at Ferris Elementary School which took part in the candy campaign.

"Mrs. Simonson has a very special way of introducing initiatives such as this one to her students," Oye says. "I remember being in her class, thinking the most important thing in life was my friends, family, education and sports. However, that mindset changed very quickly when I entered Mrs. Simonson's leadership class that spends the entire year learning about different groups of people that we could support. The initiative of collecting candy for the Good Shepherd Street Ministry (it's



Photo courtesy McMath Secondary
McMath leadership students, with the help of Richmond elementary classes, are helping to make the lives of those on the Downtown Eastside just a little sweeter this season.

not unusual for them to give out 90 bags of candy per night in addition to food, hope and encouragement) was an eye-opening experience because it is often hard to understand how many children are homeless in our own neighbourhood." Now as a teacher herself, Oye appreciates that

Simonson has allowed elementary schools to help contribute to this cause.

"Students at my school are gaining a better understanding of how many children in B.C. and in Canada are less fortunate than us," Oye says. "Not only that, but they are learning how something as small as donating a few pieces of their Halloween candy can make a world of difference to someone who is less fortunate. Once they begin to develop an understanding of this cause, they pass it along to their friends, their family, and soon there are more and more people making a difference. In fact, the kindergarten students would come and ask every day how much we collected and how many other people we are helping."

Current McMath leadership students Jayna Wilson and Hannah Collins have also clearly been inspired by the project.

"For the past 18 years McMath, as a community, has been involved with this wonderful project," says Wilson. "We have chosen as a leadership class to partake because leadership is not only shown in class but also around the community."

Adds Collins: "As students we are often shielded from the sad reality that some adults may have

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DEC 5 • WED	11:30am – 12:15pm • Richmond Christian School	DEC 16 • SUN	1pm & 2pm • Richmond Peace Children's Chorus
DEC 6 • THU	12pm – 2pm • Steveston London Secondary School	DEC 16 • SUN	3:30pm – 4:30pm • Windermere Vocal Ensemble
DEC 7 • FRI	12:15pm – 2:15pm • John Knox Christian School	DEC 17 • MON	1pm – 1:45pm • Richmond Chorus
DEC 8 • SAT	1pm – 2pm • Richmond Community Concert Band	DEC 18 • TUE	1:30pm – 2:30pm • Palmer Secondary School
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SEX OVER 60

From Page 7

If you do test positive for HIV, there is medicine you can take that can keep it under control. This year's World AIDS Day sees a much more optimistic outlook that it did even a decade ago.

If your partner has tested positive for HIV, Wong says, "There are many different strategies. Pre-exposure prophylaxis (PREP) for HIV has a very high efficacy, very high effectiveness. In the real world examples, people taking the medication regularly have close to zero risk of acquiring HIV."

For Hepatitis, some kinds have effective treatments and one has a cure. But Wong is clear, prevention is best and if you do test positive for an STI, early treatment is very effective in most cases.

But how can you broach the subject with a doctor? Wong suggests

"saying 'I have a new partner and I'm wanting to make sure they are healthy and that I can have a healthy sexual life with my partner.' That's the type of conversation to have."

Wong says, many hospitals and doctors now make STI screening part of regular medical tests so it is standard, that way neither patients nor doctors have to bring it up.

"Talk to your doctor about sexual activity or any concerns you have around sex. Those are the key messages that I would recommend," says Wong.

"Certainly we would recommend that people have safer sex whether with it's with a condom, there are many types of strategies that people can use to have safer sex. Really, it is about empowering people. Regular testing is a strategy to ensure that you are healthy and you are not infected with HIV or an STI and you are not going to pass it along to your partners," says Wong.

• LGraves@richmondsentinel.ca

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Dec. 1 conference highlights accessible travel

By **LORRAINE GRAVES**
@LGSentinel

Saturday, Dec 1 is the United Nations International Day for Persons with Disabilities. In recognition, the Ukrainian Community Centre of Ivan Franko on Francis Rd. hosts a conference, on accessible travel.

According to Tarita Davenock, CEO of Travel for All Inc. travel agency, "This demographic is the largest and most underserved and fastest-growing group in travel."

By 2025, it is estimated that more than 25 per cent of all travelers will require some form of accessible travel accommodations and service. Accessible travel is the fastest growing market in tourism where spending has increased 27 per cent over the past 13 years.

Travel for All is the only full-service travel agency in Canada that arranges vacations for people with very specif-

ic requirements from using a cane to needing dialysis, from people using a wheelchair or with developmental disabilities, to other physical or cognitive impairments.

"We have successfully arranged over 5,000 vacations," Davenock says.

How does she feel about those who have the resources to travel but because of their needs, stop travelling? "It's just a shame. We want people to realize it is just a matter of making sure it is being arranged by someone who understands. We are actually in the process of arranging a trip for a gal with really terrible arthritis. She's going to England, Ireland and Scotland. We have great suppliers there."

"What a headache it can be to arrive and the hotel isn't accessible because they can't get their wheelchair into a bathroom," Davenock says.

"Any time I book for a person with a wheelchair for Mexico, I reach out to the manager, and I email and I email

and I email to make sure the client can get into that room," she says.

Davenock has clients who travel the globe, "We have over 300 suppliers around the world that do arrange successful vacations to Nepal, India, South Pacific, all over the world." People who don't let their different needs stop their journeying.

She speaks of many airlines' and destinations' view of accessibility: "They take this huge need and lump it into things like an upgrade to an ocean view." She is clear this is not a mere preference. Accessibility is a necessity.

Davenock offers examples of challenges: "A raised threshold may look small to someone able-bodied but it can be a deal-breaker for a person in a wheelchair or someone who trips easily. Things like the light switches being far too high to reach."

Consultant Stan Leyenhorst of Universal Access Design Inc., a firm that

designs in accessibility has been travelling quite a bit lately and that means many phone calls to make sure each destination can accommodate his wheel chair.

How did she get started? "I used to be a social worker. When I was diagnosed with MS, I knew I had to find something less stressful. So, I started my own company. When I saw this segment, I knew this was something I had to do."

"I am a vice-chair of the Standards Council of Canada; throughout all the world, we vote and have standards but in Canada we don't have any standards for accessibility."

She says, "YVR is actually very involved in creating and promoting accessibility."

Saturday, Dec. 1, 5311 Francis Road, Richmond, BC from 5 to 7:30 p.m.

For more information call 1-250-585-5525 or go to travel-for-all.com

• LGraves@richmondsentinel.ca

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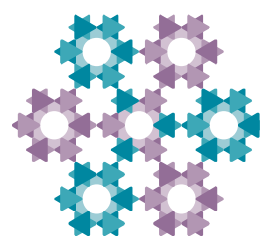


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Learn how you can support the 2018 Christmas Fund at RCRG.org.



Richmond
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Fund



GOOD SHEPHERDS

From Page 11

to live. Our actions and words can make a person's day and influence others to follow in their footsteps. I remember as a kid I would bring my bag of extra candy and put it in a bin in front of my school. Fast forward and here I am able to help bag the candy that is donated."

Alex Campbell is a former McMath principal who worked alongside Simonson for many years. He retains many positive memories of the leadership students' efforts while aligning with the Good Shepherd Ministry.

"I loved how our middle-class students from suburban Richmond had the chance to see the underbelly of the Lower Mainland," Campbell says.

"Within the walls of our high school we excelled at reading, writing, arithmetic, sports, music and clubs, but

we (also) wanted our students to grow up to be educated responsible citizens, who as part of their adult lifestyle would demonstrate social responsibility. We wanted them to work to diminish the societal problems found in all big cities (like) homelessness and mental health issues."

More than ever, says Campbell, there is a need for such programs and for champions like Simonson to guide our youth in the right direction.

"At McMath we did local and global projects, and for the kids who couldn't go global we used to say think globally but act locally," he explains. "There is a lot of important work to do right here in the Lower Mainland (and) among the lasting influences are the attitudes that students develop doing this type of work. A poster in the counselling centre at McMath says simply: 'Attitudes are contagious. Is you're worth catching?'"

•dfennell@richmondsentinel.ca

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News and Information from the City of Richmond

Richmond honoured for commitment to healthy lifestyles

The City of Richmond was recently designated as one of the world’s first Global Active Cities. This prestigious new designation honours cities that have worked hard to offer all their residents the opportunity to have active and healthy lifestyles and improve their well-being.

“Richmond has long been known as one of Canada’s healthiest cities,” said Richmond Mayor Malcolm Brodie. “We continue to work hard to help our citizens lead healthy, active lives through a wide variety of strategies including our recently approved Community Wellness Strategy, which was developed in concert with numerous partners. This tremendous global honour will help further energize our efforts to make sure all Richmond residents enjoy a great quality of life.”

Richmond joined Buenos Aires, Argentina; Hamburg, Germany; Lillehammer, Norway; Liverpool, UK; and Ljubljana, Slovenia as the first cities to receive the new designation.

Each city has embraced a management model that motivates people at risk of inactivity-related illnesses to take up regular physical activity and sport. In order to receive the Global Active City label, they each had to pass an independent audit with a stringent review of their physical activity and sports strategies and working practices.

The innovative Community Wellness Strategy, which takes a holistic approach to wellness, as well as a Recreation and Sport

Strategy and Richmond’s programs and services promote physical activity, mental wellness, healthy eating and social connections for all ages and abilities.

Developed in partnership with Vancouver Coastal Health and the Richmond School District, the strategies identify innovative and collaborative approaches to improving wellness across the community. This includes such initiatives as the Physical Literacy Street Team, Recreation Fee Subsidy Program, Move for Health week, Arts Truck, Walk Richmond and the provision of unstructured and natural play environments.

Richmond’s commitment to supporting active lifestyles is built on a foundation of award-winning civic facilities. With over 100 sports fields, 145 parks with trails and road cycling paths, the Terra Nova Adventure Play Area, nine community centres, four swimming pools, two ice centres and 10 sheets of ice, Richmond is a leading force in promoting active and healthy lifestyles for all. Topping it off are the City’s signature facilities, including the Richmond Olympic Oval and the soon- to-open Minoru Centre for Active Living.

The Global Active City program was founded by Evaleo, a sustainable health association, and TAFISA, The Association For International Sport for All, with the support of the International Olympic Committee (IOC).

To find out more about the Global Active City model, visit activewellbeing.org.



The City of Richmond provides residents the opportunity for active and healthy lifestyles through different programs including Physical Literacy and the recently approved Community Wellness Strategy.

City of Richmond Council Meetings Calendar

Parks, Recreation and Cultural Services Committee 4:00 p.m. Tuesday, November 27 Anderson Room, Richmond City Hall	General Purposes Committee 4:00 p.m. Monday, December 3 Anderson Room, Richmond City Hall	Planning Committee 4:00 p.m. Tuesday, December 4 Anderson Room, Richmond City Hall	Community Safety Committee 4:00 p.m. Tuesday, December 11 Anderson Room, Richmond City Hall
Development Permit Panel 3:30 p.m. Wednesday, November 28 Council Chambers, Richmond City Hall	Finance Committee Immediately following GP meeting Monday, December 3 Anderson Room, Richmond City Hall	Council Meeting 7:00 p.m. Monday, December 10 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.

www.richmond.ca

City a finalist for its vision

By **DON FENNELL**
 @DFSentinel

Richmond has been quick to embrace the future which is reflected in its Smart Cities vision.

Along with other finalists in the Government of Canada's nationwide competition, city officials met with the challenge jury for the first time last week at the Future Cities Summit. Richmond presented a progress update on its proposal to create an intelligent operations hub intended to seamlessly integrate data and coordinate emergency response, while also enhancing day-to-day delivery of key services.

"(The Smart Cities Challenge) is a great opportunity to make our community more resilient and improve quality of life for all residents," said Mayor Malcolm Brodie.

The city intends, Brodie said, to build upon its award-winning digital strategy and use the power of technology to make Richmond a truly smart city.

The proposed intelligent operations hub would link existing and new data streams and asset management platforms. This would help respond

to incidents as small as traffic congestion due to a rain event to as big as a major earthquake. The initiative is intended to enhance the daily lives of citizens and improve community resilience to major events while protecting critical local and national infrastructure. It would also achieve four key outcomes:

- protect a vulnerable island city
- integrate communication platforms
- bridge language barriers
- create scalable mobility systems and improve emergency response rates and recovery times

The Smart Cities Challenge was launched in November 2017 under the federal government's Impact Canada initiative. An independent panel of 13 jurors assessed the proposals from 200 communities and 20 finalists were announced last June. Each finalist will receive a grant of \$250,000 to further develop their ideas into final proposals which are due in March, 2019. Four winners will be announced next spring. Richmond is a finalist for a \$10 million prize in the competition.

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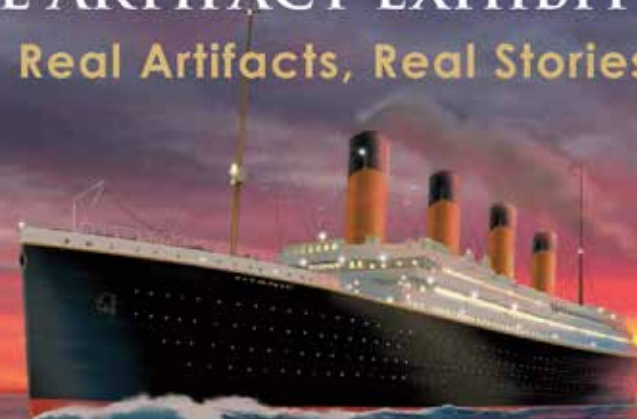
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It's a Wonderful Life has something for everyone

By LORRAINE GRAVES

[@LGSentinel](#)

It's a Wonderful Life, Gateway Theatre's Christmas offering, has something for everyone, according to lead actor Nick Fontaine.

The black-and-white movie classic has been colourized with living actors and revamped by a Canadian for Canadians with Gershwin-esque songs and background music.

With a 10-piece live orchestra and a large cast, the story of George Bailey's life unfolds.

His youth, his big dreams and the curve balls life throws at him, finally lead to his despair at disappointing those who depended on him. A despair so deep, he wishes he'd never been born. Clarence, a bumbling but well-intentioned angel, who has yet to earn his wings, shows George what his community would have been like without him.

"George is somebody growing up in small-town American with big ideas, big dreams, big plans," says Nick Fontaine who plays George Bailey. At Gateway, Fontaine last played Carl-Magnus in Sondheim's *A Little Night Music*.

Fontaine talks of the play's setting: "I can relate, as someone from small town Canada. I'm from Cortes Island, Whaletown. You meet some really beautiful, wonderful people up there, the kinds of people that are in the community. Those little towns really do live and die by the strength of their community."

"And that's something that makes George Bailey really important; when you see a world that he doesn't exist in, you are reminded that the community he was keeping healthy really shrivelled and wilted without him around."

This is not just a theoretical construct for Fontaine.

"Small towns here in B.C. really live and die by their community."



Photo by David Cooper

Erin Aberle-Palm and Nick Fontaine in Gateway Theatre's Christmas presentation of *It's a Wonderful Life*.

They melt away when the people who really had the sweat equity in keeping it running, pass on or move away."

Fontaine too knows how one person can nurture a community.

"When my adopted grandmother, May Sherwood, retired to Cortes, she immediately started organizing social events. She got on the phone with chamber music quartets from the Lower Mainland to come up and give concerts. It made the winter months so much better. It can be pretty isolated. It was wonderful to have these wonderful little moments of culture."

When she moved into a home in Campbell River, her absence was felt immediately.

"As soon as May left the island, there was no one to take her place. She had asked for nothing but gave so much. No one's really filled that gap," Fontaine says.

And that's the story of George Bailey, what the world in his small town would be like, had he not

been there, to fill the gap, to give so much.

Fontaine says this Gateway production is not a sung script but rather has music and songs in it.

"The songs we have used people will definitely recognize. A lot of them are from lesser-known musicals by the Gershwin brothers and Kurt Weil so, if you are someone who says they don't like going to musicals, this show will defy your expectations," says Fontaine.

"The orchestration and arrangements by Nico Rhodes are absolutely stunning. The central motif of the play is Rhapsody in Blue. It's used in a really intelligent way to bind the scenes together," he says. The haunting melody, with its blend of bluesy notes and classical style, clearly sets a mood.

"George Bailey's tale is one of making good the hand you've been dealt. Nothing quite turned out as George envisioned it," says Fontaine.

Under the direction of Peter Jor-

gensen and with his new musical adaptation, *It's a Wonderful Life* promises to be a solid evening's entertainment. Jorgensen last directed *A Little Night Music* at Gateway which, like this year's production, was also with the support of Patrick Street Productions.

This Gateway Christmas production is based both on the original story by Philip Van Doren Stern and the Frank Capra film that followed the short story. Originally, when Stern couldn't find a publisher for his short story, as an editor and Civil War historian, he self-published it, giving the little book, *The Greatest Gift*, as a Christmas gift to friends and even his daughter's teachers. Stern called it "A universal story for all people in all times."

As George Bailey learns, "No man is a failure, who has friends."

Fontaine adds: "On one hand, it's a timeless classic that people, who already watch the black-and-white movie every year as a family tradition, are going to love. At the same time, it's a brand-new musical adaptation written by Canadians. It's something new and interesting, a world of Canadian theatre wrapped up in a real Christmas classic."

Gateway Theatre invites us to, "Travel with us to Bedford Falls for a joyous journey that will have you checking for Zuzu's petals in your own pockets and make you believe that every time a bell rings, an angel gets his wings."

It's a Wonderful Life runs Dec. 6 through 31 at Gateway Theatre with some special performances such as the tea matinee with treats before hand, a talk-back Thursday with cast and crew, Afterplay—a post-performance discussion with other audience members, as well as two performances described by VOCALEYE for audience members who are blind or partially sighted.

• LGraves@richmondsentinel.ca

Meaningful, fun fantasy comes to Pacific Theatre

By LORRAINE GRAVES

@LGSentinel

Anyone familiar with C.S. Lewis's *The Lion, the Witch, and the Wardrobe* as a play, movie or book will enjoy the Christmas show at Pacific Theatre. In fact, anyone who enjoys a good yarn, with a bit of magic, will enjoy this show according to the ensembles' publicist.

We were all set to do an interview with Richmond's Shelby Wyminga, the play's assistant director, but the same bug that's laid low half of the Sentinel office, struck suddenly. So, publicist Julia Lank stepped in last minute to speak with us.

Pacific Theatre, under the artistic direction of Richmond's Ron Reed, often chooses shows with depth.

"We are a faith-based theatre company. C.S. Lewis's work as a central part of the Christian canon, is always a wonderful choice for us," Lank explained. "His work is so beautiful."

So do you have to be Christian to enjoy this show, to get it?

"Absolutely not," Lank says. "I'm not Christian. I'm Jewish and I loved Narnia as a kid. The version we do at Pacific Theatre was the first production I saw as teenager in high school."

The play explores good versus evil, betrayal and forgiveness, courage, transformation, the natural world, and magic as experienced by some bored children who hide in a free-standing

closet, the wardrobe of the title.

The wardrobe backs onto a magical world under the spell of an evil-but-beautiful snow queen, the witch. The children explore, learn, love and with courage work to transform this once magical kingdom back to its former glory. To find out about the lion, you'll just have to see this production.

Lank goes on to describe the Pacific Theatre's production: "It's a two-person play with Rebecca DeBoer and John Voth."

As this version of the story opens, Peter and Lucy are reminiscing recalling their adventures in Narnia after having grown up and gone on to other things. As they remember this magical time, Narnia literally comes to life around them.

Director Sarah Rodgers, who brings her creative vision to Narnia and its denizens, says: "*The Lion, the Witch, and the Wardrobe* was one of my favourite books growing up. I am so thrilled to be guiding Ron Reed's delightful adaptation with two inventive, witty, talented actors while collaborating with Vancouver's finest designers: Lauchlin Johnston, John Webber, Julie Casselman, and Sheila White. I feel like I have entered a magic wardrobe myself."

Lank adds: "And our beautiful wardrobe is where the magic happens, literally."

Suitable for all, Lank says, "There's nothing inappropriate in the play. You

could bring children of any age."

Though she says it might not hold the interest of children under school age.

With something for adults as well, Lank says, "It's just a beautiful, transformative story."

The Lion, the Witch, and the Wardrobe opens Friday, Nov. 30 and runs through Dec. 29 at Pacific Theatre, 1440 W 12th Ave (at Hemlock).

Tickets online: pacifictheatre.org or phone: 604-731-5518

•LGraves@richmondsentinel.ca



LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA

COMMUNITY COMMENT



DEAR RICHMOND CONSTITUENTS,

Nestled on the banks of the south arm of the Fraser River you will find the Steveston Harbour Authority (SHA), one of the many good corporate citizens in our village. Steveston Harbour, which SHA manages, is the largest commercial fishing harbor in Canada and has two sites – the Paramount and Gulf. The Paramount site is at the south end of No. 2 Road and the Gulf site extends from No. 1 Road west to Garry Point.

So it is easy to see how SHA is a major component of Steveston Village and supports the community in many, many ways. For instance, the artwork on the public washroom building on 3rd Avenue in Steveston is all due to SHA offering the space for a mural for all to enjoy. SHA is also involved in the many festivals that are hosted in Steveston – the Richmond Maritime Festival and the Canada Day Parade to name two. SHA is known to be excellent stewards of the environment. They are equipped to handle spills both on land and on water. Another program that has been successful is their net recycling program spearheaded by Joel Baziuk, its Operations Supervisor.

One of my favourite contributions SHA makes to life in Steveston is the Public Fish Sales Float, just a short distance from my constituency office. My staff and I enjoy logging onto the SHA website and looking at which fish boats are docked at the fish float and what type of fresh seafood they are marketing.

A big "Thanks" to SHA, including Board Chair Robert Kiesman and General Manager Jaime Da Costa, for help making Steveston a great place to live and visit.

John Yap, MLA

Richmond – Steveston Constituency Office

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Photo by
Emily Cooper
John Voth and
Rebecca DeBoer
star in Pacific
Theatre's *The
Lion, the Witch,
and the Wardrobe*
Nov. 30 to
Dec. 29.



🐾 **RAPS COMMUNITY REPORT** Caring for the animals who care for us 🐾

RAPS Animal Hospital partners with Kidtropolis



Pat
Johnson

Earlier this year, the Regional Animal Protection Society opened the RAPS Animal Hospital — a full-service, state-of-the-art veterinary facility located in the Richmond Auto Mall.

A few days ago, another RAPS Animal Hospital opened — a replica at the World of Kidtropolis that allows kids to imagine themselves as veterinarians.

Kidtropolis, located on No. 2 Road near the Richmond Oval, is an interactive city model designed to provide a safe, unique and realistic educational environment that lets kids to do what they do best: pretend play.



Kidtropolis is a cityscape of pretend urban fixtures, including a grocery store, a bank, a school, a dental office, a pizzeria and more ... And now, there is a RAPS Animal Hospital, too.

"We jumped at the opportunity to bring our hospital to the kids and families who come to Kidtropolis," says Eyal Lichtmann, CEO of the Regional Animal Protection Society. "An important part of our mandate is to educate young people about the joys and responsibilities of animal companions ... and also about personal safety around animals. By being part of Kidtropolis, we hope that more young people see animals and veterinary care as an integral part of our cityscape."

Ginny Lam, President & CEO of Kidtropolis, welcomed RAPS Animal Hospital to the community.

"We were excited to invite the RAPS Animal Hospital to join us," she says.

"Animals, whether they are big or small, play a large role in our community. We really want the kids who come here to understand not only that animals are part of our community, but also that responsible pet-ownership includes regular visits to the veteri-



narian. And because the RAPS Animal Hospital is a not-for-profit facility, with revenue being reinvested to save and improve the lives of more animals in our community, we are so happy to support it."

At the Grand Opening on Nov. 17, kids donned veterinary coats and stethoscopes while exploring the freshly opened mini-hospital.

Kidtropolis will host special RAPS Community Days where visitors can meet and talk to veterinary professionals. The next one is on Saturday, February 16. And when visitors show their RAPS Animal Hospital VIP card, they get 10% off admission to Kidtropolis. (Get your VIP card at www.rapsanimalhospital.com/vip-members and receive 25 per cent off most in-hospital services, plus other benefits. Full details online.)

"We had such a great time at the opening event," says Dr. Assaf Goldberg, RAPS Animal Hospital veterinarian. "The kids and their parents were so interested to learn about the hospital and asked lots of questions about veterinary healthcare. We are really excited to be able to connect with young people and families with a message that animals make our lives, families, neighbourhoods and community safer, healthier and happier."

Pat Johnson is communications director of the Regional Animal Protection Society, RAPSbc.com.

MY NAME IS TWINKLE

Twinkle loves endless cuddles and to be stroked from nose to tail. Twinkle is perfectly litter box trained (she is meticulous!) and would make the ideal house rabbit. She is pretty much the "perfect rabbit" and we hope that she will find her very own home who loves her as much as we do.



REGIONAL ANIMAL PROTECTION SOCIETY (RAPS)

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



Local lauded for sewage heat-recovery system

By LORRAINE GRAVES
@LGSentinel

Long-time Richmond resident Lynn Mueller is a man on a mission.

Because of the company he started and runs, SHARC International Systems Inc., Mueller was named a finalist for the national Manning Innovation Award.

"We see heat go down the drain. We recover all that heat when people shower, wash their dishes and all that stuff. We use it to heat more water or heat the building," Mueller explains.

It's worth it. Saying SHARC's system in 500 per cent efficient, Mueller explains, "For every dollar in cost, we can recover five dollars' worth of heat."

SHARC's heat recovery system works. It's already operating at the False Creek energy centre under the Cambie Street Bridge.

"Our system heats a million square feet of apartments there."

Energy that would otherwise be wasted is instead used to heat or cool 5,000 units in downtown Vancouver.

"A large portion of sewage water that leaves downtown is pumped through that pumping station," he says, referring to the tall stacks to the east of the Cambie Street Bridge, at the south end. "We interrupt that flow, run it through a heat pump, recover the heat from that."

In summer, instead of extracting heat, SHARC's system dumps heat from the same buildings into the sewage water, allowing for the same system to air condition that million square feet at a much lower cost than usual.



Lynn Mueller, founder and president of SHARC International Systems Inc., stands proudly outside Richmond's Gateway Theatre, heated and cooled thanks to his company's heat recovery system.

Photo by Chung Chow

The system is large.

"It goes all the way, delivering heat and cooling from Cambie to Knight Street," he says. As big as that installation is, Mueller says it's going to double in size.

Six years ago, Gateway Theatre installed a SHARC system, becoming the first commercial building with the system.

"The City of Richmond was able to secure a federal grant for energy efficiency improvements. We worked with them to install the first SHARC system in the world."

Mueller says as the waste water flows out of the theatre, the SHARC system, "takes care of all the heating

(and cooling) requirements for the building."

Mueller was a farmer in Alberta who became a refrigeration mechanic.

"I've always been cursed with a mind that does mathematics very very quickly."

As the holder of over 500 patent applications in his lifetime, Mueller calls himself, "a serial inventor and entrepreneur."

For his work with SHARC Systems, Mueller was one of only three nominees in all of the BC/Yukon district for the Earnest C. Manning Innovation Award. All winners of this national award were from Ontario with three from Toronto and one from Ottawa.

Mueller was thrilled to be nominated.

"To know the kind of innovation that comes in Canada, it's just amazing the ingenuity and brilliance of Canadians. To be included in that group, as an older gentleman that has aspirations to make the world better, is great. It doesn't have to rest with 20-year-olds; old farts like me can do stuff to make things better."

With offices and sales on three continents, SHARC has gone global in their projects.

"We've just finished one in Washington, DC. It's the greenest building in North America. SHARC provides heating, air conditioning and hot water for 170,00 square feet of the office building."

When we think of sewage, we think of flushed toilets but, in reality, waste water includes water from baths, showers, kitchen sinks, dish washers, clothes washers. Most of our waste water has been heated before it flows out the drain.

"Every year in the world there's 938 trillion litres of sewage goes into the oceans that has been warmed up 10 to 20 Celsius degrees. When you think how much ice that hot water can melt in the oceans, the effect is unnatural."

Mueller gives back. Both in the soup he quietly makes and serves in the Downtown Eastside each Saturday night and with his firm: "I'm not working for myself anymore. I'm working to make the world a better place for my kids and my grandchildren, better for my grandkids and everybody's kids."

•LGraves@richmondsentinel.ca



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Hockey instructor taking the game global

By DON FENNELL
 @DFSentinel

Hockey has long been a uniting force for Canadians, and, increasingly, a vehicle linking us to the world.

In late 2014, a coach in Mongolia discovered Nate Leslie's online course for minor hockey coaches and sent him an email. That was the start of a friendship that initially saw Leslie and his brother Boe launch a campaign asking \$25 from each donor to travel to the East Asia country with 15 bags of gear and coach in the capital city and small villages around the country.

The relationship has continued to grow, and led recently to Project Mongolia—a campaign to further grow the game in a country known for its vast, rugged expanses and nomadic culture.

It took just eight hours to fill a 20-foot shipping container full of hockey equipment bound for Mongolia, where Leslie and a team of colleagues will return in late February to rather balmy -30 Celsius conditions. All the equipment was donated through a fundraiser that swept across the province, with the Richmond Olympic Oval's Justine Cheng offering to make the oval a drop-off spot.

"I used my email database of 5,000 hockey families in BC and 3,000 social media followers to help spread the word and people jumped on board," explains Leslie.

"Steve Basadur, the trade commissioner at the Canadian embassy in Mongolia, asked if I would help gather gear, and he found three Canadian companies to sponsor the fees for shipping the container."

Leslie Global Sports was launched in 2004 following Leslie's seven-year pro hockey career. Its start was rather auspicious.

"I offered one private lesson in Central Park in New York City in hopes that I could share my knowledge of the game and my enjoyment of working with kids," he explains. "I had no idea it would grow into the business it is today with 1,300 kids in sum-



Photo by Chung Chow

Former pro hockey player Nate Leslie is behind Project Mongolia, a campaign to grow the game in the East Asian country.

mer camps, 1,000 other kids we work with throughout the year, and the hundreds of coaches we have tried to help in Canada, USA, New Zealand and Mongolia."

After returning briefly to Mongolia, Team Leslie will be going down under to New Zealand in April for its annual camp and player exchange program. Leslie is equally excited about a new extended partnership with the Richmond Olympic Oval in which his team will provide on-ice coaches for all oval programs. He'll also be heading up one of Canada's premier development camps again this summer on Vancouver Island, attracting players and coaches from around the world.

Leslie is also proud to be offering an life-after-hockey program and online course for all those athletes transitioning from high performance.

"Hockey has taken my entire family (parents, brother and me) around the world from the age of nine, (and there is) no sign of letting up," he says. "Nearly 40 countries, from Mongolia to the Swiss

national league to NYC's Harlem and Central Park. Hockey has been an incredible vehicle for growth, adventure and community both locally and globally."

The Mongolian experience is particularly unique. Leslie says there are about 700 kids playing hockey in the entire country.

"Considering that two or three friends will likely each share a pair of skates, we may have doubled or tripled the number of kids playing with one day's effort when we collected 500 pairs of skates," he says.

Leslie likens hockey's potential impact on a global scale, to the book "How Soccer Explains Everything."

"Culture influences hockey, and hockey influences culture. While it can be an elitist sport, it can also be a backyard sport giving kids, adults families and entire nations something to rally behind."

Now with his hockey sojourn sorted out, Leslie has an even higher priority to focus on—ensuring his four- and five-year-olds to school on time.

•dfennell@richmondsentinel.ca



Thursday, Nov. 29 vs. Ridge Meadows Flames
at Minoru Arenas

NEXT HOME GAME

DEC. 6 VS GRANDVIEW STEELERS

Cross-country champion Woolgar sports winning kick

By DON FENNELL
@DFSentinel

A few years back, in elementary school, Josh Woolgar and his classmates got a grounding in cross-country running. He showed a knack for it and wondered with training where that could take him.

A few weeks ago, the Grade 12 Richmond Christian student reached the top podium at the B.C. high school championships. With a relentless work ethic and God-given talent, it's reasonable to believe even more success is in the offing.

"I put in a lot of hard work during the past six months and did a lot of little things like eating healthy, getting plenty of sleep, working on my core and upper body strength, and leg care," the thoughtful Woolgar says. "I stayed really focused and was in a good mental state going into the races (leading up to provincials) without getting too excited about the results. Peaking properly for the big races was something that my (club) coach (Scott Kent) helped me with tremendously. Specifically, he advised that winning the races was determined by my kick, so I tried to stay within a five-metre striking distance of the leader in the last 200 metres to make sure I could pull ahead."

An accomplished soccer player, who played at the elite rep level until this year when he decided to hang up the cleats to fully concentrate on running, part of Woolgar's success can also be attributed to his taking nothing for granted.

"I am fortunate to have a very supportive community including my fellow teammates at my track club and Richmond Christian School, as well as my friends and family who have allowed me (to tackle the) tough training that's needed to compete with the best in the province," he says. "(Coach Kent) has truly transformed me into a more seasoned athlete. Also, my physiotherapist



Richmond Christian student Josh Woolgar recently won the BC high school cross-country championship. He leaves Nov. 22 with Team BC to compete at the nationals Saturday in Kingston, Ontario.

Travis Wolsey helped me through a bad knee injury last year and has kept me healthy while I log all the training miles. Utmost, I need to thank God for giving me my abilities to run and for my health, allowing me to improve and follow my passion for the sport."

Runners like Reed Brown, Justyn Knight, and Drew Hunter—widely regarded as some of the best in the sport—and coach Kent's unwavering belief in his protege's ability inspire Woolgar to run even faster and achieve results few believe are possible.

Sacrifices, plenty of them, are an unfortunate but realistic by-product of pursuing such success. But Woolgar is prepared to pay the price.

"I'm usually running seven days a

week and take about two days off per month while logging up to 80 kilometres a week along the way," he says. "Adding core, strength training and stretching to that and my training adds up to upwards of 20 hours a week. (But) I like being able to put in a lot of hard work and see the result that comes from it. Exceeding expectations is something I strive for. My teammates are my good friends, which makes the training process a whole lot more enjoyable, being able to joke around and have fun during what shouldn't be fun. Racing is the best feeling in the world, before, during and after."

Woolgar grew up playing several sports including basketball, but his mom Tamara says he always showed a particular fondness for soccer and

running.

"Some of my fondest memories of Josh as a child were watching him on the soccer pitch and running cross-country," she says. "He loved soccer. Even back then his agility and speed were evident as he dribbled the ball down the field determined to 'put one in the net' for the team. And he has always loved to run! Whether it was track and field or cross country, he's always embraced the opportunity to run his best race. His determination, competitive spirit and passion for running already shone through at a young age."

Woolgar says participating in a variety of sports helped develop me as an overall athlete—soccer in particular with leg speed and strength, which has helped him close out races.

When he's not training or competing, Woolgar welcomes the opportunity to hang out with friends. An ardent lover of the outdoors, his favourite spot to relax is at the beach or backpacking on the West Coast Trail, as he did last summer.

"It was super fun, wet, and memorable," he says.

Next up, Woolgar has some specific goals on the track. He'd like to run under four minutes in the 1500 metres; under 8:30 in the 3,000 metres and under 5:55 in the steeplechase. Then he'd like to unlock his full potential at the university level where he hopes to study health sciences "and use my career to help others wherever that may take me."

John Woolgar is proud of his son's sporting success, and even more of the dedication he's shown.

"He makes sure he gets his training and runs seven days per week in all kinds of weather," John says.

"This is really character building for him, and the skills and dedication he is developing here will help him with whatever direction he takes in his life."

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Air of excitement as hoop season tips off

By **DON FENNELL**
 @DFSentinel

When legendary Richmond educator Bob Carkner introduced his sons and their young classmates to basketball in the 1970s, it's unlikely he imagined the heights of popularity the roundball game would reach on Lulu Island.

Today, Richmond's youth basketball league—which Carkner spawned with his biddy program—is enjoying record levels of participation. And with the tip-off of the high school season, excitement is at a feverish pitch.

Falling just a game shy last spring of reaching the provincial championships for a fourth straight year, the McMath Wildcats senior girls' team is set on returning to the show.

Though five players from last year's team have graduated, including two-time Richmond MVP Abby Zawada who is now playing at the University of Fraser Valley and first team all-star Martha Melaku at Capilano University, McMath (7-0 and Richmond champions last year) seem poised to be a powerhouse.

The only team from the Lower Mainland to start the year ranked in the top 15 in the province, McMath has a competitive schedule that coaches Chris Kennedy (in his 32nd year) and Anne Gillrie Carre (in her 43rd year) are confident will help prepare the team for playoffs. That heavy schedule begins early, with the Wildcats

to face provincial powers Abbotsford, South Kamloops and Walnut Grove all before the Christmas break.

McMath will be led by six returning Grade 12s including last year's second team all-star Jayna Wilson and the school's Grade 11 athlete of the year Morgan Flynn. Other seniors are Jazmine Tufnail, Madison Bigras, Leah Hillman and Bella Lawson.

There are also five underage players on this year's squad: Abby Bodden, Kate Carkner and Hope Chan, all coming off final-four appearances at last year's Grade 9 provincials. Caitlin Kippan and Marina Radocaj are regarded as two of the province's top Grade 8 players, and join Liz Kennedy as the only three girls in the 20-year history of McMath to be full-time senior players as Grade 8s.

Grade 10s Grace Wallace, Fran Trahan and Amani Mahamoor complete the roster.

McMath also proved to be a power among Richmond's senior boys' teams last year, with the Richmond Colts strong second-place finishers and McNair Marlins a close third.

This year, the league could be even more competitive if the likes of MacNeill Ravens and Cambie Crusaders realize their goals.

Longtime local high school basketball coach Brian Meier has high hopes for this year's Crusaders, who were 4-6 last season but showed plenty of potential.

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Photo by Tony Wonghen

McMath's Grade 10 girls' volleyball team netted the 2018 Richmond championship.

Wildcats claw to city crown

By **DON FENNELL**
 @DFSentinel

Some might say third time lucky, but in fact it was well-rehearsed and well-delivered effort that netted the McMath Wildcats the 2018 Richmond Secondary Schools junior girls volleyball championship.

Yearning for an award that eluded them during their first two years of playing at the high school level, the Wildcats simply wouldn't be denied. Working hard throughout the season, some even attending the Richmond Olympic Oval's morning program, the players made the sacrifices that accompany all successful endeavours. And even those who played infrequently were steadfast in their support of the team.

"They really came together to formulate, pursue and achieve their goal" says coach Kevin Shen. "The team practiced three times a week and the girls even learned how to officiate matches in order to see the game from a different angle. I am very happy for them. Ultimately this group of individuals bonded to face each challenge as a team and overcome them to become city champions."

While the Wildcats did not enjoy the success they were hoping for at the

Vancouver and district finals, eliminated by the North Shore's St Thomas More Knights, it wasn't for a lack of effort or cohesion.

Shen says it is increasingly clear that it takes both talent and commitment to succeed today. And even then there are no guarantees.

"In comparison to when I was growing up, volleyball has become far more popular and the participation and competition levels have constantly been on the rise," he says. "In addition to more media, facilities and programs in Richmond such as Air Attack and the Centre of Excellence at the oval have driven volleyball to become incredibly popular."

He adds with an increasing level of competition in the city, it is more crucial than ever for athletes to focus not only on training to perform but also on training their minds and on eating and resting well—on top of keeping their academics as a top priority.

Shen says he expects many of the Wildcats will try out for the school's senior team next season, but because he's only teaching temporarily at McMath he is unsure if he'll be available to coach though he stressed he'd welcome the opportunity.

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Christmas Fair/Bazaar

GIRL GUIDES OF CANADA, Christmas Fair, and Tea, Saturday, Dec. 1, 11 am to 3 pm, Thompson Community Centre Annex. Tea \$5.00 (sandwiches/goodies), Christmas gifts, "treasures", baking preserves.

SOUTH ARM UNITED CHURCH Christmas sale. Saturday, Dec. 1, 9 am to noon. Lots of Christmas treats, home baking preserves, gift ideas, silent auction and refreshments.

Concerts

RICHMOND ORCHESTRA's Spirit of Christmas fundraiser for the Food Bank, on Tuesday, Dec 11, by donation. 7:30 to 9:30 p.m. South Arm United Church No. 3 Rd. and Steveston. 100% of money collected goes to feed hungry people in our community.

Stand up comedy

STAND UP COMEDY open mic night every Wednesday evening at 8 pm at Kingswood Pub, 9371 No. 5 Rd. Comics and audience welcome. Comics please sign in with Melanie at the pub by 7:30 pm. Come join in the fun! No cover charge.

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A MINI-SALE AT RICHMOND PUBLIC LIBRARY (Cambie Branch) at 150-11590 Cambie Rd, Saturday, Dec. 1, 11:30 am to 4 pm. Good quality children's books and adult fiction on sale at \$2. CASH ONLY. Sponsored by Friends of the Richmond Library. All proceeds benefit Richmond Public Libraries.

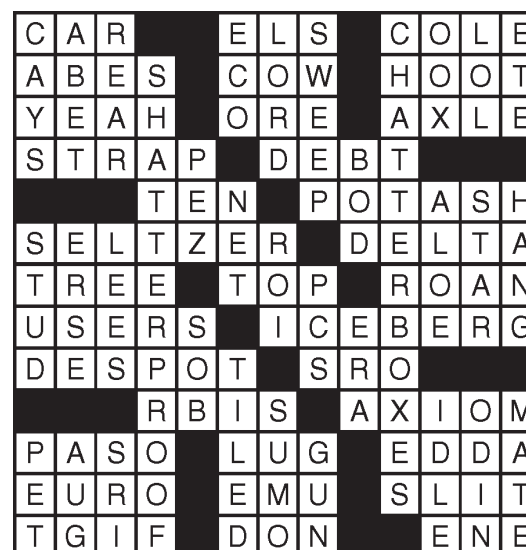
Concerts

WONDER OF WINTER. The Richmond Singers presents The Wonder of Winter under the direction of Natasha Neufeld, on Sunday, Dec. 2 at 2:30 pm, Fraserview MB Church, 11295 Mellis Dr. Tickets available at richmondsingers.ca or email richmondsingers@gmail.com

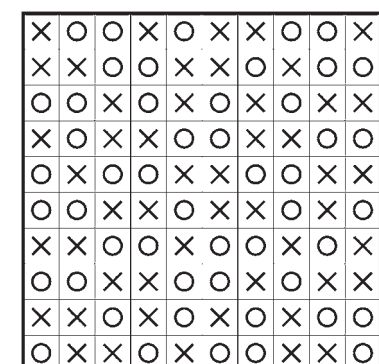
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MID-NOVEMBER ANSWERS



Difficulty Level ★

11/05

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OUR COMMUNITY NEWS

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Eugene Sheffer's crossword

ACROSS

- 1 Carry
- 5 "— Blue?"
- 8 Hot tubs
- 12 Alike (Fr.)
- 13 Victory
- 14 British noble
- 15 Cancun residents
- 17 13, in old Rome
- 18 Architect I. M. —
- 19 Torched
- 20 Nasser's successor
- 21 Make lace
- 22 Dadaist Jean
- 23 Relinquished
- 26 Scholarship allowance
- 30 Mountain goat
- 31 "Tasty!"
- 32 Panache
- 33 Isaac's father
- 35 Island south of Sicily
- 36 Knock
- 37 Singer Tormé
- 38 Dangerous
- 41 Stolen
- 42 "— Kapital"
- 45 Author Ferber
- 46 Annoyance
- 48 Campus VIP
- 49 "Entourage" role
- 50 U2 lead singer
- 51 Long tale
- 52 Born abroad?
- 53 Fresh

DOWN

- 1 Office part-timer
- 2 Curved molding

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19				20			
			21				22					
23	24	25				26				27	28	29
30					31				32			
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			36				37					
38	39	40				41				42	43	44
45						46				47		
48						49				50		
51						52				53		

- 3 Curbside yell
- 4 Peyton's brother
- 5 Anticipate
- 6 Gum flavor
- 7 Connections
- 8 Allure
- 9 Picked up the tab
- 10 "Carmen" solo
- 11 Thin cut
- 16 Dressed
- 20 — Lanka
- 21 Either of two
- 22 \$ dispenser
- 23 Spy org.
- 24 Recede
- 25 German article
- 26 Bottom line
- 27 Right angle
- 28 Rebel Turner
- 29 Genetic stuff
- 31 Chatter
- 34 Horse chow
- 35 Transcending (Pref.)
- 37 Courage
- 38 Some wines
- 39 Notion
- 40 Hose woe
- 41 Roll call reply
- 42 Singer Céline
- 43 Top-of-the-line
- 44 Winter blanket
- 46 Moving vehicle
- 47 TV schedule abbr.

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

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.

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

TIC-TAC-LOGIC

A one player game, the object of the game is to place X's or O's in the squares grid. There cannot be more than two consecutives X's or O's in a row or column. There are equal of X's and O's in the same row and column and all rows and columns are unique.

Conceptis Tic-Tac-Logic

By Dave Green

							O	O
X		O				X		
X			X					
			X				X	
	O							O
X			X	X		O		
							X	
O								O
		X		X				
	X					X		

Difficulty Level ★

11/26

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14260 Westminister Hwy	5 acres
* 8720 no. 5 Road	9.8 acres

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Surrey

16684 52nd Ave	5.09 acres
16611 20th Ave	3.21 acres
16055 60th Ave	25 acres
SOLD 4880 192nd Street	3.1 acres

*4 building lots in South Surrey Elgin Chantrell:

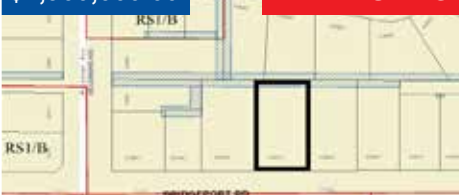
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