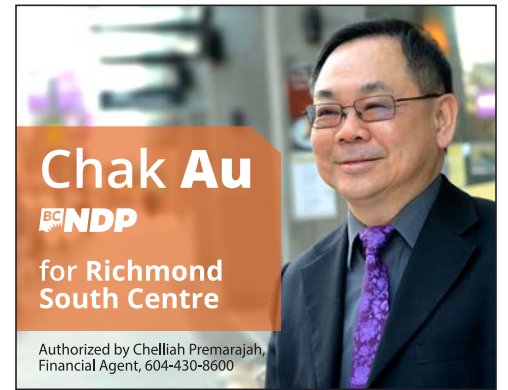


RICHMOND SENTINEL

OUR COMMUNITY NEWS



VOL. 1 ISSUE 3 April 2017



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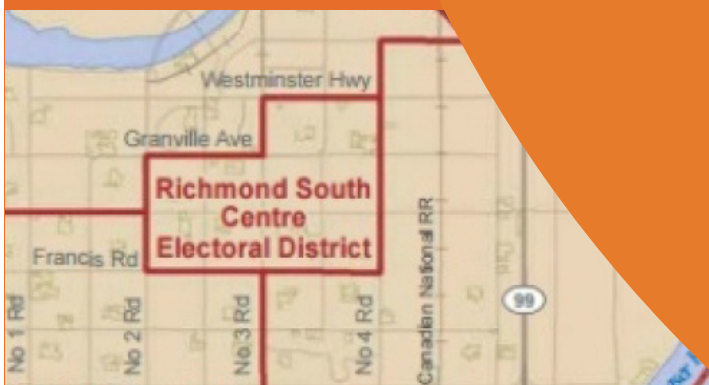
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photos by Chung Chow

Dr. Antonio Avina, rheumatologist, giving patient a preliminary mobility exam.

Arthritis treatment moving in a new direction

- ▶ *Grandma was right; you will rust out before you wear out*
- ▶ *Arthritis is not a part of normal aging*
- ▶ *Arthritis can be delayed, slowed, and sometimes stopped*

By **LORRAINE GRAVES**
 Lgraves@richmondsentinel.ca
 @LGSentinel

When the Canadian Arthritis Foundation hived off its research arm into a separate entity which became Arthritis Research Canada (ARC) it gained a powerful new ally in the Milan and Maureen Ilich Foundation. The foundation donated two floors in their Progressive Construction building on No. 3 Road near Lansdowne Centre.

More than just the floor space, the foundation also donated the cost of operating those floors. That means all money donated to ARC goes straight to our research and not to overhead, says spokesperson Kevin Allen.

Described by scientific director Dr. John Esdaille as one of ARC's stars, Dr. Linda Li started her

career as a physiotherapist before going onto a PhD and a faculty position in UBC's department of physiotherapy.

"I fell in love with doing research in arthritis and the people I work with in the field," says Li. Medical discoveries only become valuable when put to use. That is why Li aims to make sure that patients and doctors learn about new scientific knowledge, like the proven value of exercise in arthritis.

"That's knowledge translation," she says.

Li's latest research project looks at ways to get creaky joints moving to keep the cartilage, the cushion in our joints, healthy.

She says cartilage is like a sponge so, just as you repeatedly squeeze a sponge in clear water to clean it, the only way to flush nutrients through the cartilage is to move the joint. The pressure and release when you move a joint flushes the cartilage with the natural fluids it needs to be healthy.

"Our study is to look at what it takes to develop the skills and habit to be fit," she said.

Li designed this project because, "Inactivity is the biggest risk to today's society for all chronic diseases including arthritis. In fact, not being active puts you at greater risk for developing osteoarthritis, the most common kind of arthritis."

Li's new study has three components. The first is educational. Patients learn why they need to move to keep their arthritis in check.

"We are trying to instill the concept that moving is good for your joints. We talk about, 'Move more. Sit less.' But we are not prescribing a specific activity or exercise."

In the second part of the project, the participants meet their physiotherapist who will encourage them throughout the project, helping them set realistic goals, how to manage pain and how to know the difference between exercise that hurts their joint and exercise that helps them heal. They will then meet by phone every two weeks for a couple of months.

See page 4



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Continued from page 3

The third component of the study involves an electronic activity tracking device known as a Fitbit for each participant so they and their physiotherapist can tell if their gradual fitness plan is working. If a participant doesn't reach their goals, they can work with



Dr. Linda Li,
principal co-researcher

their physiotherapist by phone to see what got in the way and to set more realistic goals.

"If the goals weren't realistic, we can dial them back a bit," says Li. If the participant hits all their goals, activity can gradually increase and with it, joint health.

With the use-it-or-lose-it philosophy now supported by good science, Li says, "We want to help people with arthritis, who are not physically active, become more active."

Li loves her research: "I like the complexity of it. The field is full of really good people, colleagues, and mentors so once you get into it, you don't want to leave."

Easter a time for reflection

By **DON FENNEL**
@DFSentinel
dfennell@richmondsentinel.ca

Easter, rooted in tradition, is a time for family to come together and reflect.

A Christian celebration of the resurrection of Jesus Christ, Easter is held on the Sunday after his crucifixion, which is marked on Good Friday. In Canada, it is always (following the Gregorian calendar) between March 22 and April 25. This year, Good Friday (a national holiday) is April 14 and Easter Sunday, April 16.

Additional customs include special church services, new dress clothes as well as egg hunting, the Easter bunny and Easter parades.

The Easter Bunny, a folkloric figure depicted as a rabbit carrying brightly coloured eggs—and sometimes candy and toys—in a basket, began as a practice among German Lutherans.

The tradition of Easter egg hunts has become common in most communities across the country, Richmond certainly being no exception. Many local community centres participate in the annual celebration. For example, South Arm Community Centre has held such events through the years, where it's been so successful at least three different hunts are sched-

uled to meet the demand. Participants collect special plastic eggs "hidden" throughout a designated area, which are then returned for goodie bags, explains community-development co-ordinator Winnie Wong.

"This event attracts a mix of newcomers and returnees because it's a good family event, and especially for the young, fosters developing social skills," she said. "It allows the kids to be creative and express themselves."

In recent years, Easter has also become a favourite time of the year for those with a sweet tooth.

"(When it comes to chocolate sales) Easter is the second biggest occasion of the year, with Christmas the biggest," said Anita Schulz, manager of Sinfully the Best chocolate shop in Steveston.

This year, the Moncton Street retailer has a particularly fun selection of chocolate bunnies, including one wearing a chocolate sweater, hand-painted with vividly-coloured, edible cocoa butter. "It has a burst of colours and is really pretty," Schulz said.

The chocolatier, who makes all its products on site, is offering (for a limited time) a giant bunny that retails for \$300. Tickets for the April 14 giant chocolate bunny draw, are \$1 each and available at Sinfully the Best, at the corner of No. 1 Road and Chatham Street, with all proceeds going to the Richmond Food Bank.

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Haven belongs to all Richmondites

By **LORRAINE GRAVES**
@LGSentinel
Lgraves@richmondsentinel.ca

Whether you like fresh air, fresh vegetables, a day in the country or the sound of birds, Richmond's Sharing Farm is for you.

Terra Nova's pastoral haven smells of reawakening earth, growing garlic spears and crisp salad greens. It is open for a stroll any day and on Tuesdays, Thursdays and Saturdays from 9 a.m. to 1 p.m. former strangers, now friends, garden together weeding, digging and harvesting the bounty.

When one volunteer mentioned they are always looking for new volunteers, she enthused about her fellow gardeners: "You don't get cranky pants; you get wonderful people."

Sharing Farm executive director Sarah Drewery said the farm shipped 226 pounds of greens to the Richmond Food Bank in one week this spring.

"We donate our produce to the food bank, that's primarily what we do and we also donate it to var-

ious community meals programs for instance, Gilmore Church" which serves the public a by-donation full meal every Thursday at 5:30 pm.

"Last year, we donated 21,000 pounds of produce," she said. "Vegetables are nutritious. There's no religious barriers; everybody can eat vegetables."

And, thanks to the new barn, people can eat more of the farm's vegetables all season because new plants can be started early under grow lights, she added.

The farm produces more than just vegetables. There's the camaraderie, the fresh air, and the exercise.

"I like to be outside and dig in the dirt and the companionship. It's back to nature, get your hands dirty. You can grow the operation only by having more volunteers," said a volunteer.

(See the Sharing Farm's volunteer-wanted ad in the classified section of the Sentinel.)

"It's really nice to be part of an organization that is such a great cause," says Drewery. "I'm just learning so much. I really believe

in it. I've been really passionate about farming and growing my own food and to be actually work-

ing on it, that is really amazing." Adds volunteer, Genie Schaap, "It's healthy. It's great. It's fun."



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Want to know what's happening in your neighbourhood?

Find out more at the City of Richmond's 2017 Capital Construction Projects Open House

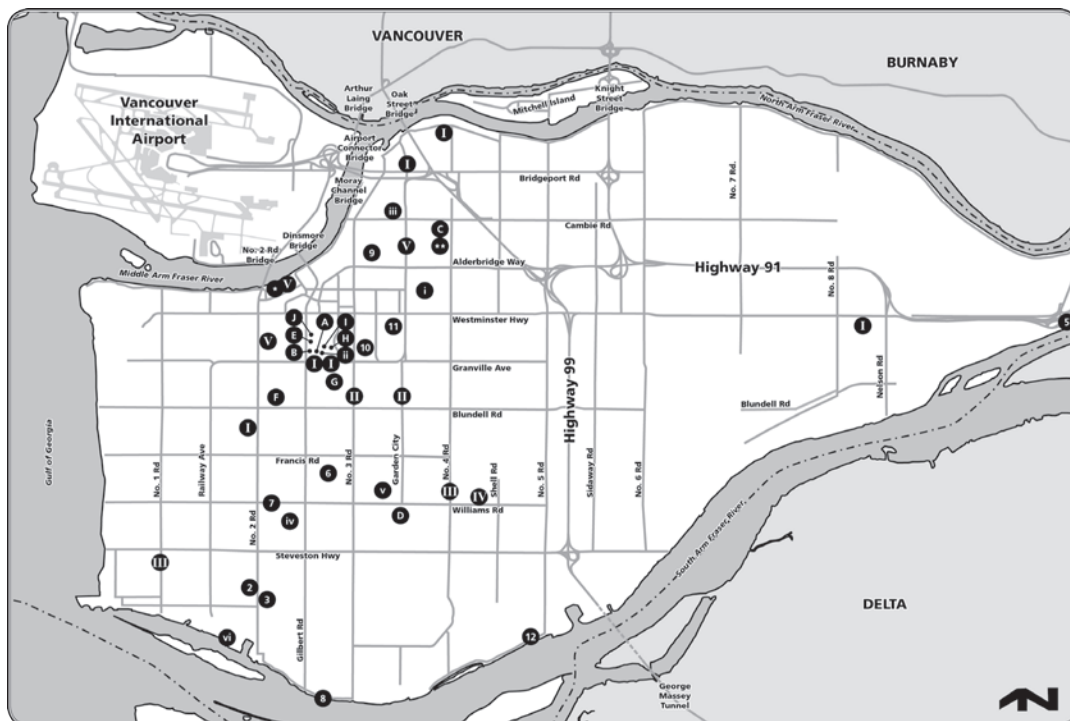


2017 Capital Construction Projects Open House

Thursday, April 20, 2017 from 3:00 to 7:00 p.m.
Richmond City Hall—6911 No. 3 Road (main floor galleries)

Work on the City's 2017 capital projects is underway throughout Richmond. Join us at this year's open house, where you can talk to City staff, find out about construction work in your neighbourhood and learn more about City services.

Staff from Metro Vancouver and Fortis BC will also be present at the open house and present information about their organizations.



For more information on this event, call the City's Engineering Department at **604-276-4289**. More information about the City's Engineering construction projects can be found at www.richmond.ca/roadworks.

Engineering

1. Annual Asphalt Re-Paving Program (locations not shown)
2. No. 2 Road Multi-use Pathway and Road Upgrades from Steveston Highway to London Road
3. No. 2 Road Box Culvert Rehabilitation from Steveston Highway to London Road
4. LED Streetlight Replacement Program (locations not shown)
5. Dyke Road and Fraserwood Way Widening and Trail Connection (locations not shown on map)
6. Belair Drive Laneway Upgrade
7. Williams Road Drainage Improvements
8. South Dike Upgrades Between No. 3 Road and Gilbert Road
9. Leslie Road and Brown Road Area Watermain Replacement
10. Park Road Drainage and Watermain Replacement
11. Spires Area Water, Sanitary and Drainage Upgrade
12. Horseshoe Slough Drainage Pump Station Replacement

Transportation

- I. Active Transportation Program: new cycling-pedestrian facilities
- II. Crosswalk Improvement Program: new special crosswalks
- III. Traffic Signal Improvement Program: new pedestrian and full signals
- IV. Neighbourhood Walkway Program: new walkways
- V. Arterial Roadway Improvement Program: intersection and sidewalk improvements
- VI. Transit Passenger Facility Upgrades: accessible bus stops (locations not shown)
- VII. Transit Passenger Amenity Upgrades: transit shelters (locations not shown)

Project Development and Facility Services

- A. Minoru Complex
- B. Fire Hall No. 1
- C. Fire Hall No. 3
- D. South Arm Community Centre
- E. Minoru Chapel
- F. Garratt Wellness Centre
- G. Brighthouse Park Fieldhouse
- H. Brighthouse Library
- I. Minoru Arenas
- J. Gateway Theatre

Parks

- i. Garden City Lands, Phase 2
- ii. Minoru Latrace Backstop Upgrades
- iii. Cambie City Centre Park
- iv. London Steveston Park, Phase 1
- v. Rideau Neighbourhood Park Playground
- vi. Britannia Seine Net Loft Washroom Facilities

District Energy Utility and Sustainability

- * Oval Village District Energy Utility
- ** Alexandra District Energy Utility
- *** Invasive Species Management (locations not shown)

Ravens' season goes well beyond score

By DON FENNELL
@DFSentinel
dfennell@richmondsentinel.ca

They refused to let the season end. Proof that the disappointment of a game's result fades quickly, the Richmond Ravens sat in their dressing room swapping stories even as the clock approached midnight—two hours after their heartbreaking 2-1 loss to Tri Cities in the final of the provincial Bantam girls' hockey championship March 23, at Richmond Ice Centre.

"The emotion changed from a disappointing result to the disappointment the season was over," said Ravens' coach Tony Lindsay. "They didn't want to leave because they knew when they left the dressing

- ▶ *Bantam girls' hockey team second at provincials*
- ▶ *Bond apparent in post-game gathering*
- ▶ *Team was among nation's top three all season*

room they were no longer a team."

A veteran of the ice hockey wars, having coached the game for more than three decades, Lindsay said the bond this team enjoyed will remain his foremost memory. That's beyond the Ravens' dominant on-ice success in which they won league and playoff banners, three tournaments, and were ranked among the top three teams in the nation by myhockeyrankings.com much of the 2016-17 season.

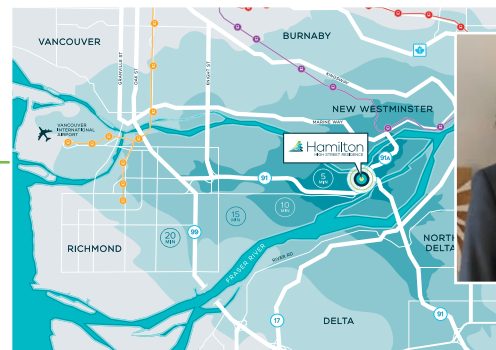
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Chung Chow photo

Richmond Ravens made the BC Hockey Bantam girls' hockey final March 23.

Continued from page 7

"Everyone involved made sure it was a great season and experience and that's what you hope for," he continued. "We're all competitive and we all want to win, but at the end of the day it can't be at all costs. We try to do things the right way and create a good environment. When you get that right it's pretty special. This is one of the closest knit teams I've ever coached and that contributed to it being so consistent. Last Friday, just before the start of the provincials, we sat down as a team and it was really emotional. The girls talked about how much they cared about each other and that came through strongly. It shows that sport goes far beyond the game and the score."

McMath student puts hammer down in California

By Saarah Rasheed
Student Reporter

For Camryn Rogers, there was never any distance too far, weight too heavy or record that couldn't be beaten. This 17-year old Richmond girl has lived a fuller life than most her age, and with a No.1 ranking amongst Canadian junior women in the hammer throw already under her belt, it seems as if there is nothing she can't achieve.

As a senior at R.A. McMath Secondary, Rogers takes great pride in her athleticism. That is why she was excited to learn this past November that she would be receiving a track and field scholarship to the University of California-Berkeley near San Francisco.

"I do not have any family in the United States so I will be starting over new which I personally find is very exciting" said Rogers.

Rogers hopes to go into law school and advocate for social justice issues. One of the key reasons why Rogers wants to attend Berkeley is the opportunity

to bond with others at human rights rallies.

"What I am most excited for is building relationships with my teammates, classmates, coaches and other athletes," she said.

Rogers has mixed feelings about leaving. While she's happy at the thought of a new adventure, she feels anxious too.

She believes that it's a good idea for teens to move away for post-secondary school and that university is a great way to test the skills she has learned so far.

Studies done by the New York University indicate many students who graduate experience "chronic stress" that attributes to drops in grades during those first months away from home.

Another study by *Our Healthy Minds* says that joining a study group reduces stress since you are surrounded by like-minded students who are going through similar experiences. Rogers hopes that support groups like these will give her and other students the courage to pursue their academic dreams, no matter the distance.

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ELECTION 2017 PRIMER

Richmond North Centre:



Lyren Chiu, Age: 55
Do you live in the riding in which you seek election?
 Across the street from the border of my riding
Family: N/A
Occupation: Professor
University/college attended: Harvard University, University of Texas-Austin, University of California-San Francisco, National Taiwan University
Degrees or diploma: PhD
Where born: Taiwan
Where grew up: Kaohsiung, Taiwan
Where live now: Richmond
Own or rent? Rent
Neighbourhood you live in: Richmond Centre
Connection to Richmond:
How long lived in Richmond: since September 2014
Your history in Richmond: 2.5 years residence

Political affiliation: New Democratic Party
Number of years a member of your party: 0.5 years
Past participation in politics, past party affiliations?: N/A
Volunteer work: Chinese Community Mental Wellness of Canada, Federation of Traditional Chinese Medicine Colleges of Canada, Taiwanese Canadian Culture Society
Contact information: lyren.chiu@bcndp.ca



Ryan Marciniw, Age: 46
Do you live in the riding in which you seek election?
 Yes
Family: Wife Winnie Leung, dog Macy May
Occupation: Billing and claims investigator at Yellow Pages

Pages

University/colleges attended: UBC, Langara
Degrees or diplomas: Political Science BA

Where born: Winnipeg, Manitoba
Where grew up: Winnipeg
Where live now: Richmond
Own or rent? Own
Neighborhood you live in: Richmond Centre
How long lived in Richmond: 7 years
Your history in Richmond: My wife and I bought a condo 7 years ago.
Political affiliation: BC Green Party
Number of years a member of your party: 4
Past participation in politics, past party affiliations: I was a labor activist in the late 90s, and was a chief negotiator and shop steward at my place of work. A member of the NDP at the time.
Volunteer work: Ride to Conquer Cancer 2008; The Capri Strata Council; Assistant chair of policy, BC Green Party.
Contact information? 604 788-8292
 Ryan.marciniw@greenparty.bc.ca

See page 10

BC political parties; what's the difference?

By LORRAINE GRAVES

LGraves@richmondsentinel.ca
 @LGsentinel

For those new to provincial politics, UBC political scientist David Moscrop gave a primer about the differences between the main parties voters will have to choose from among in May's provincial election.

Regarding the BC Liberals, formally known as the British Columbia Liberal Party, Moscrop said: "The Liberals are a bit of centre-right party, in BC, that

tries to balance a role between free enterprise and business interests but also while maintaining a role for government in economic and social life."

Moscrop says this party is not affiliated in any way with the Federal Liberty Party.

For the British Columbia New Democratic Party, also known as the BC NDP, Moscrop said: "(The BC NDP) is more comfortable than other parties at using the government to achieve social outcomes and what

they see as a fair society. They are slightly more concerned with or inclined to have the government play a role in people's day-to-day life, for instance in having the government providing affordable daycare. The BC NDP is officially affiliated with federal NDP."

When asked about the Green Party of British Columbia, usually called the BC Greens, Moscrop said: "For the greens, the environment is a priority but that doesn't mean they are a left party. They are effectively a centre

party economically and to some extent socially who are primarily concerned about doing politics through the lens of environmental sustainability."

Moscrop said the provincial Green party, "Certainly shares broader goals with the federal party."

The last type of candidate we may see in Richmond could be listed as Independent. "Independents are individuals who are running for a seat in the legislature who are unaffiliated with any political party," says Moscrop.

RICHMOND SENTINEL
 OUR COMMUNITY NEWS

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ELECTION 2017 PRIMER

Continued from page 9



Teresa Wat, Age: 68
Do you live in the riding in which you seek election? No
Family: 1 daughter
Occupation: MLA for Richmond Centre
University/colleges attended: University of

Hawaii, Chinese University of Hong Kong
Degrees or diplomas: Masters in Communications
Where born: Hong Kong
Where grew up: Hong Kong
Where live now: Burnaby, supporting my elderly parents
Own or rent: own
Neighborhood you live in: Burnaby
How long lived in Richmond: Connected in Richmond for the better part of 25 years
Your history in Richmond: Connected by business for 20+ years
Political affiliation: BC Liberal
Number of years a member of your party: 5
Past party affiliations: None
Volunteer work: Richmond Hospital Foundation, BC Children's Hospital, Canadian Red Cross, UBC School of Journalism
Contact information: 6916 No. 3 Rd, 604-370-3454

Richmond-Queensborough:



Jas Johal, Age: 46
Do you live in the riding in which you seek election? No
Family: Married, one son
Occupation: Communications consultant

University/college attended: BCIT
Degrees or diploma: Communications diploma
Where born: Jullundher, Punjab, India
Where grew up: Williams Lake
Where live now: Tsawwassen
Own or rent? Own
Political affiliation: BC Liberal Party
Number of years a member of your party: 1
Past participation in politics, past party affiliations?: Covered politics for 2 decades
Volunteer work: Fraser Health Authority Board of Directors

Contact information: 604-284-3088 or jas.johal@bciberals.com



Aman Singh, Age: 48
Do you live in the riding in which you seek election? Not anymore
Family: Engaged
Occupation: Human and civil rights lawyer
University/colleges attended:

University of Victoria and California at Berkeley
Degrees or diplomas: LLB, University of Victoria
Where born: India
Where grew up: Hong Kong from the age of 1 until 18 and Richmond from 20 until 43
Where live now: Delta
Own or rent?: Live in an extended family
Neighborhood you live in: Sunshine Hills
Connection to Richmond: Moved from Hong Kong to east Richmond in 1988.
How long lived in Richmond: 23 years
Your history in Richmond: I moved to Richmond with my parents while I was attending university.
Political affiliation: BC NDP
Number of years as a member of your party: 1
Past participation in politics, past party affiliations: Social and political activist since the age of 14 and have worked with numerous non-partisan organizations.
Volunteer work: Pro Bono work on many legal issues, past director of Peoples Legal Education Society and Friends of the Sikh Cadets Society.
Contact information: aman.singh@bcndp.ca
 Facebook: @AmanSinghBC Tel: 604-285-9353



Michael Wolfe, Age: 35
Do you live in the riding in which you seek election? No
Family: wife Tiffany
Occupation: public school teacher at McNair Secondary
University/college attended: UBC and Langara College

Degrees or diploma: Currently doing my Masters of Education
Where born: Richmond
Where grew up: Richmond
Where live now: Vancouver & Richmond
Own or rent? Rent
Neighbourhood you live in: Cambie Village, Vancouver & West Cambie, Richmond

Connection to Richmond: It's where I've lived, worked, and played forever

How long lived in Richmond: 35 years
Your history in Richmond: My great-grandparents built my family's home in the early '50s.
Political affiliation: Green Party of BC
Number of years as a member of your party: 13
Past participation in politics, past party affiliations?: Green Party of Canada, Green Party of BC, & RITE Richmond
Volunteer work: Richmond Health Advisory Committee board, Nature Park Society board, Garden City Conservation Society director.
Contact information: Phone: 777-887-9341, Email: bogberry@gmail.com, Twitter: @bogberry

Richmond South Centre:



Chak Au, Age: 61
Do you live in the riding in which you seek election? Just outside the boundary
Family: Married with one son
Occupation: Family therapist

University/college attended: University of Hong Kong
Degrees or diploma: Master of Social Work, Master of Public Administration
Where born: Hong Kong
Where grew up: Hong Kong
Where live now: Richmond
Own or rent: Own
Neighbourhood you live in: Brighthouse
Connection to Richmond: Live and work in Richmond
How long lived in Richmond: Since 1991
Your history in Richmond: Richmond City Councillor (2011 to present); Richmond School Trustee (1999 to 2011)
Political affiliation: BC NDP
Number of years a member of your party: Since February 2017
Past participation in politics, past party affiliations: BC Liberals
Volunteer work: President, Interfaith for World Peace Society; Director, Canadian International Education Assistance Foundation; Member of Lions Club and Rotary Club.
Contact information: chak.au@bcndp.ca



ELECTION 2017 PRIMER

Continued from page 10



Linda Reid, Age: 57

Do you live in the riding in which you seek election?

I live in the riding that I currently represent in Richmond.

Family: Husband, Sheldon and 2 kids: Olivia and Will.

Occupation: MLA for Richmond East, Speaker of the Legislative Assembly of B.C.

University/college attended: UBC

Degrees or diploma: B.Ed and MA

Where born: Vancouver

Where grew up: Vancouver

Where live now: Richmond

Own or rent? Own

Neighbourhood you live in: South Arm

Connection to Richmond: Moved to Richmond with my first teaching job and have lived here ever since. I have raised my kids here.

How long lived in Richmond: Since 1979

Your history in Richmond: Started working in Richmond as a teacher and then in 1991 was elected to the riding of East Richmond, re-elected in 1996, 2001, 2005, 2009, 2013.

Political affiliation: BC Liberal

Number of years a member of your party:

Lifetime member

Past participation in politics, past party affiliations?: Lifetime Liberal

Volunteer work: BC Chair for Canadian Guide Dogs for the Blind, Director of Garden City Hospice Society.

Contact information: Campaign Office: 604.821.0286, 120-6960 No. 3 Rd., l.reid@bcliberals.com

Richmond Steveston:



Kelly Greene, Age: 37

Do you live in the riding in which you seek election?

Yes

Family: Married with three children

Occupation: Stay at home parent, public education

advocate.

University/colleges attended: Kwantlen transfer program, University of British Columbia

Degrees or diplomas: UBC Bachelor of Arts in Psychology

Where born: Richmond

Where grew up: Richmond ages 0–2, Saskatoon ages 2–10, Richmond ages 10–current

Where live now: Richmond

Own or rent? Own

Neighborhood you live in: Steveston North

Connection to Richmond: It's my home and it's where I'm raising my family. My parents also live in Richmond.

How long lived in Richmond: 27 years

Your history in Richmond: I attended elementary school and high school in Richmond. I also worked at a local Steveston business.

Political affiliation: BC NDP

Number of years a member of your party: 1

Past participation in politics, past party affiliations: Historically, I have tried advocating for my community in a non-partisan way.

Volunteer work: More recently, I was a public education advocate for Richmond.

Contact information:

Facebook: fb.com/KellyGreeneBCNDP,

Twitter: @kelly_bc_ca

Web: kellygreene.bcndp.ca



Roy Sakata, Age: 74

Residence: Richmond South Center Electoral Riding. I live just across the street north of the Richmond-Steveston Riding

Family: Widower with two grown children.

Occupation: Retired School Administrator and Organizational Consultant

University/College: UBC Bachelor of Education (Elementary Education) 1967; SFU Master Degree (Education Administration) 1977.

Where born: Born in BC WWII internment camp

Where grew up: Internment camp and Quathiaski Cove, Quadra Island across Discovery Passage from Campbell River.

Where live now: Richmond

Own/Rent: Rent

Neighborhood you live in: Richmond South Center

Connection to Richmond: My fishermen grandparents came to Richmond in the late 1800s to work during the salmon season. My father was born here.

How long lived in Richmond: 1970 -1977, 2009-2011, 2014 to today.

History in Richmond: Richmond Teacher /School Administrator: 1968-1998 (Except 1978-79 principal for Prince Rupert School District)

Political Affiliation: Federally—Liberal; Provincially—B.C. Green Party

Number of years in party: Green Party member since fall 2016

Past participation in politics: 2014 Richmond municipal election council candidate.

Past party affiliation: Historically my late spouse Myrna and I were NDP supporters.

Volunteer work: Rotary Club of Ladner member since 1998, Volunteer at the Steveston Buddhist Temple.

Contact: roy2017.sakata@shaw.ca

Campaign office: 604-370-3882 or 604-370-3887

More information: www.bcgreens.ca,

www.bcgreens.ca/roy_sakata_bio,

www.bcgreens.ca/tags/roy_sakata



John Yap, Age: 57

Do you live in the riding in which you seek election?

Yes

Family: Wife, Suzanne, adult children, Lisa and Michael

Occupation: Banker/ Financial Planner

University/colleges attended: UBC Degrees or diplomas: B SC (genetics), MBA

Where born: Singapore

Where grew up: Singapore till age 16

Where live now: Richmond

Own or rent? Own

Neighborhood you live in: North Steveston

Connection to Richmond: Worked and lived in Richmond 31 years

How long lived in Richmond: 31 years

Your history in Richmond: Have lived in Richmond 31 years

Political affiliation: BC Liberal

Number of years a member of your party: 20 plus years

Past participation in politics, past party affiliations: Elected 2005, re-elected 2009, 2013

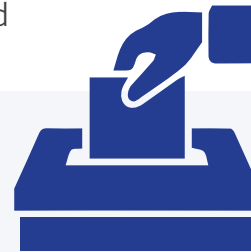
Volunteer work: Rotary, Lions

Contact information: Campaign Office: 200 – 3960 Chatham Street. Telephone 604-272-7736 Until May 10, 2017, Email – john.yap@bcliberals.com

Who Can Vote

You can vote in a provincial election in B.C. if you are:

- 18 or older on General Voting Day,
- a Canadian citizen,
- a resident of B.C. for the six months before General Voting Day, and
- registered to vote



HOW TO VOTE

There are many ways to vote in a provincial election in B.C.

Vote at advance voting

Advance voting is open from 8 a.m. to 8 p.m. (local time) on the Saturday and Sunday two weeks before General Voting Day, and the Wednesday, Thursday, Friday and Saturday before General Voting Day.

All voters can vote at any advance voting place, and all advance voting places are wheelchair accessible.

Vote on General Voting Day

General Voting Day is the 28th day after the election is called. Most voters vote on General Voting Day.

To vote on General Voting Day, visit any voting place between 8 a.m. and 8 p.m., Pacific time.

Vote at any district electoral office

Voting is available at any district electoral office from when an election is called to 4 p.m. on General Voting Day.

Voters with Disabilities

Elections BC is committed to improving accessibility to the electoral process for all eligible voters in B.C. Election officials are trained on how to help voters with accessibility challenges, and services are available to help voters with disabilities vote.



Getting help marking your ballot

Voters can get help marking their ballot if they have a disability or difficulty reading or writing. Tell the election official at the voting place if you need help marking your ballot.

Resources for blind or sight-impaired voters

Braille candidate lists, large print ballot posters and plastic ballot templates are available at all voting places to help blind or sight-impaired voters mark their ballot.

Elections BC recently made election ballots bigger to make them easier to read.

During an election, Elections BC works with organizations like CNIB and ASIC to ensure that blind and sight-impaired voters are aware of the voting opportunities and services available to them.

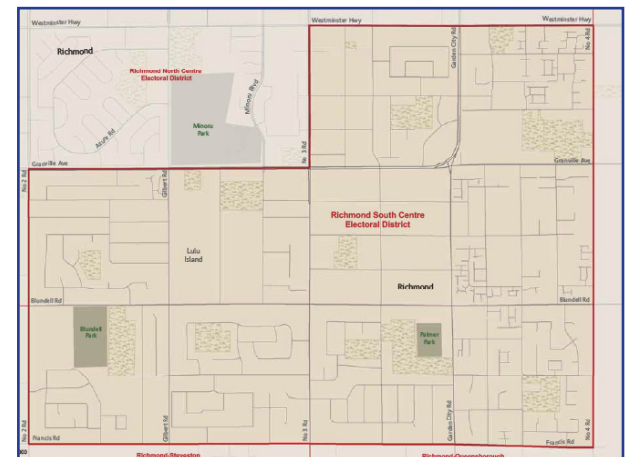
Voting place accessibility

All advance voting places and many general voting places are wheelchair accessible. Voters who can't enter a voting place can vote outside the building (at the curb or in the parking lot).

Richmond North Centre



Richmond South Centre



Richmond - Queensborough



Richmond - Steveston



Cook Elementary to get \$14M upgrade

By LORRAINE GRAVES

LGraves@richmondsentinel.ca
@LGsentinel

William Cook Elementary will get a \$14 million seismic facelift as well as four additional classrooms, the province announced in mid-March.

"We're excited about it," said Debbie Tablotney, chair of the Richmond Board of Education.

When asked if the money is dependent upon the results of the upcoming provincial election, Tablotney said: "That money is committed. I doubt they'd turn that around. We'll be getting underway immediately."

The new classrooms will be welcome.

Cook Elementary principal Sarah Loat said the school has grown from 17 classes to 18 last year and 19

this year.

Loat pointed out that Cook is more than just a school.

"We are used by the community. We are a real hub for the community; we are used as a rental. We are booked most of the time. There is a lot of support in our school for students; we are an early learner centre."

Said Tablotney: "We're looking forward to more announcements. Our staff are working hard with the ministry to move these forward because we know it's going to take a long time to get the projects completed."

According to parent Kim Nowitsky of Richmond Schools Stand United, the BC government made a similar announcement for Gilmore Elementary in 2013, a few months before that year's provincial election.

The work has not been done.

New top cop in Richmond

Supt. Will Ng has been named the new officer-in-charge of the Richmond RCMP detachment.

Richmond Mayor Malcolm Brodie noted Ng's "impressive service record" and Ng's knowledge of the community as great assets.

"Community safety is a major priority for Richmond city council, which has approved the hiring of 22 additional police officers over the past two years," Brodie said. "We look forward to working with Supt. Ng and his team in addressing our community's key policing priorities."

Ng's policing career as the top cop in Richmond began in 1995 in Surrey. Ng will begin his duties in mid-April. - Martin van den Hemel

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Richmond Firefighters Association donates to support new Acute Care Tower at Richmond Hospital



Carleen Pauliuk, Director, Donor Relations, Richmond Hospital Foundation (far left), Sandy So, Richmond Hospital Foundation Board and ACT NOW Campaign Member (fourth from left) and Natalie D. Meixner, President & CEO, Richmond Hospital Foundation (centre) receives cheque from members of Richmond Firefighters Association (left to right) Grant Wyenberg, Patrick Kelly, Jim Stewart, Jordan Lehbauer, Cory Parker, Sean Tobin and Jim Dickson.

Richmond Firefighters Association is taking a philanthropic leadership role by directing a \$250,000 donation towards a new Acute Care Tower at Richmond Hospital. Each member has personally pledged through payroll deduction towards the donation.

As first responders who are often first on scene helping with medical emergencies, Richmond Firefighters Association are true champions of local health care. Richmond Hospital's original tower, more than 50 years old, needs to be replaced. Opened in 1966, the building is seismically unstable with obsolete and deficient facilities, and is unable to meet the needs of Richmond's dramatic growth, including the number of seniors, the fastest growing in all of B.C.

Richmond Firefighters Association, whose own facilities have been upgraded to withstand earthquakes, represents all of Richmond's 215 firefighting, training, investigation, fire prevention, public education and mechanical staff who work around the clock to keep the citizens of Richmond safe.

Richmond Hospital Foundation thanks the Richmond Firefighters Association and its members for their leadership and generosity to improve health care here at home, now and in the future.



RICHMOND HOSPITAL
FOUNDATION

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Caring Together for Your Health



STEVESTON SPLIT

It takes a village to create consensus

By **MARTIN VAN DEN HEMEL**
 martin@richmondsentinel.ca
 @MartinvandenH

For those who visit Steveston, the quaint village might seem idyllic.

With a picturesque backdrop repeatedly worthy of Hollywood's discriminating eye, a seemingly resurgent fishing industry and a

vibrant tourism sector, all on the surface appears economically healthy.

But Jim van der Tas, president of the Steveston Merchants Association, said between November and March, many area business struggle to make ends meet.

"It's been a tough, say last two years," van der Tas told The Richmond Sentinel. "Overall, there's a sense outside of Steveston, that all is sunny,

good in Steveston."

But in fact, he said, online and big box retail shopping has taken its toll on Steveston. And the over abundance of certain types of shops, and the lack of diversity, haven't helped, van der Tas said.

There are 10 businesses currently for sale, he said, noting that's an unusually high number.

"I was a bit surprised...The total has never been

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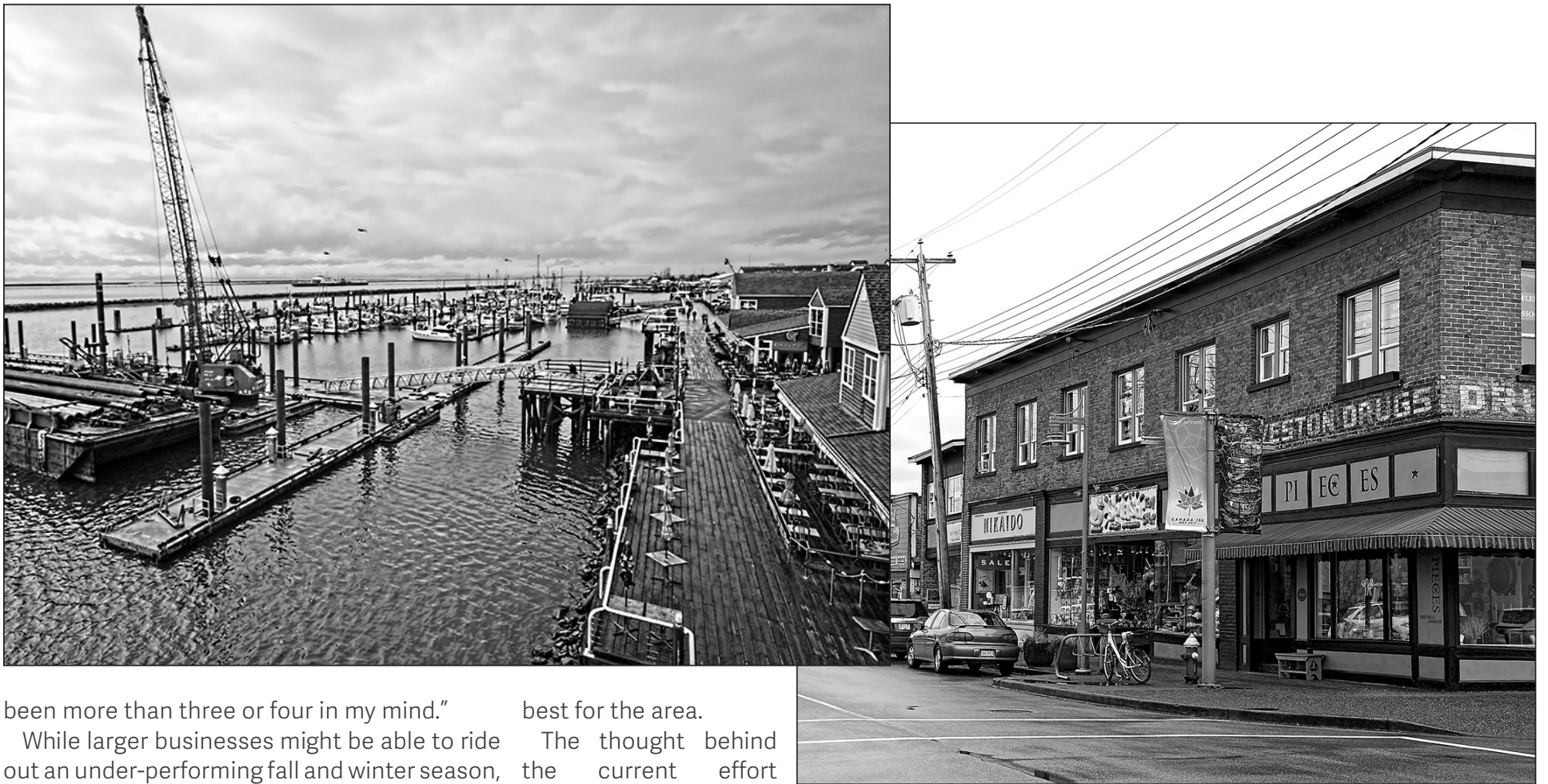
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been more than three or four in my mind.”

While larger businesses might be able to ride out an under-performing fall and winter season, van der Tas explained that a 10-to-15-per-cent drop in business for Mom and Pop shops might be fatal.

So what is holding Steveston back?

Part of the problem is marketing, he said.

Both Fort Langley and Cloverdale, which share similarities with Steveston, have managed to fare well even in tough times.

“They market themselves well. They seem to be doing better than we are.”

Then there’s the issue of planning the future of Steveston.

“There is no long term vision, there is no core marketing message,” he said.

Is Steveston a spot for fish-and-chips, a place to grab some ice cream while out for a walk, a fishing village, tourist destination or a weekend retreat for families?

“Some people want it to be this, some want it to be that,” van der Tas said of the community which isn’t on the same page.

With all the new development in Steveston, van der Tas said there’s been a push to try to get Richmond city hall to develop a vision for the village.

Coun. Harold Steves said city hall has been meeting with some resistance from those who live and work in Steveston while trying to develop that long-term vision.

Steves said Steveston area business owners and residents are split in their opinion of what’s

best for the area.

The thought behind the current effort to have Steveston

declared a Canadian heritage site, is that this designation would bring federal and provincial funding to modernize the harbour, Steves said.

But some people don’t want to modernize, Steves said.

There are those who want to maintain Steveston as a fishing village, others who would like to add accommodations for pleasure craft, and others who think adding a hotel would bring more tourists to Steveston year-round.

Robert Kiesman, chair of the Steveston Harbour Authority, said creating an overall vision for Steveston would certainly be better than no master plan at all. And if that planning begins, the harbour authority will gladly participate.

In the meantime, many positive changes are underway, including nine infrastructure projects worth about \$14 million, he said. Work began on those projects about two years ago, and are nearly completed.

Steveston Landing has new public sales floats and new electrical facilities which are capable of accommodating larger boats.

Kiesman has a vision for the harbour that would help Steveston through the lean fall and winter months.

He hopes to build a hub for the southern B.C. fishing industry, putting all marine-related shops and services—currently spread across

the Lower Mainland—into a single convenient location to serve Canada’s largest commercial fishing port. The added jobs and workforce would inject the village with people who spend money buying lunches and groceries and gas.

“We believe that Steveston Harbour Authority and the fishing industry provide the lifeblood of the fishing character of Steveston,” Kiesman said.

Kiesman said he is optimistic about Steveston’s future, thanks to the current strong working relationship between the Port of Vancouver, provincial government, city and harbour authority. Those four groups combined to step up when the federal government abandoned funding the dredging of the Fraser River back in 1998.

Two other infrastructure projects—a 70-tonne lift at the foot of Trites Road for maintaining and repairing boats, and a modern floating concrete dock and ramp near the Gulf of Georgia Cannery—were just completed, he said.

And the future of the fishing industry looks good, he said, with the recent chum salmon run, which was the largest in recorded history.

Harold Steves believes a compromise can be reached that will make all sides happy. In the meantime, Steveston remains open for business.

CANADA 150

New online exhibit remembers our soldiers

- ▶ *Biographies of all 77 Richmond fallen*
- ▶ *Young men made ultimate sacrifice for country*
- ▶ *Many also recognized with memorial street names*

By **DON FENNELL**

dfennell@richmondsentinel.ca
@DFSentinel

A well-known athlete, an X-ray technician and a carpenter's apprentice are among the 77 Richmond soldiers who are paid homage in a new online exhibit at Richmond Archives.

A flying officer during World War II, Robert Samuel Dixon represented Canada at the British Empire Games (now the Commonwealth Games) in 1934, winning the javelin throw, before applying to the Royal Canadian Air Force in October 1939.

Walter Kartner, an ordinary seaman during the war, had just started a career in the medical field when he enlisted in the Royal Canadian Navy in February 1945.

And private Ernest Edward Edgington, a truck driver while learning to be a carpenter, joined the armed forces in 1941 before being killed in action in Italy just 10 months later.

"It's hoped that getting all the biographies of the names on the cenotaph, many of them updated, on line will increase public awareness of the lives behind these names," said city archivist Jennifer Yuhasz.

Yuhasz acknowledged the "exceptional" work by historian Mary Keen in compiling much of the material on which the exhibit is based in her book *We Will Remember Them*, published

by the Friends of the Richmond Archives in 1998.

She also applauded the efforts by Friends of the Archives volunteers, who, for more than 20 years, spent countless hours researching fallen Richmond servicemen and, more recently, corrected or provided new information since the publication.

"We're continuing to update (the online exhibit) as new information comes forward," Yuhasz said.

The first part of the exhibit, *Lives Behind Memorial Road Names*, details the lives of 56 veterans who have both a Richmond street named after them and are listed on the cenotaph.

The poppy-adorned street signs were installed around the city in November 2016. The second part, *Lives Behind the Richmond Cenotaph*, lists the remaining 21 soldiers memorialized on the cenotaph.

Born in Burnaby, but educated in Richmond, Dixon earned his junior matriculation at Bridgeport High School in 1927 and had a variety of occupations including as physical training director with the Vancouver Athletic Club and a stint with the Chinese Air Force.

Though Dixon enlisted to join the Air Force in 1939 it wasn't until February 1940, as a flight sergeant, he was first posted to Camp Borden, Ont. and later transferred to Winnipeg following his promotion to flying officer. He spent much of his time ferrying planes around Canada and was killed during a test flight of a Cessna Jan. 11, 1941 over Grosse Isle, Manitoba.

Born in Yugoslavia, Kartner was the first of four children to immigrant parents Frank and Mary who were married in the part of Austria which

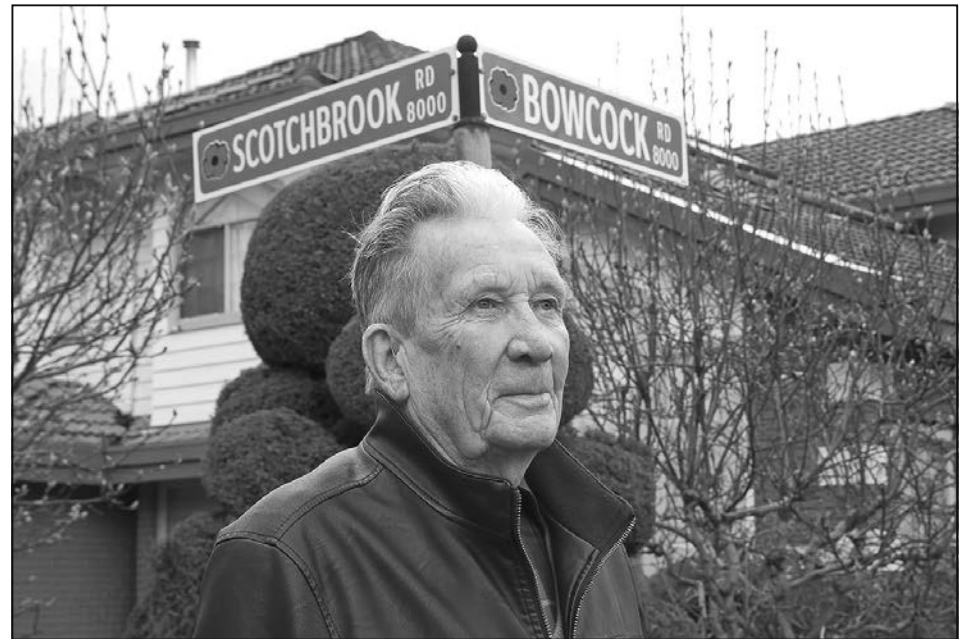


Photo by Chung Chow

Graham Turnbull, newly-installed president of the Friends of the Richmond Archives, at the corner of Scotchbrook and Bowcock roads — named after local veterans.

became Yugoslavia after World War I. Frank Kartner emigrated to Canada in 1928 and his family followed in 1930. Walter graduated from Richmond High School in 1943.

A navy cadet for seven years, Walter was barely 20 when he enlisted for active duty in February 1945, during which he had several postings including HMCS Cornwallis and HMCS Stadacona before being based in England. Relieved that the war was over, his family was expecting Walter home for Christmas 1945 when they received a telegram—read over the neighbour's phone—stating that he had died unexpectedly. He had been playing hockey and came off the ice to have something to eat then collapsed. A cookie apparently found its way into his lungs causing breathing difficulties.

Originally from Rutland, Edgington attended Richmond High School

during the 1930s and enlisted in the armed forces in 1941 only two months past his 18th birthday. He was posted to the Canadian Irish Fusilliers for a year before transferring to the 1st Battalion of the Seaforth Highlanders prior to embarking for England in June 1942. During his time in England he took several courses before his unit headed to Italy where it participated in the campaign in Sicily. He was killed in action Dec. 11, 1943 and buried in the Morro River Cemetery in Ortona, Italy.

Three of Edgington's brothers, Victor, John and Arnold also served in the forces.

Entitled "We Will Remember Them," the City of Richmond's website (www.richmond.ca/city_hall/archives/exhibit/remember) profiles each of the men who died in military service in World War I, World War II and the Korean War.

CANADA 150

Deas pioneer in local fishing history

- ▶ "Free Black" invited by Sir James Douglas
- ▶ Founder of early local cannery
- ▶ Slough and island named for him

By **LORRAINE GRAVES**

LGraves@richmondsentinel.ca
@LGSentinel

It was 1858, the year that Victoria, a sleepy backwater of 1,200 people, saw the gold rush inject almost 20,000 people.

It was also the year Sir James Douglas, governor of the British colony, invited 700 "free black" people from California to move to the area with full rights, offering full British citizenship within seven years.

Many took up the invitation because they felt their rights and freedom were not guaranteed in the United States.

While Douglas' invitation preceded the gold rush, the 700 African-American immigrants' arrival coincided with the gold rush, so people like John Sullivan Deas, who arrived from San Francisco in 1862, were able to ply their trade—in his case

tinsmithing—for the tidal wave of gold-seekers sweeping into what is now British Columbia.

Settling in Yale in 1866 as a tinsmith and hardware dealer, Deas nine years later moved his family to the Richmond area in 1871, setting up his cannery on Deas Island, one of our area's first.

According to The BC Black History Awareness Society (BCBHAS), one problem he, and eventually other cannery owners, ran into was the unpredictable numbers of the returning salmon.

With the largest runs only coming every four years, a cannery could be stuck with a glut of waiting cans one year while running short the next.

It meant fish going to waste or money invested in tin cans that sat empty, oxidizing until the next run. This unpredictability of the fish supply led Deas to apply to the government for the rights to a specific drift. The government turned him down so, seeing the vast influx of competing canneries in the area, the increasingly-ill Deas sold up in 1878.

He moved his wife, Fanny Harris, and their seven children to Portland, Oregon where he died two years later at age 42 of Tinsmiths' Disease.

The fumes he breathed, over the decades he plied his craft, killed him.



First salmon-can labels in B.C., printed by Grafton Tyler Brown for John Sullivan Deas.

According to Scott McCloy, spokesperson for WorkSafe BC, the acid fumes of the flux used to clean the metal destroyed many a tinsmith's heart and the fumes breathed in from the lead solder caused insidious lead poisoning which led to a spectrum of debilitating neurological symptoms such as tremors, twitches, and brain damage.

So the good old days, of John Sullivan Deas, whose name lives on in Richmond with Deas Island and Deas Slough, were not always so good for those whose trade exposed them to the lethal fumes that brutally cut short the life of this early and valued Richmond entrepreneur.

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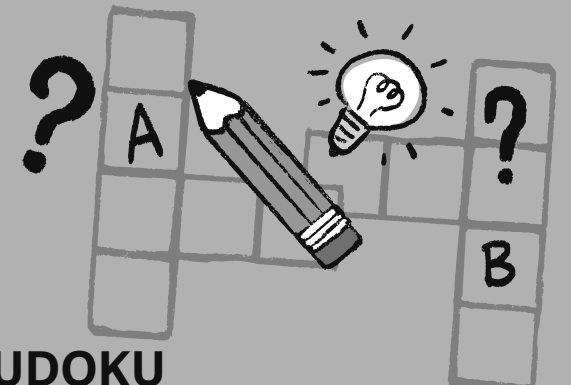


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Fun & Games

ALL ABOUT RICHMOND CROSSWORD

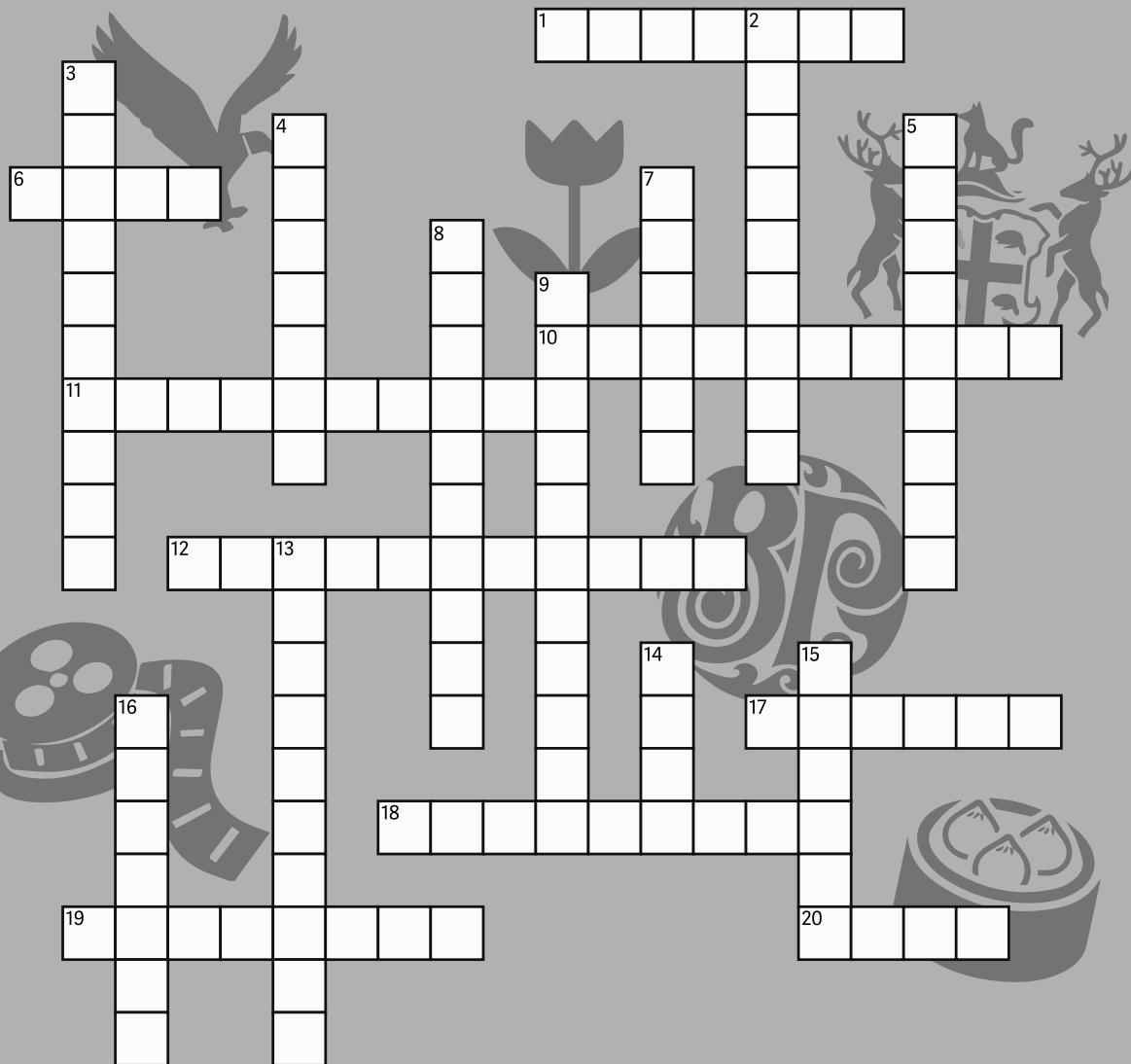


SUDOKU

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

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

Answers will be posted in the next issue in May.



ACROSS

- 1 _____ Way
- 6 Early Richmond Mayor _____ Grauer
- 10 Canadian body of water and historic department store
- 11 Swim & slide
- 12 Massachusetts eatery
- 17 _____ Chapel
- 18 Former mall anchor
- 19 Giant Steveston lizard
- 20 Linda Reid, John Yap and Teresa Wat

DOWN

- 2 North west corner of Richmond
- 3 Elementary nod to First Nations
- 4 Bibliophile's haven
- 5 Local high school
- 7 _____ City
- 8 Olympic race walker
- 9 Opposite of sunny mainland
- 13 Hollywood spectacle
- 14 Meditative workout
- 15 Popular Chinese brunch
- 16 Fencing champion Natasha

ANSWERS

CROSSWORD

ACROSS

- 2 Fraser
- 4 Qingdao
- 6 Two
- 9 Daves
- 10 Diamond
- 12 Sockeyes
- 13 Deas
- 14 Lulusland
- 16 Tallships
- 17 Oval
- 20 Troystecher
- 21 Cocorocho
- 22 Steveston

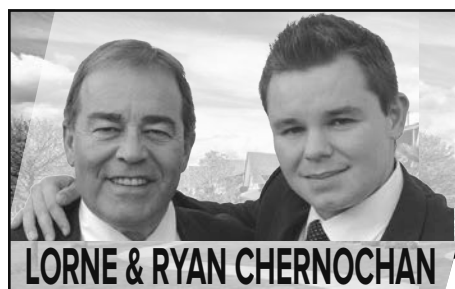
DOWN

- 1 Hansen
- 2 Fantasy
- 3 Brodie

- 5 Aberdeen
- 7 Timothys
- 8 Onceuponatime
- 11 Maritime
- 15 Minorupark
- 18 Ashmore
- 19 Raccoon

SUDOKU

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



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Events

THE RICHMOND'S POTTERS Club is having its ANNUAL SPRING SALE at the Richmond Cultural Arts Centre (180 7700 Minoru Gate) Friday April 21, 2017 at 1 pm to Sunday April 23, 2017 at 3 pm. Free parking Free Admission.

Help Wanted

DAVOOD'S BISTRO in Steveston needs full and part time servers. Counter/table service, barista duties, cash handling, opening/closing duties. Need outgoing personality and be team player. Will also train in kitchen if desired. Drop by for interview at 120-12420 No. 1 Road, or email resume to: davoodkha@hotmail.com.

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Donations Wanted

THE SHARING FARM Society is looking for following donations: shovels, rakes, pitch forks, harvest knives, clippers, garden hoses, composted manure, clean compost and more. New volunteers always welcome. For more information, contact: Sarah Drewery, Executive Director, The Sharing Farm, 236-777-2264,

Donations Wanted

MARK YOUR CALENDARS! The next Richmond Hospital Thrift Shop "Curio Sale" is coming up fast. If you are a collector in search of collectibles, you don't want to miss our amazing finds and incredible deals. It's happening on Saturday, April 29, from 9:00 a.m. to 3:00 p.m.



Mystery PHOTO???



Please help out the City of Richmond Archives by contacting ads@richmondsentinel.ca.

To find out who has been identified, please check on the Friends of Archives' Facebook page. [FriendsofTheRichmondArchives](https://www.facebook.com/FriendsofTheRichmondArchives)

One of Aida Knapp's dance classes, [ca. 1955]. Aida Knapp School of Dance collection. *City of Richmond Archives, photograph #2003 28 1.*

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For more info on each camp, visit richmondoval.ca/summercamps



LEGEND 9:00am-4:00pm 9:00am-12:00pm 1:00pm-4:00pm High Performance Power Skating

	NON-MEMBER	MEMBER	JULY 3RD	JULY 4-7	JULY 10-14	JULY 17-21	JULY 24-28	JULY 31-AUG 4	AUG 8-11	AUG 14-18	AUG 21-25	AUG 28-SEP 1
BADMINTON												
Racquet, Paddle, n' Putter Tot Camp (4-5YRS, CO-ED)	\$64								77868(W,F) 77866(T,Th)			
Racquet & Paddle n' Putter Camp (6-9 YRS, CO-ED)	\$128 - \$160	\$116 - \$144		77440			77445				77456	
Badminton Blast Camp (9-12 YRS, CO-ED)	\$136 - \$170	\$122 - \$153		77438			77443	77447		77448		
Badminton Blast Camp (12-15 YRS, CO-ED)	\$136 - \$170	\$122 - \$153		77437			77442	77446		77449		
BASEBALL												
Baseball Camp (6-10YRS, CO-ED)	\$120	\$108			77689		77702	77704		77705		
Performance Development Baseball Camp (11-13YRS, CO-ED)	\$135	\$120			77706		77707	77708		77709		
BEACH VOLLEYBALL												
Oval Beach Volleyball Camp (14-16 YRS, CO-ED)	\$135	\$122			77569	77570				77571	77572	
DANCE & CHEER												
Dance and Cheer Camp (6-9 YRS, CO-ED)	\$165 - \$206	\$148 - \$185					77812		77810			
Dance and Cheer Camp (10-13 YRS, CO-ED)	\$165 - \$206	\$148 - \$185					77809		77811			
FENCING												
Fencing Skills Camp (6-9 YRS, CO-ED)	\$170	\$153			77508					77509		
Fencing Skills Camp (9-12 YRS, CO-ED)	\$170	\$153			77507					77510		
GIRLS ONLY												
GO! Girls Only in Motion Camp (6-9 YRS, GIRLS)	\$247 - \$342	\$246 - \$308		77793	77805			77807				
GO! Girls Only in Motion Camp (9-12 YRS, GIRLS)	\$247 - \$342	\$246 - \$308		77794	77803			77806				
Girls Only Fit & Fun Camp (13-16 YRS, GIRLS)	\$274 - \$342	\$246 - \$308		77792						77808		
Girls Only Sport Camp (9-12 YRS, GIRLS)	\$300	\$270				77799						
GOLF												
Learn to Golf (6-9 YRS, CO-ED) NEW!	\$170	\$153			78878			78884				
Learn to Golf (9-12 YRS, CO-ED) NEW!	\$170	\$153			78876			78880				
HOCKEY & FLOORBALL												
Hockey Tot Camp (4-5 YRS, CO-ED)	\$190				77871			79597				
Hockey Skills Development Camp (6-9 YRS, CO-ED)	\$242 - \$194	\$218 - \$175						79598	79599			
Hockey Camp (7-10 YRS, CO-ED) NEW!	\$380	\$342			77870						79600	
Hockey Camp (11-13 YRS, CO-ED) NEW!	\$380	\$342			79601						79602	
Floorball Skills Camp (9-12 YRS, CO-ED)	\$136 - \$170	\$122 - \$153		77813				77814				
MULTI-SPORT												
Get Skills Full Day Camp (6-9 YRS, CO-ED)	\$60	\$54	78822									
Get Skills Full Day Camp (9-12 YRS, CO-ED)	\$60	\$54	78823									
Explorer Tots Camp (4-5YRS, CO-ED)	\$143 - \$179			77851			77855		79392	77857		
Tumble Tots Camp (4-5 YRS, CO-ED)	\$64										77867(T,Th)	
Sport Tots Camp (4-5 YRS, CO-ED)	\$64 - \$158			77852				77856	77866(T,Th) 77868(W,F)		77869(M,W,F)	
Get Skill (6-7 YRS, CO-ED)	Full Day Camp	\$240 - \$300	\$216 - \$270	40409	46072	46079	46085	46091	46097	46121	46130	46139
	Mornings Camp	\$130 - \$160	\$116 - \$144	40416	46070	46076	46083	46089	46095	46112	46128	
	Afternoons Camp	\$130 - \$160	\$116 - \$144	40417	46071	46077	46084	46090	46096	46116	46129	46138
Get Skills (8-10 YRS, CO-ED)	Full Day Camp	\$240 - \$300	\$216 - \$270	40412	46075	46082	46088	46094	46110	46127	46136	46142
	Mornings Camp	\$130 - \$160	\$116 - \$144	40418	46073	46080	46086	46092	46098	46123	46131	46140
	Afternoons Camp	\$130 - \$160	\$116 - \$144	40419	46074	46081	46087	46093	46103	46124	46133	46141
Get Skills (11-12 YRS, CO-ED)	Full Day Camp	\$240 - \$300	\$216 - \$270			77513	77518		77523	77530		77578
	Mornings Camp	\$128 - \$160	\$116 - \$144	40421		77515	77519		77525	77531		77579
	Afternoons Camp	\$128 - \$160	\$116 - \$144			77516			77527	77533		77581
Try Triathlon Camp (9-13 YRS, CO-ED)	\$256 - \$320	\$230 - \$288				77833			77834			
OUTDOOR CAMPS												
Get Outdoors Camp (6-9 YRS, CO-ED)	\$136 - \$170	\$116 - \$153		77842	77843		77844	77845	77850	77846	77847	
Get Outdoors Camp (9-12 YRS, CO-ED)	\$265 - \$325	\$240 - \$293		77863		77864				77865		
Extreme Get Outdoors Camp (9-12 YRS, CO-ED) NEW!	\$350	\$315			79421		79422					
Get Outdoors - Camping Edition (9-12 YRS CO-ED) NEW!	\$450	\$405						79401				
Outdoor Athlete Camp (13-15 YRS, CO-ED)	\$340 - \$377	\$306 - \$340		77860		77861				77862		
Extreme Outdoor Athlete Camp (13-15 YRS, CO-ED) NEW!	\$380	\$342			79382		79383					
Get Outdoors - Camping Edition (13-15 YRS CO-ED) NEW!	\$450	\$405						79400				



Early bird rates end April 30. Don't miss out!

3

EASY WAYS TO REGISTER

CLICK
richmondoval.ca

CALL
778.296.1400

VISIT
6111 River Road, Richmond BC

Please note that camps less than 5 days long will be offered at a pro-rated price.
 * This Camp ends at 2:30pm

	NON-MEMBER	MEMBER	JULY 3RD	JULY 4-7	JULY 10-14	JULY 17-21	JULY 24-28	JULY 31-AUG 4	AUG 8-11	AUG 14-18	AUG 21-25	AUG 28-SEP 1
PADDLING & ROWING												
Get Wet Camp (9-12 YRS, CO-ED) NEW!	\$272 - \$340	\$245 - \$306		77461		77490	77491			77494		
Learn to Dragon Boat Camp (9-12 YRS, CO-ED)	\$156 - \$195	\$140 - \$175		77459		77486	77487			77488		
Learn To Row Camp (13-15 YRS, CO-ED)	\$144-\$180	\$130 - \$162		77825	77826		77827			77828		
POWER SKATING												
Advanced Power Skating Camp (CO-ED)	\$144 - \$180	\$130 - \$162			40294		77817		77819		77840	
Intermediate/Advanced Power Skating Camp (CO-ED)	\$144 - \$180	\$130 - \$162		40286		77611		77816		77821		
Intermediate Power Skating Camp (CO-ED)	\$144 - \$180	\$130 - \$162			40293		77818		77820		77841	
Entry Power Skating Camp (CO-ED)	\$144 - \$180	\$130 - \$162		40285		77610		77815		77822		
RUGBY												
Rookie Rugby (6-9 YRS, CO-ED) NEW!	\$136 - \$170	\$122.40 - \$153		77953		77955			77954			
SOCCER												
Brazilian Soccer School Camp (6-9 YRS, CO-ED)	\$136 - \$170	\$122.40 - \$153		77647	77648		77651			77652		
Brazilian Soccer School Camp (9-12 YRS, CO-ED)	\$136 - \$170	\$122.40 - \$153		77646	77649		77650			77653		
SPORT LEADERSHIP												
Active Life & Leadership Camp (11-14 YRS, CO-ED)	\$300	\$270			77830		77831				77832	
Sport Leadership Program (15+ YRS, CO-ED)	\$250	\$225	Application is required for this specialized program. See guide for details.									
SKATING & SPEED SKATING												
Learn to Skate Camp (6-9 YRS, CO-ED)	\$160 - \$205	\$148 - \$185			77587	77590		77596	77848			
Learn to Skate Camp (9-12 YRS, CO-ED)	\$199	\$179			77588	77592		77595	77849			
Learn to Speed Skate Camp (8-14 YRS, CO-ED)	\$226	\$203									77586	
Speed Skate Club Development Camp (9-14 YRS, CO-ED)	\$435	\$435				76751						
Speed Skate Talent Development Camp (14-17 YRS, CO-ED)	\$435	\$435					76752					
TABLE TENNIS												
Table Tennis Camp (6-9 YRS, CO-ED)	\$168 - \$210	\$128 - \$160		77716		77717			77724			
Table Tennis Camp (10-15 YRS, CO-ED)	\$210	\$160			77691		77710			77712		
VOLLEYBALL												
Atomic 1 Volleyball Camp (9-10 YRS, CO-ED)	\$136 - \$170	\$122.40 - \$153		77489	77493		77524	77528		77539	77541	
Atomic 2 Volleyball Camp (11-12 YRS, CO-ED)	\$136 - \$170	\$122.40 - \$153		77542	77543		77544	77545		77548	77550	
Performance Development Volleyball (12-13 YRS, GIRLS)	\$144 - \$180	\$130 - \$162.50		77552	77553		77555	77556		77557		77558
Performance Development Volleyball (12-13 YRS, BOYS)	\$144 - \$180	\$130 - \$162.50		77562	77565		77566	77567		77568		
High Performance Volleyball Camp (14-16 YRS, GIRLS)	\$375	\$360									77574	77575
CAMP COMBOS												
Dragon Birdy Camp Combo (9-12 YRS, CO-ED)	\$245 - \$306	\$220 - \$275		77498			77499			77501		
Figure Skating Prep Camp Combo (6-9 YRS, CO-ED)	\$270	\$243							77882			
Figure Skating Prep Camp Combo (9-12 YRS, CO-ED)	\$270	\$243							77883			
Hockey Cross-Training Power Camp (9-12 YRS, CO-ED)	\$237 - \$296	\$214 - \$267		77881*				77950*				
BUILD AN ATHLETE SUMMER CAMP PACKAGES												
Summer Camp Package (6-9 YRS, 4 weeks)	\$1008 - \$1044	\$907 - \$940			79612				79614			
Summer Camp Package (6-9 YRS, 8 weeks)	\$2,072	\$1,865			79608							
Summer Camp Package (9-12 YRS, 4 weeks)	\$1032 - \$1040	\$929 - \$936			79613				79615			
Summer Camp Package (9-12 YRS, 8 weeks)	\$2,057	\$1,850			79609							
HIGH PERFORMANCE HOCKEY CAMPS												
Skater	HP Hockey Pre- Season Prep Camp (Atom-Pee wee)	\$495								46065		
	HP Hockey Pre- Season Prep Camp (Bantam-Midget)	\$495								46063		
Goalie	HP Hockey Goaltender Camp (Atom-Midget)	\$572									46062	
HIGH PERFORMANCE ATHLETE DEVELOPMENT												
July 5- 31 (14-18 YRS) Mon, Weds,	\$252			77546								
Aug 2- 30 (14-18 YRS) Mon, Weds, Fri	\$252							77549				



river green™
COMMUNITY

ASPAC Egg-Stravaganza

SUNDAY APR 16

12:00 - 4:30pm
at the Richmond Olympic Oval

12-2PM

**Climbing
Wall Egg
Hunt**



1-3PM

**Discover
Summer
Camp
Activity**



3-4:30PM

**Public skate
and On-ice
Egg Hunt**



PLUS FREE Cotton Candy!



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