



VOLUNTEERS ARE STARS



Nominate someone
deserving of
recognition

05

Photo courtesy RCRG

Cancelled last year because of COVID-19, Volunteers Are Stars—the annual celebration of Richmond's amazing volunteers—is back in a new digital format. Nominate someone you feel deserves to be recognized at rcrg.org/vas. Nominations close March 12.

RAPS
ANIMAL 
HOSPITAL

Community-Owned, Not-For-Profit

**BOOK ONLINE
TODAY!**

rapsanimalhospital.com



**ALL REVENUES
REINVESTED TO HELP
ANIMALS & THEIR PEOPLE!**

604-242-1666

City considers new soil bylaw

By HANNAH SCOTT

Local Journalism Initiative reporter

City councillors discussed a potential new soil bylaw at a Feb. 1 general purposes committee meeting.

Currently, the city's soil removal and fill deposit regulation bylaw only applies to lands within the Agricultural Land Reserve (ALR). Additionally, staff are not able to penalize property owners who deposit unacceptable soil or other material for unsanctioned projects.

Under a proposed bylaw, people must obtain a permit to move large amounts of soil to or from a property. There may also be a security deposit of up to \$15,000 associated with the issuance of permits. Coun. Michael Wolfe and Coun. Bill McNulty expressed a desire to have no maximum security deposit in the proposed bylaw change.

"If you have a deposit of \$15,000 it doesn't even help us with clean up, when somebody dumps the property and then we have to clean it up," said McNulty. "I think it's important that we put enough deterrents there. In many cases in Richmond our fees are more than reasonable. Especially with the agricultural lands, I really think that where you have violations there, I think in some cases you should be throwing the book at people."

A proposed bylaw has yet to be presented to the food security and agricultural advisory committee.

•hannahs@richmondsentinel.ca

First Nations Bunkhouse slated for \$2 million restoration

By HANNAH SCOTT

Local Journalism Initiative reporter

City staff has proposed a new restoration program for the First Nations Bunkhouse at Britannia Shipyards.

The plan was the subject of discussion at a recent parks, recreation and cultural services committee meeting, and came before council last night.

According to a report from city staff, the building is considered to be the only one of its kind remaining on the B.C. coast.

"It was estimated to cost \$160,000 to repair about 30 years ago, and it's deteriorated badly since then," said Coun. Harold Steves. "But it's an extremely important part of our heritage, and we're going to have to bite our lower lip and get on with it."

The estimated cost for the project is about \$2 million, including a reconstruction of the bunkhouse building and improvements including plumbing and electrical to suit future programming.

Following an amendment to the original motion, council has directed city staff to investigate perhaps installing welcoming totems at the front of the building. Efforts will be made to include the Musqueam and other First Nations identified as having participated in the Fraser River commercial fishery.

Steves noted that the so-called bunkhouse should be given a different name because of its



Photo courtesy City of Richmond

The First Nations Bunkhouse at Britannia Shipyards will receive a \$2 million restoration, including consultation with the Musqueam and other First Nations.

function during the active canning days.

"We don't know how many families would have lived in it, but it would have been family accommodation," said Steves. "It was all First Nations women who were cleaning the fish and doing the canning and almost all the men that were fishing were First Nations men. So it was men and women living together, so I don't think you can call it a bunkhouse. The Chinese bunkhouse and the Japanese bunkhouse would have had bunk beds, and I don't think that that was what we had here, so we've got to find another name for it."

City staff were directed to look into suggestions for possibly renaming the building.

•hannahs@richmondsentinel.ca

Council considers new city centre developments

By HANNAH SCOTT

Local Journalism Initiative reporter

A number of delegations spoke at last week's meeting on an application by Polygon Talisman Park Ltd., concerning rezoning in the city centre area. Planning committee requested that rezoning considerations be revised to include registration of a legal agreement that would prohibit strata corporations from restricting either rentals of residential units or the age of units' occupants.

New Lansdowne plan praised

Councillors discussed the proposed official community plan for the development which will replace Lansdowne Shopping Centre, with Coun. Carol Day calling the eventual area "the most in-

credible city centre that any Metro Vancouver city has." Several delegations indicated their support for the unique plan, which will support the city's growth.

Sister city procedures updated

Council approved an update to its sister city policies, which reduces the size of official delegations to a recommended minimum of the Richmond mayor or acting mayor and two other members of city council. Other participants in an official delegation will be at the discretion of council. Updated wording also softens the language around requirements and recommendations, and removes the time-sensitive nature of delegations visiting sister cities.

CITY BRIEFS



City planning manager retires

Mayor Malcolm Brodie recognized the departure of the city's manager of policy planning, Barry Konkin, who has been with the city since 2012 and is now retiring.

Many grants awarded

The city awarded about \$900,000 in grants in several areas: arts and culture; parks, recreation and community events; child care; and health, social and safety.

New farming strategy

Council endorsed a new farming strategy, with staff to report back in one year on its implementation.

Councillors debate demolition of old aquatic centre

By HANNAH SCOTT

Local Journalism Initiative reporter

Councillors discussed the future of the old Minoru Aquatic Centre at an early February general purposes committee meeting, eventually voting in favour of a proposal that would see \$2.7 million go to its demolition.

A second option was presented by staff: repurposing the building, estimated to cost \$8.8 million dollars. The renovation would extend the building's life by 10 to 15 years, making it usable by community groups for that length of time.

"We don't really need this space for what it was originally intended for," said Coun. Alexa Loo. "I think most people would agree that we want to return our green space. I do love the idea of repurposing the building. I know that historically you look all over the world and they repurpose old pools to be skate parks. Wouldn't it be awesome if we had a world-class skate park right in the middle of our park? However, we haven't heard from the public up to now that that's what they want."

Several councillors said they would support repurposing the building at a lower cost with fewer modifications, which was not one of the options presented.

"I do believe the building as it sits could be repurposed, but not a Cadillac version, just a scaled-down version because we have to be practical,"



Photo by Don Fennell

Councillors were largely in favour of demolishing the old Minoru Aquatic Centre rather than proceeding with a potentially expensive repurposing project.

said Coun. Carol Day. "I think that having only one (repurposing) option at 8.8 million dollars is not looking at the broader picture."

The motion to demolish the building passed with councillors Loo, Chak Au, Bill McNulty, Linda

McPhail, and the mayor in favour. Councillors Day, Harold Steves and Michael Wolfe were opposed. The councillors voted the same way at last week's city council meeting.

•hannahs@richmondsentinel.ca

London Farm may receive new barn, other upgrades

By HANNAH SCOTT

Local Journalism Initiative reporter

A beloved spot on Dyke Road, London Farm may soon receive a new barn, as well as upgrades to other existing features.

City councillors were in favour of a proposed master plan at last night's council meeting.

London Farm is one of the earliest farm sites in the South Arm of the Fraser River. The site currently includes gardens, fruit trees, agricultural exhibits, and the historical London family farmhouse. But the last time a master plan was created for the site was 35 years ago, and that plan no longer represents the current presentation of the site, according to a city staff report.

"It's such a popular spot, and I think with so many people now going outdoors more often and they walk by that, I think many people would just love to be able to wander around it," said Coun. Linda McPhail.

City staff were originally referred to look into the reconstruction of a



Photo courtesy City of Richmond

The historic London Farm, located on Dyke Road, will receive many upgrades including a barn as part of a new master plan.

timber barn in April 2019. A similar barn, used as an example, was re-constructed in Ladner in 2012. However, an appropriate heritage barn was not found in Richmond, and the 2,500 square foot barn proposed in the new master plan is a new construction estimated to cost \$910,000.

Coun. Harold Steves noted that there used to be a barn on No. 5 Road that might be worth looking into as a potential option for London Farm.

"It would be nice to have a heritage barn in Richmond, but a pole barn is a good second best," said Steves.

City staff plan to work with the non-profit London Heritage

Farm Society to implement some smaller changes that will not require extra funding. These include signage, plantings, enhancements to heritage displays, the chicken coop and the bee house, and a new entry gate.

•hannahs@richmondsentinel.ca

Steveston woman speaks from the heart

By DON FENNELL
@rmdsentinel

A cute heartburn, fatigue and anxiety were increasingly present. Mastering the stairs at home was also becoming increasingly difficult. But Hope Sarfi chalked it all up to the stress of her government job.

Then came a final warning sign.

"I was sitting at my desk and took a Tylenol and heartburn medicine, but it wasn't working," explains the now-retired Steveston resident. "Fortunately, when I started perspiring and breathing was a little difficult, I thought 'This doesn't feel right' so I had a colleague drive me to the E.R."

By the time she got to the hospital there was pressure on her chest and breathing was getting even harder. Diagnosed with a 90 per cent blockage of her coronary arteries, she'd suffered a heart attack and required emergency open heart surgery.

This was in 2014.

A year later, Sarfi was well on her way to recovery—and a new lease on life.

In 2016, she was invited to attend—and participate in—the first Canadian Women's Heart Health Summit in Ottawa. That, she says, "empowered me to take care of my own heart health and gave me inspiration to want to help other women across Canada do the same."

"When the decisions were made of going national to inform women about heart disease, to conduct more research on women's heart health, and try to reach all communities across Canada, I became very emotional. I spoke up on how as a patient it moved me that other women would be reached and would know about heart disease to enable to take action on their health and improve their chances of surviving a heart attack."

Today, Sarfi is helping to lead an annual national campaign to further enlighten women about heart disease and the risks factors or heart attack symptoms in women. Mayor Malcolm Brodie proclaimed Feb. 13 as *Wear Red Canada Day* in Richmond, joining other cities and communities across Canada to illuminate buildings and structures in red and share photos on social media



Photo submitted

Hope Sarfi has dedicated considerable time and energy to a national campaign enlightening women about heart disease.

using the hashtags #HERHEARTMATTERS and #WEARREDCANADA in support of women's heart health.

When it comes to cardiovascular disease women are under-studied, under-diagnosed, under-treated and under-aware. However, Sarfi says heart disease is largely preventable with 80 per cent of risk coming from risk factors that be modified such as improved nutrition, exercise and reducing stress.

"Women have different symptoms and their hearts and coronary arteries are smaller," she explains. "And women with no knowledge of symptoms or risk factors delay going to the hospital. I've heard and read stories of women having a heart attack and being sent home for indigestion then going back a few days later in an ambulance and if caught in time, surgery required. There are

also cases where women were sent home and died. That's one of the reasons heart disease is described as the number one killer of women."

The summer prior to her heart attack, Sarfi also had an episode of weakness, shortness of breath and feeling sick during a round of golf. She was taken to hospital by ambulance but the incident was blamed on heart stroke, though she was instructed to take aspirin daily and given nitro pills. Her family doctor at the time also blamed it on being overweight and not exercising and did not follow up with further tests.

Sarfi also continued to practice a new regiment she's begun at the hospital, including physiotherapy and cardiac rehab at the Ottawa Heart Institute. Using the Canada Food Guide, she also started eating healthier with more vegetables, less meat, no salt and less sugar. With such lifestyle changes that including resuming cross-country skiing, joining a walk program and picking up yoga, she lost 35 pounds.

But while she was feeling great physically, she says there was still something missing.

"For women it is not just physical support that is needed, but emotional support," she explains. "In 2015, I joined the women@heart peer support program started by the Canadian Women's Health Centre. Meeting with other women to talk about heart disease, medications and physicians helped me move on psychologically. I was able to accept and say that I have an incurable disease."

Today, Sarfi tries to walk five kilometres at least three times a week. She also continues to golf and has kept up with her yoga classes, all while keeping an eye on her weight and diet. And she's not afraid to ask questions about her health.

"From what I know and read, stress, diabetes, obesity, smoking, high cholesterol, hypertension and inactivity all contribute to increased heart risks," she says. "And busy lifestyles. Talk to your doctor about how you feel. Ask about blood pressure, cholesterol and BMI. Take charge of your life."

•dfennell@richmondsentinel.ca

RICHMOND SENTINEL
OUR COMMUNITY NEWS

Published by
RICHMOND SENTINEL NEWS INC.
200-3071 No. 5 Road,
Richmond, B.C., V6X 2T4

Advertising & Sponsorship
marketing@richmondsentinel.ca
778-1297

Newsroom
newsroom@richmondsentinel.ca
778-297-5005

Editor - Don Fennell
dfennell@richmondsentinel.ca



Download our app
from the
App Store or
Google Play Store.

Funded in part by the
Government of Canada

Canada

Nominations are now open for virtual Volunteers Are Stars

Volunteers Are Stars was cancelled because of COVID-19 in 2020, but through a new, digital format the annual celebration is back. Presented by Richmond Cares, Richmond Gives (RCRG), the 2021 awards will take place entirely online, with volunteers being recognized on RCRG's website and social media channels.

"For us, what matters most is honouring Richmond's amazing volunteers," says Ed Gavsie, president and CEO of RCRG. "We still can't do that in person, but we hope the community will join us digitally, to thank volunteers and celebrate their contributions."

Nominations for the Volunteers Are Stars Awards can be submitted at www.rcrg.org/vas. Every nominee will be mailed a certificate of recognition, and will be highlighted in the event's digital promotional materials.

There are four award categories, and three finalists will be chosen in each. The winners will be announced during National Volunteer Week, April 18 to 24, in a virtual ceremony.

"During the past year, most of the world stopped, but volunteers never did," says Gavsie. "When they were needed most, they kept serving their community, often on the front lines. They deserve individual recognition, and our collective gratitude. The Volunteers Are Stars Awards are an opportunity to say thanks."

Nominations will remain open until March 12. In the weeks following, profiles of the nominees will begin appearing online.

Plan ahead before visiting COVID-19 test sites

A saline gargle has been offered as an alternate to the nasopharyngeal swab for COVID-19 in the Vancouver Coastal Health (VCH) region since Nov. 16, but some recipients are arriving at collection sites unprepared thus excluding it as a viable testing option.

Health officials advise the public to avoid eating, drinking, vaping or smoking brushing their teeth or chewing gum for at least one hour prior to taking this test. Research has shown this is necessary to ensure the test provides an accurate and reliable result. To properly complete the gargle test collection, recipients must swish and gargle saline water in their mouth for 30 seconds under the supervision of a test administrator.

Saline gargle collection is currently available at 14 test collection sites—including in Richmond at the jetSET parking lot and Richmond Hospital—and accounts for just over 30 per cent of all COVID-19 tests performed in the region.

The public health laboratory at the B.C. Centre for Disease Control (BCCDC), BC Children's Hospital and provincial lab medicine services worked together to develop the gargle test at the start of the pandemic to relieve supply chain demand for swabs for nasopharyngeal sample collection.

The BCCDC has published a simple video guide for parents and caregivers which demonstrates how they can practice with their child from home, before they arrive at a COVID-19 test collection site. A video with guidance for adults has also been created. VCH advises waiting at least two hours between practicing and doing the actual test collection to avoid affecting test results.

VCH continues to advise anyone with cold or flu-like symptoms to use the BC COVID-19 Self-Assessment Tool to determine if they require assessment or testing for the virus. The wait times for test collection is also available for those planning to get tested.



**BLUNDELL
CENTRE**

41 STORES FOR EVERYTHING

Everything you need, and so much more!

Located at Blundell & No. 2 Road



Brodie dishes up turnip cake and dumplings

By DON FENNELL
@rmdsentinel

You may have heard the old adage about labouring over a hot stove all day. But while cooking may be nothing more than an unavoidable chore for many, for others it is the ultimate labour of love.

Creativity is as much a part of the joy of cooking as the chopping and stirring. The choice of ingredients—intended or not—always ensure a unique dish.

This is what excites Christine Brodie, who has long had a passion for cooking—a love that has been passed on to her family.

While many families won't be able to celebrate this Year of the Ox in person, the first-ever virtual Chinese New Year virtual cooking class with chef Denice Wai—streamed live from the River Green Presentation Centre recently—showed how cooking and technology can still bring everyone together.

Brodie is among them.

Quick to sign up for a spot in the virtual class, she was able to be joined by her daughter and three grandkids in Alberta for Wai's cooking class on the new EverythingGoesVirtual.com platform. Together, they learned to make two healthy yet traditional Chinese New Year dishes—nagaimo (a type of yam) and turnip cake and nagaimo and mushroom dumpling.

"It was very exciting, and so wonderful to be able to cook with my daughter and grandchildren while on Zoom and having Chef Denice teach us how to do things we didn't know," Brodie says. "It was an event scheduled really for family, and to be able to do it with them in Alberta was delightful. They love to cook together and Kayla (one of the grandkids), who's 11, got on and asked questions. It was a really great experience for her. They used to play cooking shows at my house and I'd record them.

They like to ham it up and to talk in the language of the cooking chefs."

After a quick trip to Lansdowne Centre to pick up the necessary items for the two recipes, Brodie arranged all the ingredients in order—and in separate bowls—on her kitchen countertop.

Then it was on to the art of preparation.

"I now have a greater appreciation for when I go to dim sum and see how



Photo submitted

Christine Brodie relished in the opportunity to learn the art of Chinese cooking during a virtual class recently in celebration of the Year of the Ox.

every dumpling is made by hand," she says. "It's not easy. But Chef Denice was so open to questions and checked each of our dishes. She'd say things like, 'OK, let's see what your batter looks like. OK, Christine, you need to add a little more water.' As a teacher I know what great instruction looks and sounds like and she really had it all together."

Brodie also appreciated learning to steam her turnip cake instead of cooking it in an oven. And it turned out better than any she's ever had.

"I couldn't believe it. I don't know if my grandkids loved it as much, but I certainly could eat turnip cake day and night," she says, adding she was looking forward to experimenting with some of the left-overs.

"The only time I ever cooked Chinese was several years ago. I decided to take a Chinese cooking class and made barbeque pork buns from scratch. But I love dim sum. I love everything about it, but I thought I could never do what those chefs in a dim sum restaurant can. I feel so good and would relish the opportunity to do this again."

An ardent "chef" in her own right, Brodie's interest in cooking really picked up when she began tuning into regularly to cooking shows—before they became enormously popular.

"I've always had a great interest in recipes," she says. "Watching the cooking shows, I've learned it's good to have all the ingredients measured ahead of time. Then you don't have to think about whether you have any of this or that."

She also never worries about having too much left over.

"I always prepare too much and use the leftovers to create something out of it. Or I'm taking some to my friends and letting them try it. The way I look at it, enjoy cooking. The worst that can happen is you've invented something new. So, never give up and always be creative."

The event was made possible through the support of Aspac Developments, which provided the filming venue, and Lansdowne Centre which provided the ingredients to all participants. Visit www.everythinggoesvirtual.com/virtualcharitycooking.html to learn how to cook the Chinese New Year dishes by clicking "Watch it again."

•dfennell@richmondsentinel.ca



Photo submitted

Chef Denice Wai oversaw the first-ever virtual charity cooking class in celebration of Chinese New Year.

COVID interrupts school enrolment increase

By DON FENNEL
@rmdsentinel

After five years of decline, student enrolment is beginning to pick up again in the Richmond School District.

There was a modest increase in the last school year, and board chair Sandra Nixon says that is expected to continue.

However, Nixon noted this year's enrolment numbers have been negatively impacted by the pandemic, with enrolment decreasing by the equivalent of 150 full-time students when compared to projections.

"As a result of the pandemic and travel restrictions, we've also seen a 30 per cent decrease in international education student enrolment from the previous year," she said. "However, the district is projecting that out-of-district and international enrolment will gradually return to pre-pandemic levels over the next three years."

Nixon doesn't expect the current drop in enrolment to have a critical impact on the district when it comes to provincial funding. But she said since funding is on a per-pupil basis, it has resulted in the district receiving a lower operating grant (about \$1.9 million less than projected) from the Education Ministry.

Population demographics, residential development and immigration levels all indicate that student enrolment will increase steadily over the next five years, Nixon said, allowing that projections could be impacted by the socio-political environment, provincial economy, and other factors.

"We anticipate the increase in enrolment will have positive effects overall for the district," she said. "In addition to an increase in revenues, more students also means we would be hiring more teachers, which enhances our schools' ability offer a wider variety of courses, especially at the secondary level. Our international students also bring a wonderful diversity to our classrooms and provide all students with a richer educational experience, through encountering a variety of backgrounds, cultures and perspectives."



Photo by Hannah Scott

The Richmond School District is holding online registrations for the 2020-21 and 2021-22 school years.

ety of backgrounds, cultures and perspectives."

With the central registration office currently closed to the public, signing up for the 2020-21 and 2021-22 school years has gone online.

Residents can use the online form www.sd38.bc.ca/student-registration to submit an application. A staff member will contact parents or legal guardians by phone to discuss more details.

Registration for Kindergarten to Grade 12 students for the 2021-22 school year is also now open.

•dfennell@richmondsentinel.ca

Call for scholarships

Richmond Community Foundation has launched its 2021 high school scholarship program, open to all Richmond high school students graduating this year.

The foundation offers a diverse range of scholarships including academics, trades, sports and the performing arts. And with a single application form, students can apply for multiple scholarships at a time and potentially win several.

Last year, the foundation awarded 50 scholarships to 36 students, providing \$28,000 in financial assistance. Applications will be accepted until March 9 at www.rcrg.org/GrantsScholarships/ScholarshipDetails/high_school_scholarships.



The Maple Residences an Independent Living Residence in Steveston has a beautiful 2nd floor 2 bdrm, 1 bath + den suite. Available immediately.

942 sq.ft., 9' ceilings, large windows and your own walk out deck. Walk in shower, emergency call button in suite.

A robust recreation program. Included: enjoy a continental breakfast every morning, lunch and dinner served in our large dining room. Afternoon and evening tea daily. The Maple Residences is a secure Residence with 24 hour staff.

Call for more information **604-277-4519** or email eileen@themapleresidences.com

**4071 Chatham Street • themapleresidences.com
Non-Profit Society**

Promote Your Business in Your Community!

Call 778-325-1297 To Find Out
marketing@richmondsentinel.ca

[@RmdSentinel](https://twitter.com/RmdSentinel)
[/TheRichmondSentinel](https://facebook.com/TheRichmondSentinel)
[@TheRichmondSentinel](https://instagram.com/TheRichmondSentinel)

Seismic upgrades ongoing at Richmond schools

By HANNAH SCOTT
Local Journalism Initiative reporter

Seismic upgrades are a crucial element of school safety, particularly when it comes to older buildings.

Recently, upgrades have been completed at Cook, Tait and Ferris elementary schools and at Boyd secondary. All four projects involved structural upgrades, improvements to wall and floor finishes, and updates to building systems, says board chair Sandra Nixon.

"As a result of these upgrades, the district continues to achieve its goal of providing safe and inspiring learning environments that support the educational journey of each and every student," says Nixon.

Schools requiring seismic upgrades were identified by the province's Education Ministry in 2004. This list was updated in 2011 under

the provincial seismic mitigation program. Once the ministry supports a project, the district has to obtain approval from the board, and then routes the proposal back to the Education Minister for funding approval.

"Typically, a seismic upgrade involves the strengthening of substructural elements (building foundations and floor slabs) and superstructural elements (walls, columns, suspended floor structures, roofs) to improve a building's resistance to a major seismic event," says communications and marketing director David Sadler.

Additional non-structural upgrades also involve ceilings, lighting and plumbing lines, as well as cabinets that could tip over.

Typically, a seismic upgrade takes anywhere from a year and a half to four years, depending on the project's size and complexity.

"The elements of seismic mitigation are typ-

ically the same for a large school, just more area to cover," says Sadler.

And while upgrades are taking place, staff and students can expect some noise, partial closures of some spaces, and potential relocation of classes to temporary accommodations while their classrooms are undergoing work.

"Site construction management staff and trade contractors have been prequalified and fully understand and adhere to the rules and regulations around working in an occupied school environment in a safe and courteous manner," says Sadler.

In January, funding was announced for seismic upgrades at two more Richmond schools. Upgrades are also underway at Steves, Mitchell, Tomsett, Maple Lane, and McKinney elementary schools.

•hannahs@richmondsentinel.ca

McMath students make, donate bags to food bank

By HANNAH SCOTT
Local Journalism Initiative reporter

McMath textiles students made good use of some of the city's old street banners—recycling them into bags to donate to the Richmond Food Bank.

Teacher Akiko Kato contacted the city to see if they would donate banners for a garment-making project using recycled materials. But when she heard that the food bank was in need of shopping bags for their hampers, she asked staff and students to bring bags from home.

"(Then) I changed the lesson plan and talked to all students about the situation," Kato says. "They all

agreed to make reusable bags for the food bank, and made 55 bags in total."

Bags are in demand at the food bank, as all groceries distributed to clients are individually packaged.

"I thought it was really neat that the school and the students took the initiative to actually make the bags out of reused recycled material and put something together—it showed extra creativity," says Stephanie Shulhan, the food bank's manager of volunteer operations.

"The students were replying to needs that they knew we had—we were running out of bags and we go through a lot of them each week."

•hannahs@richmondsentinel.ca



Photos submitted

Textiles students at McMath secondary made cloth bags out of recycled Richmond street banners. They were donated to the food bank this month.

Pastry chef's business boomed during COVID

By HANNAH SCOTT

Local Journalism Initiative reporter

For many small business owners, the onset of the COVID-19 pandemic seemed like the kiss of death for their companies.

But for Eric Ho, owner of Little Fox Bakehouse, the pandemic caused business to soar. Originally trained as an engineer, Ho made his career change about eight years ago, aged 34.

"I've always loved baking since I was a kid," he says. "During my engineering days, I would still bake at home on the weekends or in the evenings. After 13 years, I decided 'I'm not going to wait any longer, I'm just going to go for it and try it and see what happens.'"

So Ho went to the Pacific Culinary Academy for training and opened his first store in Vancouver. He focused on French pastry because, on his frequent travels to Paris throughout his engineering career, he discovered a love of pastries.

"The first two years were really tough," he says. "The first six months, I almost called it quits. I kept working at it, things slowly improved, my food improved as well, so after two years that store became quite successful and profitable."

When his wife moved back to Richmond for work, Ho—who grew up here—began the process of finding a buyer for his business. Then he started looking for a space to open another bakery in Richmond. Little Fox Bakehouse, which is located in President Plaza, opened in July 2019.

"The first year was a little bit more quiet," he says. "It took about a year, and then suddenly the growth exploded just this past year, exactly during the COVID time."

The croissants are the main attraction, says Ho. And his store has a large selection—around 16 types, all baked fresh daily.

"We are the only one in Richmond right now doing this type of artisanal French-style pastry, we bake everything from scratch on site," he says.



Photos submitted

Eric Ho, the owner of Little Fox Bakehouse, made the switch from an engineering career and has now been working as a pastry chef for eight years.

The most popular item is a double-baked croissant with salted egg yolk custard. That item has been an option since the store opened—"that one sells out the fastest every day, and we make the most every day," says Ho.

But he's also constantly working on new items and adding new things to the menu. He rarely works with flavours he isn't familiar for, and sometimes takes inspiration from other croissants available at stores across the globe.

The pandemic forced Ho to close his store for just 10 days in March, but he re-opened and offered online ordering immediately, as well as free delivery within Richmond. Instead of reducing the menu, Ho and his team introduced new items during that time as well.

"For the first two months, 90 per cent of our business was all through the online ordering system," he says. "Now it's a different case, there's not a lot of online orders, more people are walking in."

The life of a pastry chef begins early in the morning—Ho starts around 5 a.m. most days, and the rest of his team arrives at 7 a.m. With a team of four full-time bakers, Ho admits that he probably needs to bring on a fifth, but because of physical distancing in the kitchen he's not going to hire someone at the moment.

"Six days a week I start at 5 a.m., sometimes even earlier on Saturdays," he says. "From 7 to 8:30 a.m. we fill all the cases with cakes and cream puffs, then things are baked off for the pastries. We roll croissants for the next day, and make cakes and other items."

On weekday mornings, Ho and his team bake around 300 croissants a day. On Saturdays that number is doubled. From 1:30 to 3:30 p.m., Ho goes out himself to deliver whatever orders there are each day. And he finishes work at 4 p.m., which he admits is a tiring schedule.

"The adrenaline helped, I just kept pushing and pushing" he says. "Most days I'm okay—I've always worked long hours, I can stand (for) 15, 16 hours a day. Also, when the business is your own, you have no choice."

While the croissants normally sell out before closing time each day, Ho says any leftovers are donated to Richmond's modular housing.

"It's done through Tapestry church," says Ho. "When I first opened, a friend of a friend basically knew someone and asked if I would be interested, and we just started from there."

Ho says his only business goal was to get sales to a stable point. But during the pandemic, he's been able to raise his employees' salaries and also recently rolled out a health benefit plan.

"Hopefully sales will continue to be strong like they have been for the past nine months," he says. "Those strong sales have allowed us to take care of our staff in a better way."

•hannahs@richmondsentinel.ca



RAPS COMMUNITY REPORT Caring for the animals who care for us

New RAPS Adoption Centre opens

The new RAPS Adoption Centre has opened with a “soft launch” as the organization broadens our mandate to help more animals from more places.

On the last day of January, the Regional Animal Protection Society’s contract to operate the City of Richmond Animal Shelter ended as the city begins redevelopment of that facility. While operating the Shelter for 13 years was an honour, RAPS is now freed of the geographic limitations under which we operated. Because we were contracted by the city, we could not accept surrendered animals from outside Richmond.

This was especially painful because we are a no-kill animal organization. We believe that where an animal lives should not determine whether an animal lives. People would contact us from other jurisdictions where surrendered animals might be euthanized. If they were cats that were unadoptable, we could accept them to our (independently owned and operated) RAPS Cat Sanctuary. But we could not accept surrendered dogs or other adoptable animals from outside Richmond. Now we can.

We have launched a capital campaign to construct the new RAPS Dog Sanctuary, which



Photo submitted

RAPS staff members with adoptable pets at the new RAPS Adoption Centre, which just opened next to the RAPS Animal Hospital.

The RAPS Adoption Centre is open by appointment only for meet-and-greets between adoptable animals and pre-screened adopters.

will be a rehabilitation facility for hard-to-home dogs. The RAPS Cat Sanctuary will operate uninterrupted as, of course, will the not-for-profit RAPS Animal Hospital. And the opening of the RAPS Adoption Centre—located adjacent to the RAPS Animal Hospital in the Richmond Auto Mall—represents the latest transformation of one of our community’s most admired community organizations.

Of course, due to COVID, we are not having a big celebration. The RAPS Adoption Centre is open by appointment only for meet-and-greets between adoptable animals and pre-screened adopters.

But the low-key launch should not distract

from the magnitude of this change. Three years ago, we changed our name from the Richmond Animal Protection Society to the Regional Animal Protection Society. Today, we complete our transformation to a truly regional agency. When the RAPS Dog Sanctuary opens, we will be able to accept dogs from anywhere. Meanwhile, the opening of the RAPS Adoption Centre, which can accept surrendered cats from anywhere in B.C., is a new era in RAPS keeping our no-kill promise—and finding fabulous forever homes for more cats than ever before.

Shena Novotny is Cat Sanctuary and Adoption Manager of the Regional Animal Protection Society.

MY NAME IS **TRIXIE**

Trixie came to us a few months ago as an unclaimed stray. We soon discovered that she was pregnant. Now, with her one kitten off at its new home, Trixie has been spayed and vet-checked and is ready for her forever home. Trixie is a very sweet and loving cat, however she does not seem fond of other cats being around her. She is happy enough if the other cat(s) give her plenty of space and do not invade her bubble. With humans she is the opposite; she is a very sweet girl who enjoys pets and good company.

****Due to COVID-19, all meet and greets will be by appointment only. Please call us at 604-275-2036 to set up an appointment.****



REGIONAL ANIMAL PROTECTION SOCIETY (RAPS)
rapsbc.com | City Shelter: 604-275-2036
Head Office: 604-285-7724



LIKE US ON FACEBOOK
/REGIONALANIMALPROTECTIONSOCIETY



FOLLOW US ON TWITTER
@RAPSSOCIETY

RAPS ANIMAL HOSPITAL
rapsanimalhospital.com
604-242-1666

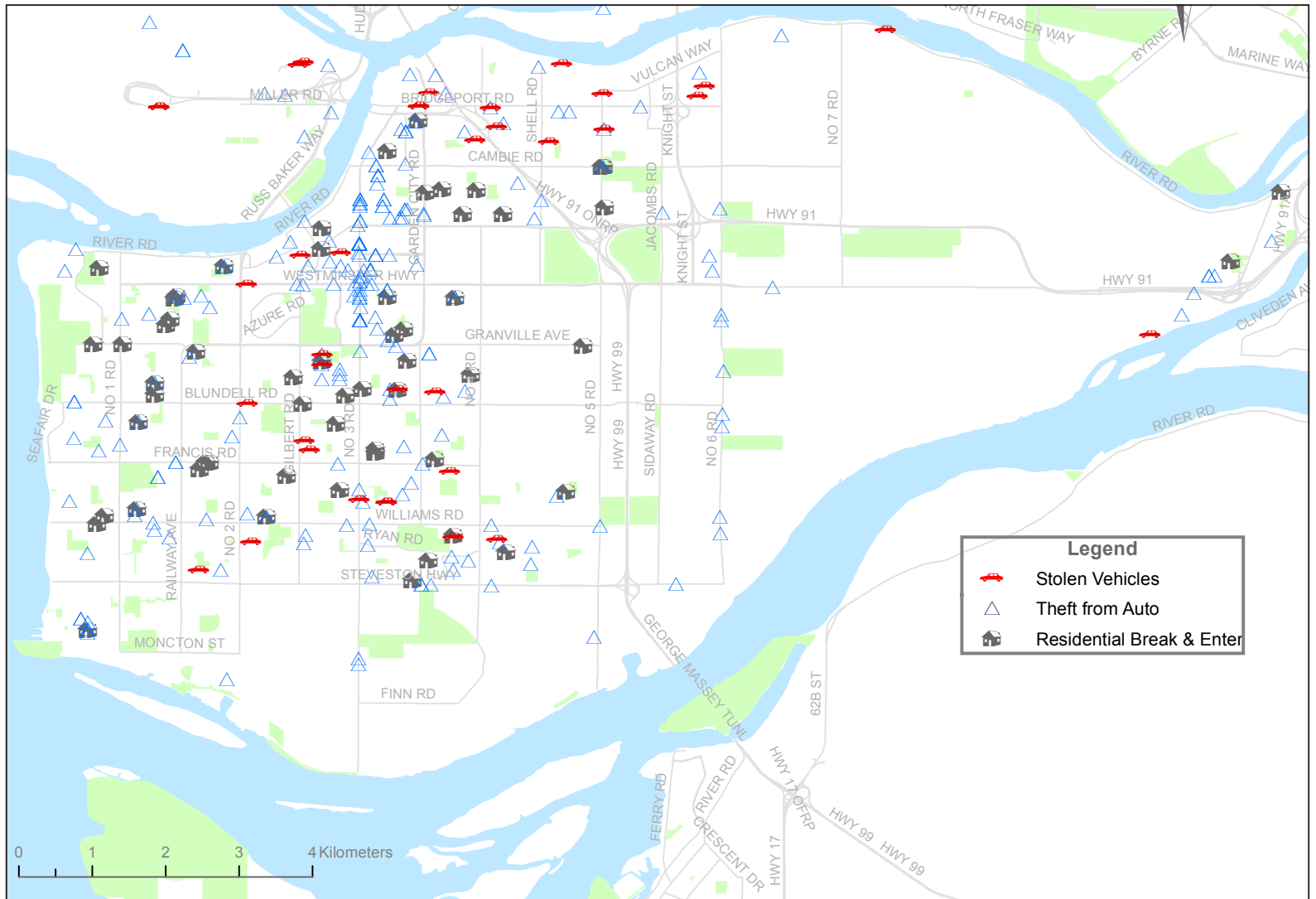
The RAPS Animal Hospital and Animal Ambulance are supported by Applewood Nissan





RCMP

Crime Map Jan. 1 - 31, 2021



Police investigating after shots fired in East Richmond

Richmond RCMP responded to reports of multiple gunshots in the R22300-block of Chaldecott Drive in East Richmond around 12:30 a.m. Feb. 1. Initial reports suggested there was an exchange of gunfire between the occupants of two separate vehicles which were seen fleeing the scene at a high rate of speed as police arrived.

There were no reports of injuries at the time.

"The investigation is still in its early stages, and investigators are back in the area speaking with local residents," said Cpl. Ian Henderson of the Richmond RCMP. "Police are asking witnesses to come forward. Residents in the area are also encouraged to check their home surveillance and vehicle dashcams to see if they may have captured the incident on video."

The officer-in-charge of investigative services, Inspector Michael Cohee, said "The Hamilton area in East Richmond is typically a very quiet neighbourhood. Many residents are obviously shocked by this incident, and they have every right to be concerned.

"Richmond RCMP is committed to promoting safety in our communities, and will continue to actively undertake public safety initiatives within the Hamilton area. We are actively investigating this incident to learn who is responsible, so we can hold them to account and prevent this from reoccurring."

Anyone who may have information on this matter is asked to call Richmond



Photo by Hannah Scott

Police are seeking anyone with information on gunfire that happened in East Richmond Feb. 1.

RCMP at 604-278-1212 and quote file number 2021-2939. Should you wish to remain anonymous, please call Crimestoppers at 1-800-222-TIPS (8477).

Lifelong artist opens first solo show online

By HANNAH SCOTT

Local Journalism Initiative reporter

At the age of 76, Michael Shirley has premiered his first solo exhibition.

"My family has been on my case for many years to do a show," says Shirley. "Although I have participated in group shows with the Community Arts Council and with the Richmond Arts Coalition and other groups, I had never done a solo show."

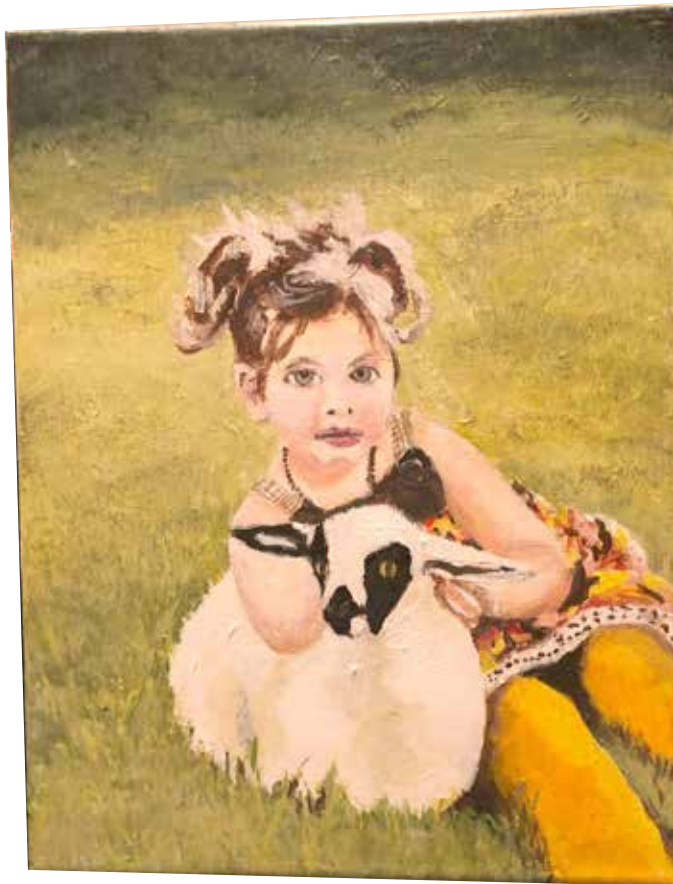
After getting very sick last August with sepsis and keto-acidosis—leading to a three-week stint in hospital and near-death experience—Shirley says he realized life is short, "and if I wanted to scratch this off my bucket list, I better get on it."

Shirley has been drawing since he was a young child, although with six siblings there was no money for art supplies. In his younger years he painted mostly with watercolours and oils, but later began to use acrylics.

I found I liked acrylics because they dry quickly, but I did struggle with them in the beginning," he says. "I always thought acrylics were too transparent, but I have gotten used to working with them and quite enjoy the medium now."

Noting that he never received any formal training, Shirley says art came naturally to him, and he's used his artistic abilities in different ways throughout his life. At age 17 he started out as a window dresser for Woodward's department stores, and eventually became the manager of their flagship store at Oakridge.

"While raising my family, my wife and I had a little side business and I did silk floral arrangements for homes and weddings. About 32 years ago, we



opened our family business, The Arts Connection, and that's when I got involved in teaching art—to children and youth. And then as my health issues arose and my mobility was limited, I started to spend more time at home and able to focus on my painting."

Although the pandemic hasn't changed the direction of Shirley's work, it has afforded him the opportunity to spend more time creating art.

"My health is very compromised, so I have been quite home-bound over the past year and my art

Art by Michael Shirley

Artist Michael Shirley has been working on painting portraits, including this one of his granddaughter Clarke at age three.

work has helped to keep me busy," he says. "I've gotten involved in a few new projects, including the Community Arts Council's fundraising program with the SPCA to paint animal portraits."

And lately, Shirley has been working on creating portraits—a format he had avoided in the past. But doing animal portraits provided motivation, so he began by studying colour in people's faces and skin tones.

"I have been practicing doing portraits of my three grandchildren, using photos I have of them when they were younger. I am going to give them to them as gifts."

Shirley notes that sometimes he re-addresses old pieces and thinks about how he could improve them, acting as his own critic.

"My only advice would be to continue to do what you do and you will eventually get better at it. They say that practice makes perfect—but really nothing is ever perfect and there is always room for improvement."

Shirley acknowledges the assistance of Jessica Trestain, manager of The Arts Connection's visual arts department, for putting his online show together. To view the exhibition online through March 30, visit artspaces.kunstmatrix.com/en/exhibition/3539377/michael-shirley-retrospective

•hannahs@richmondsentinel.ca

Gateway offers Lunar New Year workshops



Photo courtesy Gateway Theatre

Chinese shadow puppetry workshops, offered by Gateway Theatre, will help to ring in the Lunar New Year.

Richmond's Gateway Theatre is offering Chinese shadow puppetry workshops online via Zoom to celebrate the Lunar New Year.

With its origins in the Han Dynasty, shadow puppetry remains one of the most enchanting if precarious forms of Chinese folk art.

Led by Annie Katsura Rollins—whose own "shadow puppet hunt" took the artist deep into tiny villages where the tradition survived both the cultural revolution and the realities of modern China—Gateway's Chinese Shadow Puppetry Workshops offer a hands-on adventure into a 2000-year-old art form.

In this workshop, families will enjoy the rare opportunity to learn how these puppets are made through interactive photos and videos. Rollins will then take participants step-by-step in creating their own shadow puppets.

The two-part series kicked off last weekend. The second part is a community session on Sunday (Feb. 21), which includes a Mandarin interpreter for anyone eager to revisit a unique corner of their own cultural history.

The workshop costs \$5, and capacity is limited. For more information or to register, visit www.gatewaytheatre.com/chinese-shadow-puppetry-workshop.

Meet the 2021 Branscombe House Artist-in-Residence

Rachel Rozanski is the sixth annual Branscombe House Artist-in-Residence.

Rozanski's upcoming residency will include an exploration of Richmond's islands by water. She will examine the evolution of these landforms, reshaped many times over, including the unique ecosystems that now exist on them.

She is a Canadian artist whose interdisciplinary works explore biological, geological and material transformations appearing as we enter the Anthropocene; the epoch or time where human activity has noticeably impacted the planet's climate and ecosystem. She holds a Master's Degree of Fine Arts from Ryerson University in Documentary Media, and has previously studied at Emily Carr University, Capilano University and Langara College. Rozanski has exhibited across Canada and internationally, showing interdisciplinary works that explore scientific concepts focusing on environmental timelines. Through residency projects in the Yukon, Northwest Territories, Nunavut and Iceland, she has collaborated with researchers and been inspired by the study of land change, pollutants and adaptations and extinctions.

Rozanski began her 11-month residency in January and has plans to engage the community throughout the year ahead. She is seeking collaboration from community members that have personal connections or knowledge of local island geographies. Free public programs will be offered virtually, outdoors and in-person, designed and dependent upon current health orders and protocols in effect.

The Branscombe House Artist Residency takes place in a restored Edwardian-style house in the residential area of historic Steveston. Branscombe House is located at 4900 Steveston Hwy. and is one of the earliest homes built in the area. Details about the current residency can be found at www.richmond.ca/branscomberesidency



Photo courtesy City of Richmond

Interdisciplinary artist Rachel Rozanski is the sixth annual Branscombe House Artist-in-Residence.



Image courtesy of the artist and Monique Meloche, Chicago
Brendan Fernandes, *Free Fall: for Camera*, 2019, video still.

Art gallery show addresses violence, marginalization

Canadian contemporary artist Brendan Fernandes is being highlighted at Richmond Art Gallery through April 3.

Fernandes' solo show *Inaction* explores action and solidarity, as well as addressing violence against marginalized bodies.

"The social upheavals of 2020 catalyzed the global conversation around human rights and equality," says Richmond Art Gallery director Shaun Dacey, who also curated the exhibition. "*Inaction* reflects on the continued visible and invisible impacts of hateful rhetoric on marginalized bodies. More than ever, it is crucial to present work that celebrates the diversity of lived experiences, creating safe and inclusive spaces for dialogue."

The exhibit has two main components: a commissioned series of nine sculptural works and the Canadian premiere of a video work called *Free Fall: for Camera*. The video piece is based on a 2017 performance art piece called *Free Fall*, created in response to the 2016 shooting at Florida's Pulse nightclub. It features 16 dancers who demonstrate the movements that happen when bodies fall onto a stage.

"*Free Fall* was originally in response to the Pulse shooting, but our bodies are still being marginalized and that means the work needs to continue," says Fernandes. "As a society, we're finding out how hard we can fall, but also how to stand up, move forward and move on. With Black Lives Matter and other socio-political uprisings gaining momentum, it's important to seek out our freedom and rights. This extends to the COVID-19 pandemic—we're finding out what a safe space is and thinking about what our bodies need right now."

Live performances will be held in March and April, with the public invited to watch via live-stream per current COVID-19 restrictions. If restrictions loosen prior to performances, they may be available for in-person viewing with limited capacity. An artist talk with Fernandes will also be live-streamed.

For more information about *Inaction*, gallery hours and COVID-19 health and safety protocols, visit richmondartgallery.org.

In their own words...

Recognizing cultural diversity



Chak Au
Councillor

February is Black History Month. On December 14, 1995, Jean Augustine, Canada's first Black female parliamentarian, sought to designate the month to recognize the contributions of Black Canadians to our history, as well as their equal status in our country. Her Motion was unanimously passed by Parliament and the first Black History Month in Canada was celebrated the following year.

The proportion of Black citizens in Richmond is not high. According to the 2016 census it is only 0.6 per cent, but that does not mean their influence and contribution to our community should not be celebrated. Many Black Canadians have made outstanding contributions to Richmond's vibrant and unique history. One of them is Olympian Harry Jerome who was an outstanding athlete and won numerous awards for Canada. When he won the 100 metre bronze at the 1964 Tokyo Olympics, he spent some time as a Richmond resident and teacher and was an inspiration to generations. In fact, his former-residence is



Statue of Olympic runner Harry Jerome in Stanley Park.

only a few hundred metres from my home. He is an inspiring Black Canadian and his sporting exploits are worthy of nomination for the Richmond Sports Wall of Fame.

Although racism in Canada may not appear to be as severe as our neighbours to the south, it still tears at the fabric of our society. According to a 2019 study on the extent of racism in Canada by the Canadian Race Relations Foundation, many Canadians from diverse backgrounds reported experiencing racism and discrimination due to their race. The survey also found that Black Canadians (54 per cent) and Indigenous peoples (53 per cent) are the two communities that suffer the most discrimination. In my daily conversations, many Black citizens in our community have told me similar stories.

The City believes there is no place for racism and discrimination in our community – ever. Our Cultural Harmony Plan, the first of its kind in Canada, is a roadmap for bringing cultures and backgrounds together and we continue to work toward implementing it. Council also unanimously passed a statement opposing racism and violence in our community regardless of race, colour or cultural heritage. Both can be found on the City's website at www.richmond.ca.

Black History Month reminds us of an important thing: if people are still discriminated against because of their colour, we are not a harmonious society. Now is not the time for people to point fingers, but to work together to create harmony. That means all of us. Every day.

City of Richmond Council Meetings Calendar

In accordance with public health orders, members of the public can no longer attend Standing Committee, Council and Public Hearing Meetings in person. The public can still watch all open meetings online and participate remotely.

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

Feb 22 | 7:00 p.m.
Council Meeting
Council Chambers

Feb 23 | 4:00 p.m.
Parks, Recreation & Cultural Services Committee
Council Chambers

Feb 24 | 3:30 p.m.
Development Permit Panel
Council Chambers

Mar 1 | 4:00 p.m.
General Purposes Committee and Finance Committee
Council Chambers

Mar 2 | 4:00 p.m.
Planning Committee
Council Chambers

Mar 8 | 7:00 p.m.
Council Meeting
Council Chambers

Mar 9 | 4:00 p.m.
Community Safety Committee
Council Chambers

Mar 10 | 3:30 p.m.
Development Permit Panel
Council Chambers

Mar 15 | 4:00 p.m.
General Purposes Committee
Council Chambers

Mar 15 | 7:00 p.m.
Public Hearing
Council Chambers

Mar 16 | 4:00 p.m.
Public Works & Transportation Committee
Council Chambers

For meeting agendas and reports visit www.richmond.ca.

Meeting schedule subject to change

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



Olympian applauds anti-doping program

By **DON FENNELL**
@rmdsentinel

A long-time promoter of clean athletics is applauding the new 2021 Canadian Anti-Doping Program.

Richmond Olympian Evan Dunfee has long been an example of fair play, and says what stands out most is the commitment within the program to not use collected samples for research regarding gender verification.

"I don't know enough about it, but that feels like a big win for Canadian athletes' human rights," he says. "Anti-doping is a weird backward system where, if you fail a test you are presumed guilty and have to prove your innocence. So from the outset it's very different from what a normal court would be. Therefore, some of the changes this year, that seem to bring athletes more rights while not providing any outs for legitimate cheats, is very welcome."

Adds Dunfee: "We have really good athlete representation in Canada and therefore are able to use our seat at the table to win a few key battles for athlete rights."

Recognized as a world leader in anti-doping, Canada has further strengthened its commitment to clean and ethical sport by implementing the new 2021 Canadian Anti-Doping Program (CADP). The enhanced program ensures that national sport and multi-sport organizations that adopt the CADP are compliant with the 2021 World Anti-Doping Agency (WADA) Code and its International Standards. Currently 69 Canadian sport organizations have adopted the program and 15 multi-sport organizations have signed the CADP covenant, available for those organizations who wish to demonstrate their commitment to clean sport but do not have athlete members.

"This program is the product of extensive consultation, starting with athletes and including leaders and technical experts from across the Canadian sport system," said Paul Melia, president and chief executive officer of the Canadian Centre for Ethics in Sport (CCES). "The CCES partnered with AthletesCAN to engage national team athletes through a focus group and a nationwide survey to ensure their interests were given top priority."

"Putting athletes at the centre of the consultations speaks volumes about our rightful place in the sport system," said Pierre-Luc Laliberté, president of AthletesCAN, the association of Canada's national team athletes. "While AthletesCAN firmly believes that a lot of work remains to be done in relation to the anti-doping movement, Canadian athletes are proud to continue to participate in efforts to achieve a level and fair playing field."



Photo submitted

Richmond race walker Evan Dunfee says the new Canadian Anti-Doping Program is forward thinking.

Laliberté added that a survey of national team athletes found the vast majority (85 per cent) believe that anti-doping in Canada is effective while less than half (45 per cent) believe it to be effective at the international level.

Melia also noted that the renewed version of the CADP included some important new elements, such as WADA's new Athletes' Anti-Doping Rights Act. "It's a big step forward," he added, "The act was the product of a dedicated group of athletes, led by Canadian Olympian Beckie Scott, who championed their shared commitment to clean, athlete-centered sport, and it will have an impact on athletes everywhere."

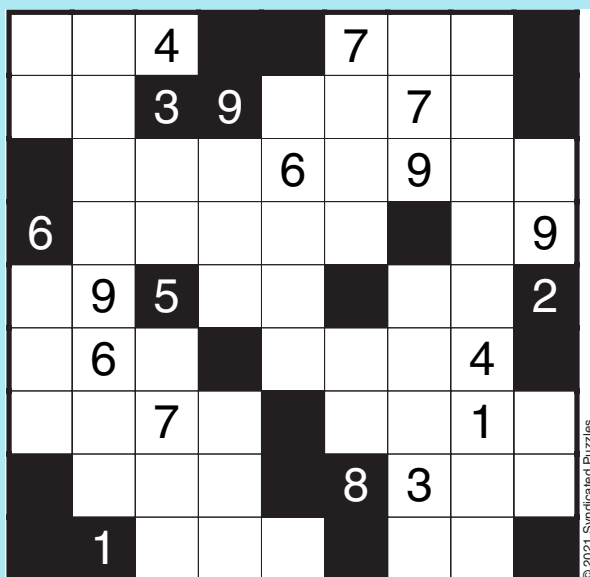
The act confirms athlete rights contained in the WADA Code through more than a dozen specific conditions including equality of opportunity, fair testing programs and the right to justice, accountability, education and whistleblower mechanisms. It also includes a series of aspirational rights that athletes from around the world are encouraging national anti-doping organizations to adopt as best practices. The 2021 CADP fully incorporates both the mandatory and aspirational rights, which include:

- Athletes have the right to an anti-doping system free from corruption.
- Athletes have the right to participate in governance and decision-making.
- Athletes have the right to legal aid.

•dfennell@richmondsentinel.ca

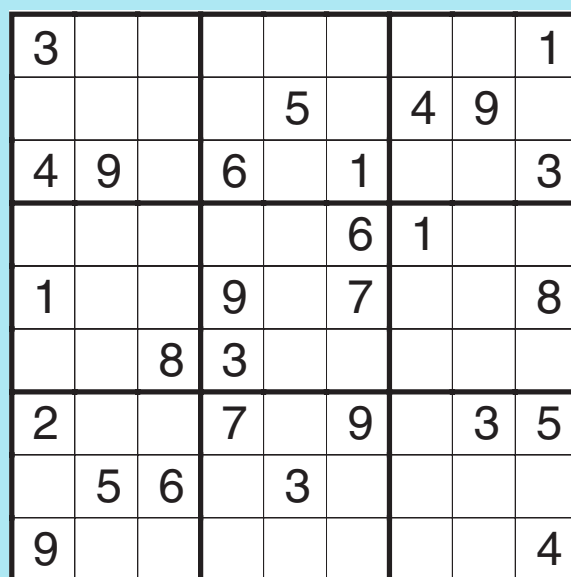
STR8TS

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



© 2021 Syndicated Puzzles

SUDOKU



Hamilton

HIGH STREET RESIDENCE

The Lower Mainland's Newest Resort-Style Retirement Home

We are proud to present our newest Retirement Community where you can live the luxury lifestyle you have always deserved. You will appreciate the tree lined courtyard, life enhancing activities, culinary delights prepared by our Red Seal Chef, spaciouly designed suites and amenities that are sure to strengthen your well-being. Choose the best in retirement living. Choose Hamilton High Street Residence.

An Atrium Living property, professionally managed by NCL New Coast Lifestyles



NOW LEASING

— STARTING AT \$3200/MONTH —

BOOK A TOUR TO LEARN ABOUT OUR
INCREDIBLE BUT LIMITED TIME OFFERS!

 **604-528-9981**

 **info@hamiltonhighstreet.ca**

 **hamiltonhighstreet.ca**

23100 Garripie Avenue, Richmond B.C. V6V 0B9

