



VOL. 7 ISSUE 13

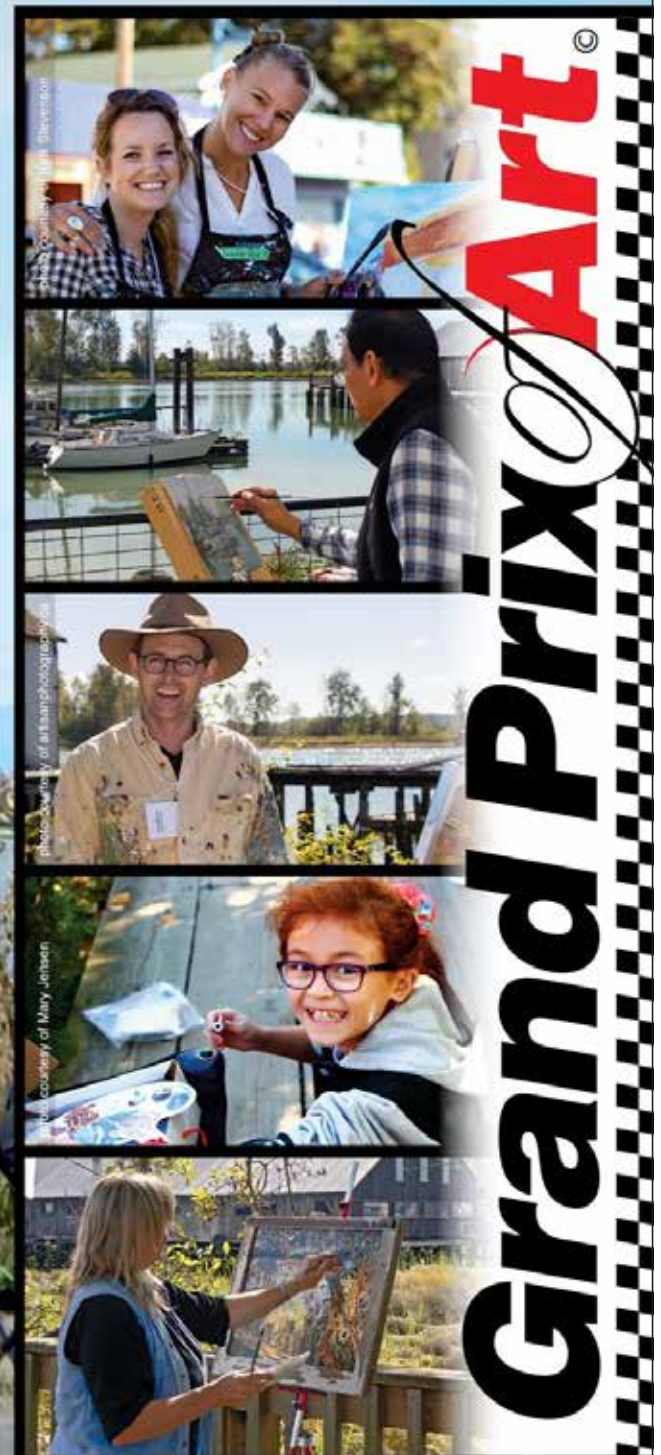
NOT-FOR-PROFIT

JULY 18 - 31, 2023

INTERNATIONAL ART COMPETITION

Artists compete
in Steveston

08-09



Artists from around the world will be visiting Steveston to participate in the Grand Prix of Art from July 22 to 23

Photos supplied

OUR CITY *Richmond*

'GOOD TO KNOW'

by Florence Gordon



Photo via gov.bc.ca

Adrien Dix
Minister of Health

Pharmacies offer new health program

A new online booking system operated by pharmacies in B.C. "Is an important step toward improving access to health care, while continuing to build a stronger public health-care system for all of us" says Adrien Dix. Check out the self assessment

medical coverage list to book an appointment with your pharmacist online (cont'd. on page 10). gov.bc.ca/seepharmacist

On July 4, ten couples embarked in a non-stop action-packed high-stakes adventure of a lifetime across Canada. They will compete for \$250,000, two 2023 vehicles and a trip around the world. Starting in Winnipeg then on to B.C. Derek and Jaspal made it through Episode 1 and 2.

Let's cheer them on, we'll keep you posted.



Photo courtesy City of Richmond



Photo via Bellmedia.ca

Amazing Race Canada

TWO RICHMOND MEN COMPETING

Derek Gottenbos and Jaspal Sidhu.

Your city at work – new transit shelters

2023 Richmond Capital Project

Locations of improved transit shelters:

- Blundell - No. 4 Road
- Garden City - Ferndale
- Garden City - Alderbridge
- Garden City - Cambie
- Odlin-Cambie
- Westminster Hwy. - Lynas Lane
- Nelson - Blundell

For more letstalkrichmond.ca/capitalprojects2023

Open call for Public Art selection panelists

Are you passionate about art in public spaces? If so, the city's Public Art Program would like to hear from you as it updates the Public Art Selection panelist pool for the next two years.

Selection panels are an integral part of the Richmond Public Art Program reviewing artist proposals and making recommendations on public art projects. This Open Call is to renew the program's pool of eligible people who can be called upon to serve on selection panels from January 2024 to December 2025. Artists, arts professionals, community members and other interested persons who reside in Richmond or Metro Vancouver are invited to apply.

Up to 100 individuals (aged 19+ years) will be selected, with priority given to Richmond residents and those who self-identify as a member of an equity-seeking and/or under-represented community.



Photo courtesy City of Richmond

The 20-foot sculpture, Fraser Giant by Henry Lau and Dave Geary, at City Hall.

Roster selection panelists who are invited to take part in an artist selection process will receive an honorarium between \$100 and \$300. The deadline to apply is Sept. 28, 2023.

Details and an application form can be found at richmond.ca/culture/publicart/opportunities

For further information, call 604-247-4612 or email publicart@richmond.ca

Initiative launched to help local seniors find housing

By offering a variety of Seniors Community Support Services, local charity Richmond Cares, Richmond Gives (RCRG) works to promote healthy, active aging, with the goal of keeping older adults independent and in their own homes for as long as possible.

For many seniors, however, the very idea of "home" is becoming increasingly unstable. A lack of safe, affordable housing, coupled with the rising cost of rent and the threat of eviction, means a growing number of older adults are at risk of becoming homeless.

To help address this issue, RCRG has joined the SHINE program (Seniors Housing Information and Navigation Ease).

Funded by the BC Ministry of Health and Ministry of Mental Health and Addictions, and led by the Seniors Services Society of BC, SHINE is a province-wide initiative designed to facilitate timely access to and navigation of appropriate housing services and supports for seniors.

"SHINE addresses key bottlenecks in the provision of housing, and the delivery of health and human services," says Ed Gavsie, president and chief executive officer of RCRG. "By streamlining the process of finding and accessing community supports, the initiative will help older adults maintain a higher quality of life."

Here in Richmond, the SHINE program will build on RCRG's Seniors



Photo courtesy Richmond Cares, Richmond Gives

Local charity Richmond Cares, Richmond Gives has joined the SHINE program, a province-wide initiative created to help seniors navigate housing services and access community supports.

Community Connections service, through which trained volunteers help older adults access community resources and apply for government benefits.

As a SHINE partner, RCRG will receive additional funding to assist seniors with housing navigation, and to connect them with a wide range of other supports, whether related to mental health, addictions, food security, financial aid, or another area.

"When it comes to information & referral, RCRG has longed served as a bridge, providing seniors with barrier-free access to Richmond's vast network of community services," says Gavsie. "Until now, though, that bridge has been a single-lane footpath. With SHINE, it's poised to become a multi-lane highway, with the capacity to serve more seniors more efficiently."

For more information on the SHINE program, which will be rolled out in the coming months, contact Carol Dickson, RCRG's Manager of Seniors Community Support Services, at 604-279-7020 or cdickson@rcrg.org

Richmond Cares, Richmond Gives (RCRG) is a registered charity that serves as a hub for volunteering and giving. RCRG is also a direct service provider, operating a Child Care Resource & Referral Centre, the Richmond Christmas Fund, and a variety of Seniors Community Support Services. rcrg.org

Kwantlen St. Market returns to Richmond

By **SAMUEL CHENG**
Reporter

Working in the agricultural industry and growing your own fruits and vegetables are not hobbies of an elderly retired individual.

At the Kwantlen St. Farmers Market located at 7000 Minoru Blvd, right next to the Minoru Public Library, residents can be expected to find fresh farm produce and products offered by the Kwantlen Polytechnic University (KPU) students.

The market is primarily run and operated by KPU students who are currently enrolled in obtaining a bachelor's degree through the department of sustainable agriculture and food systems within the institution. Through the program, the students will be able to learn organic farming practices hands-on at the KPU farms located on Garden City Road.

Additionally, this program encourages the students to place more emphasize on the business side of things as well, from how to manage a small farm from the backstage to interacting with customers face to face in everyday sales.

Since then, the market has evolved from a buy-sell farmer's market to an exciting and engaging community event full of local farm products, music, as well as activities for children and families. It is the sense of community and bond revolving around food that truly makes this event unique and special.

Children are more than welcomed to participate and join this part of the fun. Every child will be given a "passport" at the kid's activity centre booth where they will be able to collect stamps along the way. They will be able to explore, learn and document new kinds of fruits and vegetables that they have come across.

The activities bring out the creativity from within every child while providing a fun, interactive and immersive experience while educating them about how and where the different foods on their dinner table come from. Diminishing the traditional and outdated images of farmers and growers as we move into a new era is critical as well.

The Kwantlen St. Market is a token of tribute to Richmond's rich farming and agricultural history. From the early settlers that farmed in Rich-



Photos courtesy Kwantlen St. Farmers Market

Corn on cob, kale and other fruits and vegetables can be purchased on site.



mond to immigrants that fished in Steveston, the agricultural practices above, remain popular today. Additionally, the food processing and restaurant business has reaped the benefits of our farming community.

Aside from the students that are actively participating in the market, home gardeners and local green thumbs are also welcomed to partic-

ipate and take part in selling their fruits, vegetables, herbs and flowers. Vendor applications are required to be filled out and the market will be in touch to confirm further details.

The Kwantlen St. Market will collect 15 per cent donation of total sales from the vendors, which will go towards Kwantlen Student Association (KSA) food bank. The KSA food bank is an emergency food relief for current KPU students. The program is available for students across the Richmond, Langley and Cloverdale campuses. Eligible students are eligible for one food hamper every two weeks.

The market is open every Tuesday from 12 p.m. to 4 p.m. until Nov. 14. Be sure to visit and check out the farmer's market to support the students and local vendors while picking up fresh farm produce and products along the way.

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OUR COMMUNITY NEWS

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Google Play Store.

Richmond RCMP and MCFD join forces

Richmond RCMP and the B.C. Ministry of Children and Family Development are pleased to announce the rollout of the Youth Partnership Car known as Yankee-30.

The Yankee-30 Youth Partnership Car program began as a pilot project in January of 2023, and the program is now being implemented indefinitely due to its continuing positive impact for families in the community. Yankee-30 is a partnership in which police officers from Richmond RCMP's Youth Section work alongside youth probation officers from MCFD's Youth Justice Services and social workers from MCFD's Child Protection Services.

Yankee-30 operates in similar fashion to the already established Mental Health Car, Fox-80, which pairs police officers from Richmond RCMP's Vulnerable Persons Unit with psychiatric nurses from Vancouver Coastal Health. Where Fox-80 focuses on mental health issues, Yankee-30's focus is to identify and support Richmond youth, aged 12 to 18, who are at risk of harm due to their behaviour, vulnerabilities and/or exploitation. By coordinating the efforts of both Richmond RCMP and MCFD, it is believed this partnership will offer a better, more collaborative response to the challenges facing vulnerable youth in our community.

Officer in charge of Richmond RCMP, Chief Superintendent Dave Chauhan said, "We are very excited to enter into this partnership with MCFD. This collaborative approach to identifying and supporting the most vulnerable young people in our community offers an opportunity to connect with them, their families and support structure, and hopefully, will lead many of them away from criminal and sexual exploitation, and conflicts with the law later in life."

"To a young person who is struggling it can be tremendously meaningful to know that someone cares and is checking on their safety and providing information, resources and supports such as mental health and substance use treatment options," said Minister of Children and Family Development, Mitzi Dean. "Connecting with youth in this way can help support them in making



Photo courtesy Richmond RCMP

The Richmond RCMP in collaboration with the BC Ministry of Children and Family Development have announced the rollout of Youth Partnership Car, Yankee-30.

positive choices and we are so pleased to work with Richmond RCMP in this program that's already making a difference for vulnerable youth in Richmond."

"Keeping our community safe and healthy is a high priority," said Mayor Malcolm Brodie. "The Yankee 30 program provides an important resource for youth in Richmond. It shows how partners can successfully work together to create an integrated, collaborative response that supports the unique needs of our younger residents. Its continuation not only reflects the success of the pilot, but is consistent with the Strategic Priorities in the City's upcoming Youth Strategy."

"Richmond RCMP has set the strategic goal of making Richmond the safest city in Canada," said Chief Supt. Chauhan.

Get ready for your Summer Adventure

BLUNDELL CENTRE

SHOP AT BLUNDELL BEFORE YOUR TRIP
42 stores to stay cool and hydrated!
Located at Blundell & No 2 Road

Asphalt Paving Advisory

April 15 to October 31, 2023

The City of Richmond has contracted BA Blacktop Ltd. to grind and pave the following locations in Richmond **from April 15 to October 31, 2023.**

PROPOSED 2023 PAVING LOCATION DETAILS

12000 Westminster Highway (No.5 Rd – MOTI) – including the No.5 Road Intersection
9000 Block Cambie Road (Garden City Road – No.4 Road) including both intersections
10000 Block No.6 Road (Steveston Hwy – Triangle Rd) including both Intersections
11000 Block Shell Road (Steveston Hwy to Hammersmith Gate)
Cambie Road (No.5 Road to Jacombs Road)
10000 Block Wilkinson Road (No.4 R – Swinton Crescent) – both intersections included
12000 Block Steveston Highway (No.5 Rd to MOTI) – No.5 Road Intersection included
4000 Block Francis Road (No.1 Rd to Lancelot Gate)
5000 Block Garden City Road (Westminster Highway to Lansdowne Road) – both Intersections included PLUS MUP mill and Pave
11000 Block Shell Road (Steveston Hwy to Hammersmith Gate)
11000 Block Hammersmith Gate (Shell Road – Hammersmith Way)
River Road (No. 3 Road – Charles Street)
22000 Block Westminster Hwy (MOTI – Mclean Avenue) including Mclean intersection
9000 Block No.5 Road (Seacliff Road to Kingsbridge Drive) – Williams Rd and Kingsbridge Drive intersections included
8000 Block No.3 Road (Francis Road – Blundell Road) – Both intersections included
2000 Block Viking Way (Bridgeport Rd – Vulcan Way) – includes Vulcan Way intersection
3000 Block Jacombs Road (Cambie Road to Bathgate Way) – Both intersections included
13000 Block Bathgate Way (Sweden Way – Jacombs Road) – both intersections included
4000 Block Boundary Road (Westminster Hwy to Thompson Gate including Thompson Gate intersection
No.6 Road (Cambie Road to Bridgeport Road)
18000 Block River Road (No.8 Road to Nelson Road)
Douglas Crescent + Wellington Crescent + Wellington Avenue + Handley Avenue + Catalina Crescent + Anson Avenue
11000 Block Steveston Highway (Shell Road to Coppersmith Place)
River Drive – West bound lane only (No.4 Road to Van Horne Way)
3451 Blundell Road – Vibration Complaint
4480 Williams Road – Vibration Complaint

Work hours will be 7:00 a.m. to 10:00 p.m. on weekdays, and 7:00 a.m. to 8:00 p.m. on weekends. Night time work hours will be from 7:00 p.m. to 5:00 a.m. (typically).

Traffic will be reduced to single-lane and there may be temporary lane closures. Delays may occur. The use of an alternate route is strongly encouraged.

This work is weather dependent and dates are subject to change without notice.

The scope of the advertised work may be adjusted or cancelled in line with available funding.

Questions may be directed to Wasim Memon, Supervisor, Engineering Inspections, at **604-276-4189**, or visit the City's paving program web page at <https://www.richmond.ca/services/rdws/projects/construction.htm>.



Screen grab from Google Maps

A poppy engraved road sign of Craig Court.

In honour of our soldiers: Douglas Earl Craig

By **SAMUEL CHENG**
Reporter

In a series of Richmond's 'poppy' street signs in memory of our fallen soldiers, we share the story of Craig Court.

April 29, 1917 marks the day of the birth of Douglas Earl Craig. His birthplace is unknown; however, he has been a resident of Richmond since his youth.

Craig was an active sport enthusiast, playing many sports during his time at the Richmond High School. He was also an avid participant at the Brighthouse United Church, where he joined and took part in the Young People's Society.

Craig quickly built up his reputation amongst the younger generation in the four years that he studied and resided in Richmond. His popularity grew before moving to Saskatoon to work in a radio station.

From there, Craig enlisted in the Royal Canadian Air Force and was commissioned to be a corporal with the No. 11 Bomber Reconnaissance Squadron, stationed in Dartmouth, Nova Scotia.

In 1941, Craig was sent out to perform a search for a missing aircraft. However, due to bad weather, Craig's aircraft struck a radio mast on Sable Island, Nova Scotia. Craig, along with four other members of the Royal Canadian Air Force were pronounced dead.

He was survived by his sister, Mrs. Norman Gregory, who resided on Lulu Island at the time of the tragedy. Craig's remains and ashes were sent back and buried at Woodlawn Cemetery in Saskatoon, Saskatchewan.

To commemorate Craig's service for our nation and his time in Richmond, the city council has decided to name a road—Craig Court in the honor of Douglas Earl Craig.

Today, Craig Court can be found located near the intersection of No. 4 Road and Bridgeport Road.

Camryn homecoming to Canadian Championships

Camryn Rogers became even more of a world traveler this year, her first as a women's hammer throw professional, but home remains where the heart is for the fast-rising 24-year-old from Richmond.

That's why the Canadian record holder and silver medalist from the 2022 world championships is eagerly anticipating letting the metal ball fly from the familiar McLeod Stadium circle at the Harry Jerome Track Classic on July 14 and at the Canadian championships two weeks later at the same site.

"I'm so excited," the personable Rogers said on a Zoom call on Wednesday ahead of first appearance at the Jerome. "Harry Jerome having such a historical significance in our community and to represent (Richmond) Kajaks (track club) and women's hammer throwing is an incredible opportunity."

"Growing up watching the meet and to finally be able to participate. I remember watching when I was younger and just thinking to myself 'Oh, I hope one day I'll be able to compete there.' And now having a chance to do that, it's going to be a lot of fun. Having familiar faces, being able to see people from home, it's going to be one of those really fun, awesome experiences that I can't wait to have."

One of those familiar faces will be her mom, Shari, who raised Camryn mostly on her own. Too nervous to keep an eye on Camryn from the stands when she's in the circle, Shari ducks her head and clutches a cherished necklace her daughter gave her 17 years ago.

"I always hold it and hope she can feel my energy," Shari told CBC Sports at last year's worlds.

Rogers competed at McLeod Stadium while a high school athlete before going on to become a three-time NCAA champion at the University of California. She surprised many with a fifth-place finish at the Tokyo Olympics in 2021 as the youngest thrower in the field.

She finished second at worlds the following year in Eugene, Ore., before capturing gold at the 2022 Commonwealth Games in Birmingham, England.

This spring, she twice bettered her own Canadian record with throws of 77.84 metres and 78.62 metres in California. Then she competed twice in Poland and twice in Finland in June, winning twice and finishing second twice with throws between 76.21 and 77.62 metres.

At Tokyo and Birmingham, she relied on Athletics Canada staff for logistical help. This year she was basically been on her own in Europe.

"It's been really nice to have the experience of going to so many different kinds of meets. It helps to know what to expect for the coming years ... and to realize how you operate when you're traveling alone, when you're finding information by yourself at these meets. It's been a great year for learning and growing. I feel like I've changed so much as a



Camryn Rogers returns to represent Richmond.

Photo courtesy Harry Jerome Classic

person and as an athlete."

Rogers is coming off a throw of 76.95 metres in rainy, cool conditions at Edmonton on Sunday and feels like little changes she's made in technique while striving to maintain her power and energy will lead to big throws in the future.

Knowing that there's still so much more that I have left to learn, and also accept that I need to learn, is just part of the process. It really is just the beginning of my professional career.

— Camryn Rogers

"I've been working really hard in training and I feel like this year has been very consistent," said Rogers. "I feel like there could be some good throws next weekend."

Between the Jerome, nationals and the World Athletics championships in Budapest in August, could a throw of 80 metres, which world champion Brooke Anderson of the U.S., hit for the first time on May 20, be in the offing?

"The 80-metre barrier is huge, a monumental achievement for a female hammer thrower," says a beaming Rogers. "It's something only three women in the history of the sport have ever done. Knowing I'm now closer to 80 than I am to 70 is something that helps fuel the fire of wanting to keep pushing and pushing and pushing and see how far I can throw."

"World championships is going to be crazy, going to be insane. Potentially, all three women who have thrown over 80 metres are going to be there, which is going to be incredible and is going to add to the energy and excitement. As someone who loves high-energy competitions, I can't wait to be in there and fighting for that podium."

As the youngest of the world's elite throwers, Rogers also knows that time is on her side. Many don't hit their peak until their late 20s and early 30s.

"Knowing that there's still so much more that I have left to learn, and also accept that I need to learn, is just part of the process. It really is just the beginning of my professional career."

"There's way more time to continue pushing, developing and building something to be really proud of. That makes me even happier to know there's a lot ahead of us."



Travellingbrush.com presents
Grand Prix of Art

www.grandprixofart.com

Event Map



Event Schedule Saturday, July 22, 2023

- 10:00am: Artists begin painting in the three-hour art race
- Noon: Artisan Market opens in the Festival Field at Britannia Shipyards (Demonstrations, Food Trucks, Shopping, and Live Music)
- 12:30pm: **Nikita Alfonso** at the Tourism Richmond Artisan Festival Stage
- 1:00pm: Artists return their work to Britannia Shipyards for display, and enjoy lunch at the artist's picnic
- 1:00pm: **Crabgrass** performs at the Artist Picnic Area
- 2:00pm: Silk Screen Demonstration by **Tina Ozols** at the Artisan Market
- 2:30pm: **Blue Dirt Girl** performs at the Tourism Richmond Artisan Festival Stage
- 2:30pm: RBC Artist Award Ceremony at the Artist Picnic Area
- 3:00pm: Penta Builders Group **Artist Exhibition** Opens. Cast your vote for the People's Choice Awards
- 4:30pm: Artisan Market closes
- 5:30pm: Exhibition closes

Sunday, July 23

- 10:00am: Penta Builders Group **Artist Exhibition** Opens
- 2:00pm: **Maira Chicillo** performs in the Seine Net Loft
- 3:30pm: People's Choice Award and Closing Ceremony
- 4:00pm: Artwork pick up

LOCATIONS

1. Gilbert Beach Park
2. London Heritage Farm
3. London Landing - Boat Launch
4. London Landing - Public Pier
5. Richmond Camp - Boat Yard
6. Richmond Camp - Dock Boat Launch
7. Paramount Shipyards - Boat Launch
8. Britannia Shipyards - Chinese Bunkhouse
9. Britannia Shipyards - Boat Yard
10. Britannia Shipyards - Site Office
11. Britannia Shipyards - Richmond Boatbuilders
12. Murakami Boatworks
13. Britannia Shipyards - Dock East
14. Britannia Shipyards - Dock West
15. Seine Net Loft - Riverfront Dock
16. Seine Net Loft - Dockside
17. Phoenix Net Loft - Viewpoint
18. Phoenix Cannery - Interpretive
19. Phoenix Cannery - Interpretive Centre Phoenix Pond at Imperial
20. Imperial Cannery - Boardwalk
21. Brunswick Cannery - Pump House
22. Steveston Park - Tram Station
23. Riversong Landing - Bayview
24. Marine Garage - Moncton
25. Steveston Landing - Fisherman's Wharf
26. Steveston Harbour - Boardwalk East
27. Steveston Harbour - Boardwalk West
28. Gulf of Georgia Cannery - Bayview
29. Gulf of Georgia Cannery - Park
30. Gulf of Georgia Cannery - Moncton
31. Cold Fish Seafood Company (SHA)
32. Ole' Can Fish Co - Dock (SHA)
33. Kuno Japanese Garden, Garry Point Park



File photo by Chung Chow
The Grand Prix of Art is returning to Steveston for the thirteenth time.

13th Annual Grand Prix of Art

By MATTHEW CHEUNG
Reporter

The Grand Prix of Art will be returning for its 13th Annual Event July 22 to 23. Over 130 artists of different skill levels will be given one of 33 different locations to paint. Locations range across the Steveston waterfront, from London Landing to Garry Point Park. Participants will have exactly three hours to paint the scenery location that they have been given. The event will begin on July 22, at 10 a.m. where contestants will check-in prior to journeying to their spot. Once the race has been completed, paintings will be brought to the Britannia Heritage Shipyards National Historic Site. On July 23, all 130 paintings will be put on display for all to see between the hours of 10 a.m. to 4 p.m. Paintings can also be purchased.

In 2010, Mark Glavina partnered with the City of Richmond to host the inaugural Grand Prix of Art. With hopes to support the community, the event was also sponsored by Travelling Brush, a community first event.

"The event was designed to help, promote, and support working artists, particularly working in the genre of Plein-Air painting. Part of this support is to help artists develop important connections with other artist and the larger community as well as to advocate for alternative ways of supporting the creative community: celebrating these amazing individuals like we do other cultural celebrities. Each year the Grand Prix of Art puts \$10 to \$20 thousand directly into the pockets of artists," said Mark Glavina, organizer of the Grand Prix of Art.

Mark grew up in Richmond and studied graph-

Dan really started this wave of events with a similar event in Qualicum 30 plus years ago and encouraged me to do it here in Steveston. In Dan's honour, we named the Masters Category Trophy the 'Dan Gray Cup', a coveted award.

– Mark Glavina

ic design and illustration at Capilano University, in 1997 he opened the Phoenix Coastal Arts, and then Phoenix Art Workshop to offer art classes to the community. In 2005, Glavina took a few of his students to Cuba to visit the country for its arts and culture, since then the Travelling Brush has visited Cuba, Croatia, Italy, and Guatemala.

The Grand Prix of Art event was inspired by an iconic artist in Qualicum named Dan Gray who constantly painted every day of the year. Inspired by this practice, Mark Glavina, a painter himself

decided to organize an event where artists could come together to paint in a race against time.

"Dan really started this wave of events with a similar event in Qualicum 30 plus years ago and encouraged me to do it here in Steveston. In Dan's honour, we named the Masters Category Trophy the 'Dan Gray Cup', a coveted award," said Glavina.

There will be three categories for artists to compete in; Youth, Open, and Masters. The community is also invited to visit the Grand Prix of Art on race day and enjoy a nice bike ride to the sites as artists compete. Included in the days' activities at the Britannia Heritage Shipyards, there will also be food trucks, artists markets, and live music performances for people of all ages to partake in.

"Britannia is our host location where visitors can enjoy live music, a made by hand artist market, and demonstrations. There will also be colouring book stations and printmaking stations. Exhibition of completed paintings are opened to the public after the award ceremony from 3 to 5:30 p.m. and (will) continue onto Sunday, July 23 from 10 a.m. to 4 p.m.," said Glavina.

The Richmond Bike Lock will also be on-site at the Britannia-Heritage Shipyards for individuals who will be travelling to the venue by bike. Similar to a coat-check, bikers can check in their bike and will be given a claim stub, once the event is over bikers can pick up their bike at the same location.

To learn more about the Phoenix Coastal Arts visit phoenixartworkshop.com

To learn more about the Grand Prix visit grandprixofart.ca

•matthewc@richmondsentinel.ca

BC pharmacists' appointment system 'goes live'



Minister of Health, Adrian Dix .

Photo via Wikimedia Commons

By FLORENCE GORDON
Contributing writer

The pharmacists' expanded practice is an action from B.C.'s Health Human Resources Strategy. Announced on Sept. 29, 2022, the strategy focuses on 70 actions to recruit, train and retain health-care workers, while redesigning the health-care system.



Photo via Wikimedia Commons
B. C. Premier, David Eby.

On June 1, 2023, the BC Government expanded the pharmacists' scope of practice that would allow a pharmacist to prescribe for 21 minor ailments and contraceptives. As of June 27, 2023, more than 25,000 people have seen a pharmacist for an assessment.

"New hospitals and clinics will help meet people's health-care needs over the long term, but we are also taking action today to make it easier for people to access the care they need now," said Premier David Eby. "People will be able to book an appointment online

to see a pharmacist. This is a major step toward getting the health care you need, on your schedule, and in your neighbourhood." news.gov.bc.ca/releases (June 28, 2023)

You can go online to gov.bc.ca/seeapharmacist and check a self-assessment list to see if you qualify and then book an appointment to see a pharmacist through a new provincial online booking system or you could drop by and talk with your pharmacist. Here's a sample list: allergies, cold sores, fungal infections, heartburn, hemorrhoids, headaches, impetigo, indigestion, itching (including bug bites), menstrual pain, mild acne, nicotine dependence, oral fungal infection (thrush), oral ulcers (canker sores), pink eye, shingles, sprains and strains, skin rash, threadworms or pin worms, uncomplicated urinary tract infection, vaginal candidiasis (yeast infection). Also included in the program, pharmacists can prescribe several types of contraception.

If you went online to book your COVID-19 and influenza vaccinations, this booking program is a somewhat similar idea. Through the new online booking system, you can first check the list provided, see if your ailment comes under the pharmacist's care and then you can choose an available appointment time at a nearby pharmacy. Appointments can also be made by calling or visiting a pharmacy as well as, walk-in service without an appointment is available at some pharmacies. The service is free to B.C. residents with a Health Care Card.

"When the pharmacists became available to assess minor ailments, they provided care to thousands of people in B.C. who are in need of this service," said Adrian Dix, minister of health. "The high uptake not only demonstrates the value of the service of pharmacists to the public but also the continued dedication of pharmacists to their patients' care. The online booking system will make it even easier for people to book an appointment with a pharmacy and is an important step toward improving access to health care, while continuing to build a stronger public health-care system for all of us."

On April 1, 2023, the province implemented universal coverage for more than 60 commonly used birth-control methods, including oral contraceptives, copper and hormonal intrauterine devices (IUDs), implants, hormonal injections and the morning-after pill. British Columbia is the first province in Canada to provide free contraceptives.

Suzanne Solven, registrar and chief executive officer, College of Pharmacists of B.C. said that "The launch of a provincial booking system will provide people in B.C. with increased access to health care through a consultation with a community pharmacist. The college is proud to have partnered with the Ministry of Health to bring an expansion of pharmacists' scope of duties for the betterment of all residents of B.C."

Chris Chiew, president, B.C. Pharmacy Association said that "Pharmacists are pleased to see this system in place. It makes it easier for people in B.C. to quickly find a pharmacy to get a prescription for contraception or a minor ailment like pink eye or a simple urinary tract infection. Pharmacists are here to support patients needing convenient access to care."

As part of the health care strategy, the province is also implementing support to help more family doctors start up a medical practice or to continue their practice; adding more post-secondary training opportunities for doctors, nurse practitioners, nurses and allied-health professionals. This strategy will also include making it easier for internationally educated health professionals to enter B.C.'s health-care system and add more support for people living in rural, remote and First Nations communities.

For information about B.C.'s Health Human Resources Strategy, visit: news.gov.bc.ca/releases/2022HLTH0059-001464



Photo via bcpharmacists.org

Suzanne Solven, registrar and chief executive officer, College of Pharmacists of B.C.



Photo via LinkedIn

Chris Chiew, president, B.C. Pharmacy Association.

Steveston couple takes on Cypress Challenge

By MATTHEW CHEUNG
Reporter

A couple from Steveston will be participating in the BC Cancer Foundation's annual pancreatic fundraiser event. Chelsea and Giovanni Martorella will be participating in the annual Capilano Volkswagen Cypress Challenge on July 30.

It all started in 2015, when Chelsea had experienced a pancreatic cancer scare. She had been experiencing stomach pain and decided to go to the doctors expecting it to be an ovarian issue she had experienced before. To her surprise the pain had been caused by a mass on her pancreas. With only a 10 per cent five-year survival rate, pancreatic cancer is one of the deadliest forms of cancer. Fortunately, further testing showed that the mass was non-cancerous, but would still require parts of her pancreas and spleen to be removed.

"I honestly don't want anyone to ever have to go through that diagnoses," said Chelsea. Chelsea since then, has recovered from those surgeries, is healthy, and returned to being a mother of three.

From this experience, Giovanni wanted to give back to the foundation when he stumbled across the Cypress Challenge, the perfect way for him to combine his love for cycling with a cause he was passionate about. This year will be Giovanni's fifth year participating in the challenge, and Chelsea's first time participating.

"I have enjoyed cycling ever since I was a kid. I really enjoy the challenge of pushing myself physically and enjoy the camaraderie of riding with fellow cyclists. One of the best parts of cycling is that you can cover a lot of ground quickly, but you are able take in so much more of the world around you when you are on two wheels, as opposed to in a car," said Giovanni.

"I have wanted to attempt the Cypress Challenge for a few years now but have not felt as though I had the fitness level required to take on such a climb. However, since joining Steveston Velo last year, I have been riding more frequently, increasing my endurance and fitness. When I found out that the ride this year is on my birthday (July 30) I thought that this was my sign to give it a go this year," said Chelsea.

For individuals who are currently going through what the Martorellas are, the couple advises to remain grateful for all the little joy filled parts of your day and



Photo courtesy BC Cancer Foundation

Chelsea and Giovanni will compete in the Capilano Volkswagen Cypress Challenge on July 30.

to live in the moment. "Even in the hard times, try to remain grateful for all the little joy filled parts of your day. Try to slow down and be present in every moment and focus on life's happy surprises. Surround yourself with people you love, and cherish the time you get to spend with them. Most all, try to stay positive," said Chelsea.

For more information and to support the Martorella's in fundraising for a cause important to them, visit cypresschallenge.ca/participant/199/153/

•matthewc@richmondsentinel.ca

S.U.C.C.E.S.S. help line supports Ukrainian arrivals

S.U.C.C.E.S.S. has launched a dedicated help line in B.C. to support Ukrainian arrivals from the war-torn country who are settling in the province.

Our Ukrainian Help Line service is now available 10 a.m. to 8 p.m. on weekdays and 10 a.m. to 5 p.m. on weekends to serve the Ukrainian-speaking community, particularly newcomers to the province who arrived under the Canada-Ukraine Authorization for Emergency Travel (CUAET) program. Services are available by calling 1-888-721-0596 Ext. 5. Since the CUAET was established, more than 164,000 Ukrainians have arrived in Canada—more than 11,000 of these to B.C.—and more than 775,000 applications have been approved.

"More than 164,000 Ukrainian arrivals have landed in Canada since March 17 and over

one million applications were received from others waiting to travel," said S.U.C.C.E.S.S. chief executive officer Queenie Choo. "Our Ukrainian Help Line is another way to ensure person-centered, wrap-around support services are available for newcomers to Canada, especially those facing the additional hardships of fleeing war in their home countries."

S.U.C.C.E.S.S. Help Lines were initially founded in 2002 and last year celebrated 20 years of serving clients in need over the phone. In fiscal 2022-23, our trained volunteers provided 9,000 hours of service answering more than 7,100 calls. S.U.C.C.E.S.S. currently operates five Help Lines with service in Mandarin, Cantonese, Korean, Farsi/Dari, and now Ukrainian.

S.U.C.C.E.S.S. held a public launch event for the new service at our head office in Vancou-

ver at 28 West Pender St. from 6 p.m. on July 4, with the Honorable Senator Yonah Martin, Consul General of Ukraine and City of Vancouver councillors among the attendees. This service is made possible thanks to our dedicated, trained Ukrainian-speaking volunteers. The support we received for this initiative was overwhelmingly positive.

Our Help Lines provide a safe and supportive environment for residents who are in need of mental health or social support but who experience language or cultural barriers to access services. Through our Help Lines, callers are bridged to appropriate community programs and supports. The Help Lines are supported by the S.U.C.C.E.S.S. Foundation charitable organization and the goodwill of our generous supporters and donors.

For more information, visit successbc.ca

OUR CITY *tonight*

SPOTLIGHT ON THE 80's, COCKTAIL, WINE



Photo courtesy Netflix Canada

THE MOVIE – WHAM!

They grew up best friends who started a band in their late-teens and somehow, during the bleak early 1980s in England, gained musical success quickly. From 1982-1986 WHAM! topped the charts all over the world with their fun, infectious pop songs. Now 40 years after the debut of their full-length album, Fantastic, Netflix gives us a detailed, behind-the-scenes look at George Michael and Andrew Ridgeley and their band. For those of us who came of age during that time, this movie will bring back many memories, and with audio commentary from both Ridgeley (who comes across as a good guy who, in the end, didn't want to stand in his dear friend's growing solo career) and Michael (who would go on to sell over 100 million records post-WHAM! but died far too soon in 2016 at age 53), we get a greater sense of what it must've been like to rise quickly in the fickle and at times ruthless music business. www.netflix.com



Photo courtesy Burrowing Owl Winery

THE GRAPE – CALLIOPE CABERNET MERLOT FIGURE 8 2020

For this selection we turned to media colleague and wine journalist, Ron Wilson, who is also the creator of a popular wine website called www.cheapandcheerful.ca. Wilson, who has an extensive knowledge of wine, has made it his mission to find delicious wines for under \$25 (and we can say from experience, thanks to him, we've enjoyed great wines for a lot less). For Spotlight his selection is a 2020, medium bodied, juicy blend of Merlot and Cabernet Sauvignon from Calliope (pronounced Cah-lie-oh-pea). Calliope is a relatively new label from the Wyse Family—founders of Burrowing Owl Estate Winery in Oliver B.C.

All of the grapes for this blend were hand-picked from vineyards in Oliver and Osoyoos. Ron Wilson says he chose this wine with its flavours of plums and berries and, as it is summer BBQ season, because it's a great wine to pour with steaks or burgers. www.calliopewines.ca



Photo courtesy Our City Tonight

THE SUMMER COCKTAILS – THE PARKER ROOFTOP

It's a welcome new addition to the Vancouver scene. The Parker Rooftop is located in the Parker Hotel (formally known as the Executive Vintage Park) at 1379 Howe St., Vancouver. Assistant GM, beverage manager (and someone who has been creating delicious cocktails for some time), Angus Porter provides us with two summer cocktails, perfect for sipping on their 9th floor Parker patios, or on your own patio at home. His choices are "The Temptress", an upscale, decadent cocktail with rose petal-infused gin, fresh coconut water and chocolate liqueur. His second offering is "The Mosaic", a cocktail—with a variety of blue, clear and violet colours—contains Victoria's own Empress Gin, ginger liqueur from France, ginger beer and fresh cucumber. www.parkerrooftop.com

If you watch sports in this country you know Jennifer

Jennifer Hedger is a Canadian television personality and the co-host of TSN's nightly sports news program SportsCentre. Hedger's first on-air experiences were with the London Ontario station for Rogers Television's show Plugged In and was also host of OHL Primetime during the 1998-99 OHL season.

In 2001, Hedger was chosen to be a part of U8TV: The Lofters, a Canadian reality show and then went on to make appearances on TSN's talk show Off the Record before joining TSN in 2002 as co-anchor of SportsCentre.

In addition to her TSN duties, Hedger co-hosted Olympic Daytime on CTV during the London, England 2012 Summer Olympic Games, and was the Whistler Host of Olympic Prime Time on CTV for the Vancouver 2010 Olympic Winter Games.

Today, Jennifer Hedger anchors the 10 p.m. ET edition of SportsCentre, providing viewers with the day's highlights from the world of sports. A mainstay on TSN since 2002, Hedger's popularity transcends sports and she is a fan favourite in both the sports and entertainment communities.

Our City Tonight (OCT) recently sat down via Zoom with veteran TSN sports anchor, Jennifer Hedger (JH).

OCT: You have been at TSN for over 20 years. What have you noticed is the biggest difference, obviously social media wasn't around when you started, but from your viewpoint, what do you see is the biggest difference today compared to when you started?

JH: I have to say a lot has changed, although some things have stayed the same. When I started at TSN having a woman hosting SportsCentre created some curiosity. Not that there hadn't been women before, but there wasn't anyone on the desk when I started. There were a couple women reporters, but it was kind of a novelty act to be honest. Now there are way more women in the busi-



Photo via bellmedia.ca

Jennifer Hedger, TSN SportsCentre co-anchor.

ness, which is awesome, and I would say too, not just women hosting sports. I think they've come a long way having women in roles as analysts and play-by-play, we see a lot more women in expertise roles and that never would've been the case twenty-one years ago when I started. That sort of evolution I think is great, especially for women who love sports, and women who want to be in the business that I am in.

The job itself and the sports media business is shrinking. We see that with cuts everywhere. It used to be a situation where you would go to school, then you would go to a small town, and you would work at a small station, do the highlights from the high school athlete of the week, and that's how you'd work your way up to be a national broadcaster. Those stations don't even exist anymore. You can't go to Dauphin, Manitoba and be the local sports girl because that station doesn't even have a sports department anymore. Things have also changed, as YouTube is now a way for people to find a way into sports. It is also a completely different path to get into the sports market and once you're there, you must do it all. You have to be on

Twitter, you have to be able to write, you have to be able to shoot your own stuff, and you have to be able to present on camera.

The business has changed so much, but the sports themselves, not so much when it comes to women's sports. As much as women are working in sports now, people still don't watch WNBA on a consistent basis as they don't have a national television deal in Canada. We don't have a professional women's soccer league in Canada, as they do in the US, and no professional hockey league in Canada which is crazy because some of the best women's hockey players are from Canada. So, I think as far as women's professional sports is concerned, we're still lagging behind.

OCT: It's interesting about how sports can bring a country together. I'm trying to think of the last time in professional sports where our country came together. For us, I think it was 2019 when the Toronto Raptors won the title that year. You mention women in sports, and they've given us lots to rally around in terms of soccer and hockey, do you have a special memory because you've covered a lot of events including the Olympics.

JH: I think we peaked with national pride in Canada 2010 at the Vancouver and Whistler games. I feel those Olympic Games did more for this country collectively. It brought us together as Canadians, and made us feel like we were all on the same team and pulling in the right direction. Jim, I don't think it's been that good since then.

Jennifer Hedger was awarded the 50th Anniversary Commemorative Award as a builder of Special Olympics Canada "Receiving the award was such a wonderful honour. I'm incredibly grateful to Special Olympics Canada and the amazing people I've met over the years. It made me reflect on how much I've learned during my time working with the organization and the important lessons that Special Olympics athletes have taught me about respect and equal opportunities." (bellmedia.ca July19, 2019)



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OUR CITY TONIGHT

Youth Leadership Program makes a positive impact

By MINNIE LO
Student Writer

Located at 5900 Minoru Blvd is the City Centre Community Centre, which offers a wide range of services to the community. Among its offerings are fitness centers, seniors' activities, youth activities, volunteering opportunities, community art displays, and facility rentals. Today, we are featuring the City Centre Community Centre's Youth Leadership program, which consists of six groups: Footprints, C-Change, BETA-U, Fearless, We're Here, and Inter-gen. These non-profit, student-run groups aim to positively impact the community by organizing public events while empowering youth. The program is managed by Kasie Kwok, the Youth Development Coordinator at City Centre Community Centre. Currently, there are 111 student volunteers involved in these six groups.

Footprints is an arts, culture, and music club dedicated to bringing creative ideas to life. With 31 members, they have successfully hosted four events in Richmond. One of their most popular events, "Winter Carnival," aimed to bring holiday fun to the community. It attracted 40 child registrants who had the opportunity to make friends, play games, engage in crafts, and enjoy the holiday season.

C-Change is a social justice and social change club that provides a platform for youth to explore social concerns and design projects to address them. They currently have 16 members and have hosted three events in Richmond. One notable event, "Lock In," encouraged youth to participate



Photo courtesy Kasie Kwok

We're Here New Years New Norms event.

in activities promoting wellness across five areas of life. Around 20 youths attended and improved their physical, emotional, mental, and intellectual wellness through activities such as spike ball, jeopardy, and arts.

BETA-U is a business and entrepreneurship club that empowers youth to transform their business ideas into real-life ventures. With 22 members, they have organized four events in Richmond. Their event "C4 Expo" provided an opportunity for youth to sell handmade items like crafts, tote bags, pottery pieces, and jewelry. The aim was to help participants gain business skills while making a meaningful contribution to the community.

Fearless is a women's empowerment club that focuses on empowering women to take on leadership opportunities. With 14 members, they have successfully hosted four events in Richmond. Their events revolve around promoting awareness

of an inclusive and diverse society for women, transgender individuals, and non-binary folks in the community.

We're Here is a club dedicated to promoting diversity, inclusion, and acceptance within Richmond's community through arts and events. They currently have 12 members and have organized three events in Richmond. One of their events, "Pride to the Top," was a "survivor"-style challenge aimed at spreading awareness about pride. Approximately 25 participants took part, and the winner received a gift card of their choosing.

Inter-gen is a club focused on fostering intergenerational connections and promoting positive aging. With 16 members, they have hosted four events in Richmond. Their seminars,

such as "Healthy Aging Advocates," teach people how to develop a positive attitude towards aging. They also provide opportunities for youth to connect with older adults through activities like drama game nights and art nights.

"City Centre's Youth Leadership Teams provides an opportunity for youth to explore their passions and interests that are aligned with their team's values," says Kasie Kwok, the Youth Development Coordinator of the City Centre Community Centre. "It allows youth to meet new friends, develop confidence, discover passions and build interpersonal and intrapersonal skills. Youth work alongside one another to plan events and activities that give back to the community."

To learn more about the City Center Community Center Youth Leadership group, visit, citycentrecc.ca/youth-leadership

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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.

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