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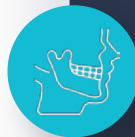
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Photo courtesy City of Richmond
City of Richmond Mayor Malcolm Brodie delivered annual address at Feb. 28, Richmond Chamber of Commerce event.

Mayor's vision for affordable, sustainable Richmond

The City of Richmond continues to make significant strides in housing affordability, business development, community safety, and sustainability Mayor Malcolm Brodie told business leaders at his annual address today.

Speaking at the Richmond Chamber of Commerce event, Brodie focused on some of the key initiatives and actions of the past year that have created an environment of economic stability and encouraged business investment across the city.

"Richmond has always been a civic leader as our City Council has enacted bold, innovative, sustainable programs and strategies for the benefit of our residents and businesses," said Brodie. "Although 2023 saw the economy experience stubbornly high inflation and interest rates, Richmond showcased an active year with a robust, stable economy."

The Mayor emphasized the importance of developing affordable and rental housing throughout the city, with over 1,000 townhouses and condominium units approved over the past year. Of these, almost 300 will be affordable rental units and nearly 200 permanently secured for market rental. A review of Richmond's Official Community Plan is looking at even more affordable housing options, especially in areas with strong transit connections.

On the business front, Richmond recently being named the region's Most Business-Friendly city reflects its robust economy and innovative approaches to industrial land use and development, Brodie said. The City's Resilient Economy Strategy and the Industrial Lands Intensification Initiative have spurred job creation and sustainable growth. Over 13,000 Richmond businesses currently employ around 125,000 workers across the city.

The Richmond Chamber of Commerce welcomed the Mayor's address and applauded his commitment to supporting local businesses and promoting economic development.

"This is the 13th consecutive year our Chamber has had the pleasure of hosting Brodie's Annual Address," said Shaena Furlong, president and chief executive officer of the Richmond Chamber of Commerce. "This tradition is very special for us now and we hear time and time again what a great opportunity it is for the employer community

to connect directly to the Mayor and Councillors at this event,"

Along with economic progress, Brodie told the audience of local business leaders and stakeholders that community safety and preparedness remain priorities for the city. "The effort to keep the residents and businesses safe utilizes our responsive infrastructure as well as our investment in emergency services. The Mitchell Island Fire Prevention Taskforce and the new Community Policing Office in Hamilton are notable efforts towards ensuring a safe environment for residents and businesses alike," he said.

A cornerstone of Richmond's vision is sustainability, with the city's innovative Circular City Strategy leading the way towards a zero-waste future. "Our progress in water conservation, green transportation, and the Lulu Island District Energy program exemplify Richmond's commitment to reducing its carbon footprint and embracing renewable energy," said Brodie.

Building a vibrant, inclusive community through expanded child-care services, youth engagement, recreational programs, and cultural events are further examples of the city's ongoing efforts to navigate challenges and seize opportunities for a brighter, more sustainable future. "The 'Richmond Stories' video series and the city's active social media presence continue to play vital roles in connecting and engaging with residents, while promoting Richmond's rich history and diversity," said Brodie.

"The many achievements during 2023 will ensure that Richmond remains a safe and resilient city and improve the civic environment and quality of life for all," he said. "We are confident the future of Richmond will remain strong for future generations."

The annual event also provided an opportunity for attendees to network and connect with other business leaders and community members. The Richmond Chamber of Commerce expressed its appreciation for the support of the event sponsors, who helped make the luncheon a success.

A copy of the 2024 Mayor's Annual Address is at richmond.ca/MayorsAddress. A video will also be available online in the coming days. For further details on the initiatives highlighted in the address, visit the City of Richmond's website.

Counterflow changed at George Massey Tunnel

People using the George Massey Tunnel on Highway 99 are advised of a change to rush-hour counterflow operations that began on Monday, March 11, as the Ministry of Transportation and Infrastructure upgrades the system.

The existing electronic lane-control system will be offline for four weeks beginning March 11 and will be replaced with manual counterflow operations.

During peak commuting times, traffic-control crews will manually install the counterflow using a combination of traffic-control vehicles, traffic-control personnel and traffic devices, such as cones and barriers, to safely guide traffic using the tunnel.

The manual counterflow will be in place from approximately 5:45 until 9:30 a.m., and 3 until 6:30 p.m. on weekdays, the same time windows currently in place.

To complete the change to the new system, full overnight closures of the tunnel and approaches will take place from April 4 until April 8. Closure de-



File photo

On March 11, the existing electronic lane-control system was switched offline for a four week period and replaced with manual counterflow operations.

tails and detours will be announced later in March.

During this period of manual counterflow operations, drivers are asked to use caution, obey

the posted speed limit, watch for traffic-control personnel and check DriveBC for updates: DriveBC.ca

Richmond opens call for 2024 U-ROC Awards

The City of Richmond is pleased to announce that nominations for the 2024 U-ROC (Richmond Outstanding Community) Awards are now open until Tuesday, April 2.

These awards recognized the contributions of youth who have positively impacted their community, youth who have overcome barriers as well as adults who have provided support and mentorship to Richmond's youth.

Two nomination categories are available, and submissions should highlight contributions made throughout 2023:

Outstanding Youth – Youth who display exceptional qualities, make Richmond a better place and overcome barriers towards their personal success in their areas of mentorship, resiliency, and contributions to communi-



Photo courtesy City of Richmond

Nominations for the 2024 U-ROC Youth Awards is now open until April 2, 2024.

ty, leadership or teamwork.

Asset Champions – Adults who support youth in the community by building developmental assets through advocacy, youth programming mentorship, youth engagement or community support.

The online nomination form and more information can be found at richmond.ca/Youth. Submissions will be accepted until 11:59 p.m. on Tuesday, April 2.

Award recipients will be recognized and celebrated at the U-ROC Awards event, being held during BC Youth Week, which takes place, May 1 to 7, 2024.

For more information on:

- The U-ROC Awards, email

YouthServices@richmond.ca

- BC Youth Week, visit BCYouthWeek.com

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In honour of our soldiers: Arne William Greenland

By **SAMUEL CHENG**
Contributing writer

In a series of Richmond's 'poppy' street signs in memory of our fallen soldiers, we share the story of Greenland Drive and Greenland Place.

Arne Greenland, formally known as "Greenlund", was the son of a Finnish immigrant family. The family immigrated to Alberta prior to 1906 and moved to Richmond 13 years later.

Little Greenland was born in Wetaskiwin, Alberta on June 10, 1906 to a father who eventually moved to Richmond and became a farmer on 419 Nelson Road and to a mother whose information was not disclosed in the files.

Greenland went on to complete grade nine education and eventually settled on a career of a fisherman. He purchased his very own fishing boat and got married.

When his wife was seven-months pregnant, the first tragedy rained down on the family when Greenland's wife tried to start a primus stove in the cabin of their boat. To her surprise, the stove exploded and the poor pregnant wife was caught



Screen grab from Google Maps

A poppy engraved road sign of Greenland Drive.

in the flame. Greenland, who was at the stern of the boat casting his net, rushed into the inferno in attempt to save his wife.

After countless unsuccessful attempts of trying to drag his wife out of the fire, Greenland was finally able to get his wife to safety with the help of the Dominion Fisheries Patrol. The pregnant wife was in critical condition and was rushed to the hospital immediately.

She suffered a varying degree of burns and died shortly after the unfortunate incident. Greenland on the other hand, was also severely burned due

to his brave attempts to save his wife.

After recovering from the horrific tragedy, Greenland petitioned to join the Armed Forces amidst the breakout of the Second World War despite his previous injuries.

Greenland was formally enlisted in the Canadian Army on Aug. 24, 1943 and was sent to a post in Calgary, Alberta. He trained with the Calgary Highlanders Regiment and was sent overseas to England on Feb. 13, 1944. The journey took nearly two weeks arriving on the land of the British on February 25.

The Calgary Highlanders departed for France on July 3rd of that year and Greenland was transferred to the 9th Battalion of the Nova Scotia Highlanders a week later.

Greenland was killed in action on July 25, 1944 and the details of his death were undisclosed in his file. To commemorate his service and sacrifice, the Richmond City Council decided to name two roads in his honor: Greenland Drive and Greenland Place.

Today, the road can be located to the east of No. 5 Road and to the south of Bridgeport Road.

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From the Bachelor's kitchen: steamed mussels

By **SAMUEL CHENG**
Contributing writer

The subject of food and drinks have been a universal language across cultures and nations around the world. The *Richmond Sentinel* shares delicious food and drinks recipes that anyone can make in the convenience of their own home through the experience of a young bachelor who is always in search of trying recipes that are achievable for the inexperienced chef before sharing with you as a contributing writer.

Today, we share the recipe of steamed mussels.

Utensils:

- a knife
- a cutting board
- a large bowl
- a large pot
- a long wooden spoon
- a ladle
- a large serving bowl

Ingredients:

- canola oil: 2 tablespoons
 - shallots: 1/2
 - garlic: 3 cloves
 - salt: 2 teaspoons
 - mussels: 4 pounds (P.E.I. or Salt Spring Island Mussels are recommended)
 - dry, fruity white wine: 1/2 cup (Sauvignon Blanc, Chardonnay, Pinot Grigio are recommended)
 - flat-leaf parsley: 2 tablespoons
 - red chili flakes: 1 teaspoon
 - unsalted butter: 3 tablespoons
 - French baguette: 1 piece (Can substitute for country loaf, sourdough or a ciabatta)
- ## Steps:
1. Wash, clean and debeard the 4 pounds of mussels. Discard any mussels that are open or gaping. (Note: You can check the signs of life of mussels by lifting them up and squeeze them a couple of times or by knocking them against other mussels. If they start to slowly close itself back up, it's good for cooking. If not, toss them out)
 2. On a cutting board and using a knife, peel half of a shallot and dice it into smaller pieces. Set them aside when done.
 3. Peel 3 cloves of garlic and dice them into small pieces. (Note: Feel free to use more garlic if you like a more garlicky flavor)
 4. Measure out 2 teaspoons of salt and rub them in with the minced garlic to create a garlic-salt paste.
 5. Place the large pot on a stove and turn on the heat
 6. Add 2 tablespoons of canola oil into the pot.
 7. Add the diced shallots, garlic-salt paste and the mussels into the pot in chronological order.
 8. Add 1/2 cup of white wine into the pot. (Note:



Photo courtesy Food Network

Recreate the iconic dish in the comfort of your own home.

large serving bowl. Don't forget to pour the sauce over the mussels at the very end!

19. Chop up a desired amount of flat-leaf parsley for garnish and serve the mussels with the baguette pieces.

Voila! A delicious bowl of steam mussels is ready for you to share with family and friends.

Steamed mussels are one of the easiest and beginner friendly dish anyone can recreate right in the comfort of their own kitchen. It is commonly served as an appetizer or as a main course on its own.

The creamy, garlic wine sauce, accompanied by fresh, juicy mussels are what makes this dish stand out from the rest. This recipe was created by the world-renowned chef Bobby Flay.

In order to successfully recreate this dish, one of the most popular types of mussels is needed. The Prince Edward Island or P.E.I. mussels, characterized by its dark blue shell and reputation for high-quality standards. P.E.I. mussels account for nearly 80 per cent of all mussel production in Canada. Nearly 44 million pounds were produced last year.

If you're unable to get your hands on fresh P.E.I. mussels, Salt Spring Island mussels are a fantastic alternative. Being one of the many islands in the Strait of Georgia, Salt Spring Island mussels are truly a hidden gem in B.C. It has a rich, delicate and consistently sweet flavor like no others.

Whether you're looking to start off a dinner feast with a bang, or if you're simply a seafood enthusiast, be sure to give this recipe a try as it'll leave you craving for more.

For the full recipe, please visit youtube.com/watch?v=eQ75BYq5-Dw

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Blue mussels in water.

Photo courtesy Animalia

Feel free to add more if you like a more alcoholic taste)

9. Using a long wooden spoon, give the mussels a quick mix.

10. Cover the pot with a lid and steam the mussels for about 1 to 2 minutes or until all the mussels are open. (Note: If any of the mussels are unopened after cooking discard them. Do not attempt to open and eat them as they maybe unsafe)

11. While the mussels are cooking cut or rip the baguette into pieces. (Note: Feel free to pop the baguette pieces into the oven if you like crispy pieces)

12. Chop up 2 tablespoons of flat-leaf parsley.

13. Uncover the pot and add in 1 teaspoon of red chili flakes.

14. Add 2 tablespoons of chopped flat-leaf parsley.

15. Add 3 tablespoons of unsalted butter. (Note: Feel free to add more butter for a more buttery and creamier flavor)

16. Use a long wooden spoon, give the mussels a good mix to make sure every single mussel is immersed in the sauce.

17. Cover the pot with a lid for 1 minute.

18. Use a ladle to spoon out the mussels into a



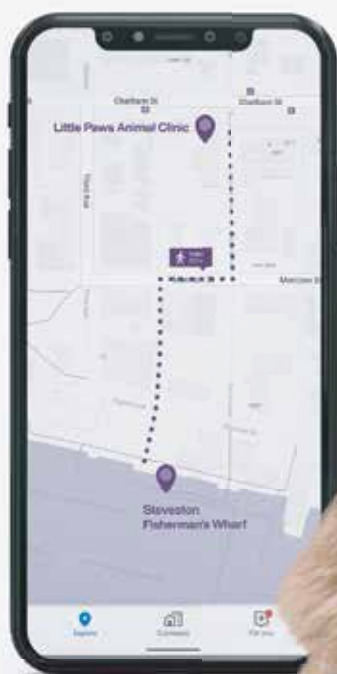
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You are the game changer in 2024

By MATTHEW CHEUNG
Contributing writer



RIKA MANSINGH

The *Richmond Sentinel* sat down with Rika Mansingh in a video interview to talk about “increasing brain cells”. She is no stranger to the *Richmond Sentinel* as she has provided our viewers with valuable health and wellness information for months.

She is a best-selling author, a registered dietitian, a certified meditation expert, she is an NLP master practitioner, a podcaster, hypnotherapist and she is a regular contributor to the *Richmond Sentinel*.

Jim Gordon (JG): *Rika Mansingh, We haven't seen you since early December, I understand you took a month off to go home to see your family in South Africa. It's great to have you back.*

Rika Mansingh (RM): It's good to be back home and I'm so grateful to be here Jim, thank you for having me.

JG: *You're quite welcome, while we're a couple months into 2024, we're familiar with those New Year's resolutions. To get fit, eat better, drink less, less coffee, whatever. I don't say this gleefully but often the resolutions starts to decrease after a week. It's interesting because we want to talk today about change and people's resistance to change. In your book the Empowerment, Mind, Diet Equation, you discuss the concept of the brain can change. Let's elaborate on that.*

RM: That is such an interesting concept Jim, because for decades scientists believed that we're born with a fixed number of brain cells, and if we damage them with unhealthy lifestyle choices as we age, we may not repair them or make new brain cells.

It is so empowering to know that is no longer true. We can actually repair damaged brain cells and also boost our brain cells, even if we are older. The brain can actually be molded to become smarter, more creative, resilient, adaptable to change, and we can also improve our memory and reduce our risk of Alzheimer's disease.

JG: *What are some of the strategies to boost brain cells and change the brain?*

RM: Before I go into the strategies I want to highlight, two terms that I'll refer to throughout our conversation today. The first is neurogenesis which is the production of new brain cells, in my book I explore neuroplasticity, which is the brain's ability to restructure and repair itself.

So basically, what that scientific jargon means is that you're never too old to change your brain and you can have a mental makeover at any point. Coming back to your question about the strategies, there's very simple strategies to boost brain cells or boost neurogenesis and it occurs by increasing a protein called BDNF, which basically stands for brain derived neurotrophic factor.

What that does, is that it preserves the brain cells that you have and it also repairs damaged brain

cells. Simple strategies, eating healthy for the brain, I like to say eat-brain-wise. Learning is a crucial component to boosting your brain cells. Exercise, is very important, and there's things like maintaining healthy relationships and social connections. Also doing leisure activities like, reading, writing, gardening. Being in nature is naturally what your brain wants and also getting

sufficient sleep.

JG: *In regards to eating brain wise, I think we're peaking people's curiosity. Give us three key foods or ingredients that boost brain cells and support brain health. I'm curious to hear what you're going to say to this.*

RM: There's so many foods and ingredients that boost neurogenesis, increase brain cells and enhanced brain function. I will just cover three of them and some may overlap the previous segments. I like to say Omega-3 for a brainy me.

Omega-3 boosts the protein, BDNF, it increases your brain cells through neurogenesis; it enhances your brain function and reduces inflammation, your stress hormone cortisol, and omega-3 actually alleviate symptoms of depression and reduces your risk of Alzheimer's disease. We get our Omega-3, from oily fish, salmon, sardines, mackerel, herring, and halibut. It's also available in supplement form.

The second ingredient is curcumin a compound found in turmeric, it also increases BDNF, boosts your brain cells and reduces your risk of Alzheimer's disease. Turmeric is like a spice, you can add it to your food, or you can take it in supplement form but it's very water soluble. You want to take turmeric twice a day. If you're taking it in a supplement form, you want to do at least 500 milligrams twice a day because it leaves your system very fast. Black pepper, is known to enhance turmeric absorption, that's another good nutrient for brain health.

The third ingredient, I say, “Bring on the berries”. Berries, blueberries, cranberries in particular, they enhance brain function and protect your brain cells against aging. Blueberries have antioxidants called pro-anthocyanins and what they do is actually improve learning, memory, you're thinking, and delay brain aging and shrinkage. So, summing up a simple strategy; blueberries, your omega-3s, curcumin, that's just a few.

JG: *I think a lot of people feel if blueberries weren't so expensive in the off season, we would buy more. Here's a question, I've been really looking forward to asking you, and that is red wine which receives mixed reviews. Red wine is something I'd like to think we still enjoy. Are there benefits for the brain?*

RM: Even though there are mixed reviews as you mentioned, many diets include a glass of red wine as part of a healthy eating plan. The reason for that is, it contains polyphenols called Resveratrol, which is derived from grapes and known to enhance your

brain function, boost brain cells, and is good for memory. But, let this resonate, there's only 4.9 milligrams of Resveratrol per five ounces or 150 ml glass of wine, we need 100 milligrams of Resveratrol twice a day. Best to go with the supplement as having more than one to two glasses of wine will have the opposite effect on the brain and damage brain cells.

JG: *In your book you mentioned that learning builds cognitive reserve. Can you give us an explanation of that*

RM: I love the concept of cognitive reserve, it's a very important concept in brain health. Basically, view cognitive reserve as a protective shield or your brain's self defense mechanism. To keep your brain sharp and resilient to changes associated with degenerative brain diseases and dementia. We can strengthen our cognitive reserve by being mentally active and learning every day. The more we do that, the more resilient our brain becomes, even if exposed to stress, surgery, or toxins like alcohol or toxins from the environment. The more we build up our cognitive reserve, the more we bounce back; faster and more resilient.

JG: *In your NLP book, Awaken the Magic Within, you wrote a chapter called 'You are the game changer', everything you want is on the other side of change. Talk a bit about that.*

RM: I would say you definitely are the game changer, and to revisit the new year's resolutions, many people start off in January “I'm going to do this and this and by February it starts to fade away. I think it's important to recognize that every day is an opportunity for a fresh start and view your journey in terms of progress.

What I loved about NLP, (is that) it's made me focus on changing the inner world, that's your thoughts and your beliefs. Your beliefs create self-fulfilling prophecies. If you view yourself as an unhealthy, unfit person, your mind will adopt habits to fit that description. But, if you believe you're a healthy person, you will do more exercise, you will eat healthily and slowly change your mindset. The other thing about change is huge change happens when a person is willing to do something different one step at a time and move forward to achieve the result that they want.

I read this book called *Psycho Cybernetics*, the author Maxwell Maltz writes about a bicycle. He says a bicycle maintains its poise and equilibrium as long as it's moving forward towards something. You have a good bicycle; the trouble is you're trying to maintain your balance by sitting still and having no place to go. It's important to empower yourself with a vision of what you want to accomplish and move forward each day, one step at a time, with an unshakable belief in yourself and just keep going.

You can follow Rika Mansingh on [rikadiet4wellness.com](https://www.rikadiet4wellness.com) or info@rikadiet4wellness.com

For the video interview in full go to richmondsentinel.ca/videos.

matthewc@richmondsentinel.ca

BCLC issues warning about illegal online casino scams

BCLC is warning the public about a series of scams circulating online that imitate B.C. casinos and deceive individuals into providing their financial details on illegitimate websites.

The scams are conducted through fraudulent posts and advertisements on various social media platforms, such as Facebook and Instagram. These posts and advertisements are highly deceptive, exploiting the logos, names and exterior images of local B.C. casinos, and offering players exclusive bonuses and promotions if they register with their website or mobile application. BCLC warns that none of these sites are associated with casinos in B.C. or BCLC.

PlayNow.com is the only online gambling website permitted to operate in B.C. BCLC's official apps are BCLC Lotto!, PlayNow Poker BC and PlayNow BC Sportsbook. All BCLC-operated social media accounts, such as BCLC, PlayNow BC, PlayNow Sports, Lotto BC and Casinos BC, are verified with a checkmark.

While BCLC and its casino partners are actively working to have posts removed, British Columbians should be cautious when it comes to these predatory and sophisticated scams. BCLC encourages individuals to be on alert

when a website or app asks for personal or financial information; BCLC's verified websites and apps will never ask for your social insurance number (SIN), banking information or credit card details online to claim a prize from a B.C.

casino. Individuals can look out for other red flags, such as the suggestion of fees or taxes to be paid on a prize. In Canada, there are no fees or taxes on prizes won.

To protect themselves against these scams, individuals should carefully check the URL and domain of the website to verify its legitimacy. If individuals feel unsure about an account, post or advertisement claiming to represent a B.C. casino, they are encouraged to contact BCLC directly by calling the Customer Support Centre at 1-866-815-0222, or using the live chat resource on corporate.bclc.com or PlayNow.com

Individuals can report suspected fraudulent activity to the Canadian Anti-Fraud Centre online or by calling 1-888-495-8501. When an individual suspects they have been victim

to a scam, the Canadian Anti-Fraud Centre advises that they contact local police.

Individuals can also help remove these scams by reporting the posts and advertisements on the social media platform.



Photo courtesy BCLC

BCLC has issued a warning to the public about a series of scams circulating online that imitate B.C. casinos.



“It's friends we meet along the way that help us appreciate the journey.”



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Joe Biz — *by Joe Leary*

50 years on Vancouver radio dial

Across the broadcast industry, job instability remains one of the few constants. To amass fifty years of consistent service spread over the radio dial in one city is an incredible accomplishment. Stirling Faux has just achieved that milestone.

It was Feb. 25, 1974 when the young disc jockey first arrived in Vancouver to host the mid-day shift at the city's Top 40 Powerhouse radio station, 73 CKLG.

"Gary Russell and Doc Harris were already (DJ's) at CKLG and we had all worked together before, so my wife Carole and I drove across Canada in February in a '66 Pontiac Strato-Chief," he says of the life-altering move to the West Coast. The area would become home for at least the next 50 years.

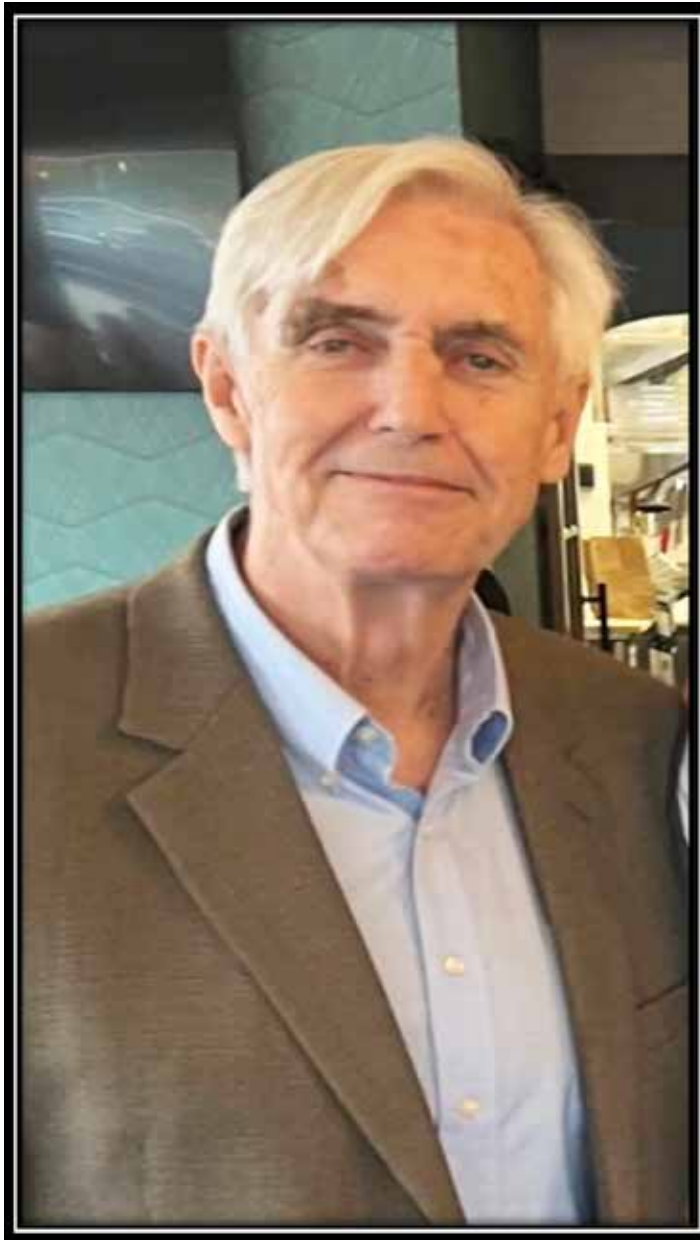
"Once we arrived and saw green grass and robins in February we immediately knew this was unlike anywhere in Canada and worth working hard to stay".

Shortly after settling in to his new environs, a strike call was underway as some employees were trying to organize a union within CKLG. "It wasn't for me", says Faux.

"Once job action began, those of us who remained did all the shifts on both stations (CKLG AM & FM) using different names and we made the best of things. It wasn't much fun for any of us.

Eventually it fizzled out and we all got back to work—awkward for a little while but we were pros and got it done. My only takeaway was (and still is) "If this ever happens again, I'm leaving".

Most with significant tenure in broadcasting have faced spells of abrupt unemployment as turnover can be frequent. In his 54 total years in radio—50 in Vancouver alone—Stirling Faux has



Stirling Faux.

Photo courtesy Scott Jenson

experienced his fair share of upheaval.

"I've been fired several times and I've quit a few times too," he notes. "The radio biz is legendary for being unstable and it helps when you first get in to understand that clearly".

On the positive side, the pay and subsequent perks can be generous; not to mention the myriad ancillary opportunities that can present themselves.

"Radio has opened so many 'other' doors for me too," says Faux.

"I hosted 'Lotto Night in BC' for nine years on BCTV and 'The Money & Wealth Show' for two years on CHEK-TV. I taught in the BCIT Broadcast Program and enjoyed every minute!

I've worked in radio all over town, including ROCK 101, CFOX, CKNW, CKLG, Roundhouse Radio and former Richmond oldies outlet, Cisl 650".

Faux's career highlights also in-game announcer for both the Vancouver Canucks and BC Lions; acting as MC for the Prime Minister's Dinner at BC Place during APEC in 1997 and Moderator at the World Lottery Conference in New Mexico in 2001.

They rank among a stellar list of milestones and

accomplishments on this golden anniversary. And his work continues.

In 2023, Stirling made the move from CKNW talk show host back to music radio as afternoon host on WAVE 98.3 FM. "I'm fortunate to have been pursued by Durham Radio to host their 2-6 p.m. show on The Wave," he says.

"After all these years, I'm 'the new kid' all over again; it's a blast and there's so much new music to learn". The admiration is mutual.

"I had the good fortune of meeting Stirling the very first week I started work in Vancouver, over 22 years ago," says Phil Evans, Operations Manager, WAVE 98.3

"I'm still awed by his show, his affability and his passion all these years later. If there's another person in radio who feels more passionate about this city; his listeners and show, I'd love to meet them.

What a gem."

Admittedly, the veteran broadcaster says there is no real key to staying employed in broadcasting other than; love the business and learn it. "I say be open to criticism; don't be shy about imitating others and try to improve every chance you get.

I still do and say things on-air because 'that's the way so-and-so used to say it' and said better. Don't mess with success".

I've never heard it said better. Don't mess with success".

Cheers on fifty years to Stirling Faux, in embarking upon and fulfilling his childhood dream.

"I've known since age 11 that I wanted to be on the radio and I've had the good fortune to be allowed to try many aspects of different music and talk radio formats.

The key for me has always been to stay on top of technology; learn the new computer programs and 'techno-toys' the engineers give us".

Acknowledging his historic milestone, Stirling Faux is quick to point to the true "rock" in his life. "None of this has happened without Carole by my side," he admits.

"In a crazy, fast-changing business-like radio you need stability in your life and I'm lucky to have Carole. She's smart and patient and has been the constant in my life that has allowed us to see the world, raise a family and really enjoy a career.

"I consider myself to be a very lucky guy".

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Learning a new way to get the news

By FLORENCE GORDON
Contributing writer

Some time ago, I wrote an article on Bill C-18 and whether Meta and Google should pay a tax every time a Canadian reads the news on social media platforms. Meta, who owns both Facebook and Instagram, refused to adhere to Bill C-18, to pay the tax choosing instead, to shut down every media account affiliated with television news and newspapers across Canada. You can imagine, to our surprise, when we went to post the latest news on social media the following message appeared: 'People in Canada can't see this content in response to Canadian government legislation, news content can't be viewed in Canada—No Posts Available'.

The next concern was, would Google follow suit? Google's mission is to organize the world's information so that everyone can 'Search' a broad range of world-wide information. Today, information consists of images, videos and content. No matter what the search for information is, Google uses language and design to guide you along with automated systems to get the most relevant and reliable information they can find. People around the world turn to 'Search' to find information, learn about topics of interest and even make important decisions based on the facts found. So, Canada's news industry was concerned, waiting to see if Google would join Meta's decision to take a stand against Bill C-18.

The Canadian government reached a deal with Google over the Online News Act that will see the tech giant pay an estimated \$100 million annually to publishers, and will continue to allow access to Canadian news content on its platform. Canadian



Photo via facebook.com/PascaleStOngeBM
Minister Canadian Heritage, Pascale St-Onge.

Heritage Minister Pascale St-Onge announced the "historic development" regarding the implementation of Bill C-18. "We are glad to know that Canadians will be able to continue to access news through Google," said CAB president Kevin Desjardins, adding, "We look forward to continuing to engage with the Government to ensure an equitable funding model for Canadian newsrooms."

"For more than a decade, news organizations have been disrupted by the arrival of large digital platforms like Google. In Canada, nearly 500 media outlets have closed their doors. All over the world, governments have set up systems to try to establish a more level playing field between tech giants and news organizations, which are essential in our democracies," St-Onge said.

How did we get here? Ten years ago, there were 36 daily newspapers in British Columbia by 2016 there were only 13 daily newspapers left. Baby Boomers remain loyal and are willing to pay for the traditional means of reading a hard copy newspaper. They are willing to pay for television cable or satellite service to get local and international news, but Generation X. The Millennials and Generation Z broke free from tradition and gravitated to social media—it's free, it's fast. When the news media were cut off from Facebook and Instagram the major networks asked citizens if they would go to the network's website for news and the answer was, no, they get what they want on social media.

Last week, I was waiting in line at a cashier and overheard her conversation with the customer in front of me. She the cashier said she had lived in

Richmond all her life and was really upset that there's no longer a community newspaper. I stepped out of the line and as luck would have it, I picked up the *Richmond Sentinel* (RS) off the rack and said to her "but we do have a community newspaper, *Richmond Sentinel*. It has community news, stories, provincial and national news that has a Richmond connection, its just not full of advertisements". The comment by the cashier was an honest reaction to a lost piece of Richmond history.

A BC community newspaper shut down after 141 years of service, this is an example of why communities should be concerned. Journalists took pride in their reporting, some specialized in community news, some politics, some sports, some crime and some just charmed their readers with their storytelling. For many small communities and the rural areas, the newspaper is a sacred document, a link to what was happening inside and outside their community. Something as important as a provincial or federal election requires factual information to make an educated decision when it comes to casting a vote.

I recall one year when there were 64 candidates running in our municipal election. After sitting through an 'all candidates night' I expressed concern to the RS owner that the large number of candidates had not had an equal opportunity to speak. Even though RS is a small independently-owned newspaper, we put together a plan to offer every candidate the opportunity to be interviewed on camera which was aired on RS website and published in print with a photo and information on each candidate. Since then, the RS has covered every municipal, provincial and federal election on video and in print.

We know that over time, print will move to digital but not without an impact. Not just the companies that provide the news, but the printing companies and the pulp and paper industry will be affected, jobs will be affected. Some journalist will reinvent themselves (many already have) and how they report the news but then again, who knows what impact artificial intelligence will have?

Baby Boomers reading habits won't be easy to change. My husband for example, enjoys having his newspaper delivered to the front door at 5 o'clock in the morning so he can read the news with a coffee before he starts his day. For the younger generation, navigating the news to them is going to be a new challenge for us without social media. We'll get there, it will just take time.

How can you help? Encourage your family, friends and neighbours to pickup the *Richmond Sentinel* or go to richmondsentinel.ca or download the *Richmond Sentinel* App. — it's all free.

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Henry Yao in his own words

The *Richmond Sentinel* sat down with NDP, District of Richmond South Center, MLA Henry Yao. We talked about his background, his experience as a new MLA, what he learned during the past 4 years, his concerns, the NDP's achievements, what challenges lie ahead and his reason to run in the next BC election.

To start at the beginning, Henry Yao immigrated to Canada with his family at the age of 11, making Richmond BC their home. Today, some 30 years later Henry is married with two children and still resides in Richmond.

Henry attended Kingswood Elementary, McRoberts Junior High and McNair Secondary Schools before going on to UBC where he received a Bachelor of Arts degree in Psychology. In 2004, he was diagnosed with two different kinds of lymphoma cancer and with the support of family and friends Henry fought hard to put the cancer into remission. This experience convinced him to leave a financially stable employment and follow his passion for a career in youth work.

Henry is grateful for the role he played in developing career building and leadership skills in Richmond's youth group. Through his personal experiences he realized the importance to give back to his community and volunteered with numerous organizations and service clubs.

Henry was instrumental in co-founding Dialogue Richmond Society, an organization dedicated to promote respectful and constructive dialogue when addressing difficult topics affecting the community.

In October 2020, Henry registered to run in the BC election with the NDP Party and successfully won his riding—Richmond South Centre.

RS: Henry, you were a first-time candidate when the country was pretty much shut down in March, 2020 what was this like?

HY: It was very challenging we were not together in Victoria and all meetings were held on our computers at home or our riding office. I do want to say, to finally sit down in Chamber with my colleagues made a huge difference in being part of a team and working together. It was a reminder of why we were all here.

RS: Let's talk about your first term and why you have decided to run again.

HY: As you said earlier, I won the election for my district and being a first-time MLA was a huge learning curve compounded by the effects of the pandemic shutdown until we finally returned to Victoria in October 2021. To have access to all the resources and our Ministers and to be updated on a regular basis has enable us to have an understanding and more in-depth perspective. I also became a new dad twice, during all of this so balancing my life was very important.

Regarding my decision to run for a second term will be based on, if I earned the voters' trust during the last 4 years. I hope my constituents will recognize that I have worked hard and have the community's best interest at heart.

RS: Let's address some of the issues starting with, housing affordability.

HY: This is a really important question. The NDP government has put a lot of policies in place to streamline the process by reducing barriers, reducing red tape and to financially support communities. It's been made very clear housing is also an economic issue. If people cannot afford to live in a community where



MLA Henry Yao is actively involved with the community, his constituents and family.

Photos courtesy MLA Henry Yao

they work, we're going to lose a lot of front-line workers.

This is a huge challenge and something that's going to take years of investing in, and working with local governments and developers to speed up the process. That's why the government came up with the speculation tax and short-term rental policies. We want to bring more housing units into the market.

"We need a community that is healthy and our government is doing their best to tackle every challenge we can think of."

RS: Let's talk about the cost of living. What are your constituents saying about the financial burdens?

HY: I want to emphasize, I think you're absolutely right to ask this question. Politicians like myself would probably say we are doing a great job because we're addressing affordable housing, addressed rebates for BC Hydro, ICBC, child care and health care but when people have a hard time putting food on the table, it's not good enough.

RS: Another issue that we hear a lot about since the NDP government

took office is health care.

HY: Covid-19 accelerated health care issues. It brought a lot of pain to the community and a lot of lives were lost. Reality is, if health care challenges had been addressed earlier, 10–15 years ago it could have alleviated today's stress. Things like building a medical school, expediting foreign doctors to enter the system, increase training of nurses, improving payments to doctors, building urgent primary care centres and the Richmond hospital expansion. Our health care needs help!

"We're on the right path but there's still a lot more work to be done. We need to keep pushing forward and continue our investment that wasn't invested in the past."

RS: One last thing I'd like to ask you about is education.

HY: If you visit the communities—there's one common theme. Communities are growing, student enrollment is growing, classrooms are over capacitated, investment should have happened years ago. Our government is playing catch up.

I've advocated for 150 more seats at Brighthouse school and another 125 extra seats at Cook school and we need a new school in City Centre. In addition to this, we've had to go through seismic school upgrades. We're also working with the teachers' union and the Ministry on anti-racism, indigenous reconciliation and an inclusive holistic accepting environment programs.

RS: In closing Henry, tell our viewers why you want to continue serving Richmond.

HY: Being a new parent has brought a whole new perspective to me—I want to help build a better world for my kids, your kids. This is why I fight so hard for a better education system, for better health care and fight for protecting our environment. As a parent I understand why people worry, why they care but, people want the elected officials to understand.

"I hope that worry, anxiety and fear will humble me, so that when I serve, I serve as a parent, I serve as a son and I serve as a member of our community."

For the video interview in full go to richmondsentinel.ca/videos

OUR CITY *Tonight*

SPOTLIGHT ON FILMS FOR HOME VIEWING & A THEATRICAL RELEASE



Photo courtesy Netflix

The Home View – *The Spaceman*

Adam Sandler has had a wide and varied career over the last three decades—there was early fame on SNL, followed by a long list of films with goofy characters, leading to more “adult” roles in both comedies and dramas. We always knew this comedian had the acting chops and he has proven that a number of times over the last decade. Now comes *The Spaceman*, the story of an astronaut named Jakub (Sandler) on a six month solo mission into deep space. His wife back on earth (played by the always-brilliant Carey Mulligan) may not be there to welcome him home when he returns. Can he save his marriage? This is where a mysterious creature, who has been hiding in the bowels of the ship, enters to assist Jakub make sense of it all. Directed by Johan Renck, who gave us the powerful 2019 mini-series, *Chernobyl*, this film also has a solid supporting cast including Kunal Nayyar, Lena Olin, Isabella Rossellini and Paul Dano as the voice of the creature. *The Spaceman* is available for viewing on Netflix.



Photo courtesy Optic Nerve Films

The Home View – *The Society Page*

Local media icon, Malcolm Parry, has been part of this city’s cultural landscape for more than 50 years—writing, photographing and documenting Vancouver’s coming’s and going’s, showcasing the people who make this city what it has been and is—in a variety of magazines and newspapers (some of which he founded). Now comes a long overdue tribute called *The Society Page*. This documentary, which will begin airing on Knowledge Network March 17 and will

stream across Canada indefinitely, give us a look at the life of this long-time journalist who really is the last of his kind. *The Society Page* is directed by award-winning filmmaker, Kevin Eastwood. Coming soon, Malcolm Parry will sit down for an interview with *Our City Tonight*.

The Theatrical Release—*Re: Uniting*

Twenty year acting veteran, Laura Adkin, who has also been behind the camera as a writer and producer for about a decade, has added feature-length film director to her resume with the debut of her new BC-shot film, *Re: Uniting* (which she also wrote). The film, which is in theatres now and available on VOD/Streaming in April, tells the story of a group of once-close college friends who come together over a weekend to catch up, have fun, talk about their glory days, but also air some grievances, and address old wounds. Think 1983’s iconic film, *The Big Chill*, which is how this film feels during the first part, but there’s a twist we didn’t see coming that takes *Re: Uniting* to another level. The solid cast is led by Jesse L. Martin and Michelle Harrison.

Congrats to BC born Adkin on this wonderful, heart-warming film.

For more, see the latest *Our City Tonight* Q&A



Photo courtesy Syd Wong

B.C. director delivers powerful debut film

By JIM GORDON & LEETA LIEPINS
Contributors

We continue our TV show and print/digital spotlight on more B.C. born talent that we encounter each year at the Whistler Film Festival. In this case, it is long-time actor, Laura Adkin, who has enjoyed two decades as an actor in film and TV. She also has a decade worth of credits behind the camera as a writer and producer. She earned Best Short Film at the Edmonton International Film Festival plus eight Leo Awards nominations for her short-film directorial debut *The Goodnight Kiss* which went on to play at festivals around the world and she was awarded a Bravofact grant.

In addition to this, Laura was chosen for a female director's program with Disney. She was picked to pitch for the MPPIA short film award, and she entered screenplays and short films to be announced as finalists in the Austin Film Festival Diversity and inclusivity on set and behind the camera is one of Laura's most important mandates as a filmmaker. It was at the recent 2023 Whistler Film Festival where *Our City Tonight* had a chance to chat with Adkin about her new film *Re: Uniting* and taking the reins for the first time as the full-length film's director.

OCT: First, thank you for the wonderful film *Re: Uniting*—which is in theatres now and will be available for home viewing in April—it really has that feel of the 1983 classic film, *The Big Chill*. Old friends getting together again, catching up, talking about old times. You take it from there.

LA: Speaking of *The Big Chill*, years ago I was at the Toronto Film Festival, and there was a *Big Chill* reunion, and all the cast were there, and I was watching it wondering, why we don't make these movies anymore? I love 80's and 90's ensemble dramas like *Steel Magnolias* and *The Breakfast Club*, and so that thought was in the back of my mind, and years later when I was trying to figure out what my first feature would be, that thought kind of came back and I had access to all these amazing actors, so that is really where that spark came from.

OCT: Watching the first part of the movie—and we are trying our best not to give away anything as there are some twists and turns—but our first thought was, okay, everyone brought their baggage and their luggage. And this is the kind of film that everyone can relate to: everyone has

glory days, "salad days", but then life can kick in and things happen.... you mentioned the amazing actors, your cast is superb, starting with Jesse L. Martin. Talk about bringing this ensemble cast together.

LA: Well, starting with the character of Danny, he's played by my husband in real life, David James Lewis, so that was easy casting. I really wanted to write a role for him that he doesn't normally get the chance to play—he's usually the murderer or the CIA agent, or the General, these kind of "not fun" characters, and he is fun in real life.

For a location, I knew I wanted to film on Bowen Island, and have Michelle Harrison as the lead in the film as I've known her forever. She came onboard which was great. Bronwen Smith and I worked at an acting school and she's incredible. I had seen her on stage and told her I wanted her in my movie. And then everything kind of came together, with Jesse as the last piece of the puzzle. He and Michelle Harrison had worked together on *The Flash*, and she asked him if he wanted to be in the movie. Carmen Moore was not who we had planned to have in the film, but three days before filming we lost our actor, so we called Carmen and she showed up, and she too is

incredible.

OCT: We should mention that part of what we love about filming *Our City Tonight* at the Whistler Film Festival is that, year in and year out the festival does a great job of putting the spotlight on artists, talent, and product, and you really are a product of this festival and all it does.

LA: Absolutely! I did my first Q&A with a film I was in back in 2011 or 2012. I have had short films screen here, I've been in talent labs here, I just love this festival, it is just awesome.

OCT: Congratulations on this debut film, *Re: Uniting*, we so enjoyed this film. Where can people find out more about the film?

LA: Instagram would be the best, our account, is @reunitingfilm
Vortex Media and Flat Head Films announced that BC-based writer/director Laura Adkin's feature film debut *Re: Uniting* will have its theatrical premiere at Cineplex theatres across Canada starting Friday, March 15. It will also be available on VOD in April. The film world premiered at the Austin Film Festival and was a special presentation at the Whistler Film Festival. Laura Adkin was recently nominated by the Vancouver Film Critics Circle for Best BC Director.



Photo courtesy Ashley Ross

Actor/writer/producer and now director, Laura Adkin.

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