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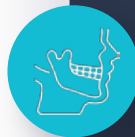
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Rick Hansen Foundation applauds Richmond

Rick Hansen Foundation applauds the City of Richmond for its continued commitment to being a municipal leader in the advancement of accessibility following a decision passed at its July 22, 2024 city council meeting. At this meeting council made the decision that all future, newly constructed city-owned buildings, excluding heritage buildings and amenity contributions, will be rated through the Rick Hansen Foundation Accessibility Certification™ (RH-FAC) program, targeting certification, and where possible, endeavour to achieve Gold certification.

RHFAC is a tool that measures the meaningful accessibility of buildings from a people-centric perspective of those with varying disabilities including mobility, hearing, and vision disabilities as well as individuals who are neurodiverse. Building owners and managers use the data to understand their accessibility and prioritize improvements over time. The program surpasses building code and addresses components outside of the scope of code entirely such as colour contrast, hearing loops, neurodiversity, and respite areas, thereby rewarding inclusion and innovation.

"The City of Richmond remains committed to making our community's facilities more accessible and inclusive," said Mayor Malcolm Brodie, City of Richmond. "By implementing the Rick Hansen Foundation Accessibility Certification tool, along with the city's existing enhanced accessibility design guidelines and technical specifications, Richmond will continue to be a leader in supporting accessibility standards for buildings that reduce barriers while encouraging access for everyone.

"I'm incredibly pleased that the City of Richmond has joined the leadership of other BC based municipalities in this vital commitment to accessibility and inclusion. It's even more meaningful that this is taking place in the city I have lived in for over three decades, where I have raised my family in and where my grandchildren know to be home," said Rick Hansen, Founder Rick Hansen Foundation. "I am grateful to the City of Richmond for honouring an important legacy of my Man In Motion World Tour, to further the dream of a world without barriers. I hope other municipalities build on Richmond's momentum and follow suit."

Achieving RHF Accessibility Certification in new builds does not



Photo courtesy Rick Hansen Foundation

All new city-owned buildings in Richmond will be built for meaningful accessibility.

always require significant additional investment and costs can often be reduced through advanced planning and design. Thanks to funding from the Government of BC, City of Richmond staff are also taking RHFAC Professional Training as part of the BC Accessibility Grant program. This training will enable city staff to rate buildings internally, further contributing to a culture of inclusion.

"To have all new city-owned buildings in Richmond aiming for RHFAC Gold is exceptional news for residents and visitors living with disabilities," said Doramy Ehling, chief executive officer of the Rick Hansen Foundation. "With the majority of Canadians or 64 per cent having a disability themselves or a family member they live with or take care of with a disability, too many people continue to be excluded every day because of barriers. I encourage municipalities across Canada to follow Richmond's leadership in creating meaningful access for people of all ages and abilities. A commitment to accessibility in policy leaves a legacy of inclusion that will echo for generations."

An accessible built environment benefits everyone—people with temporary and permanent disabilities, our aging population, children, and parents with strollers. Making public spaces universally accessible unleashes our collective economic and social power creating communities across the nation we can all be proud of.

Richmond follows previous commitments to RHFAC by BC based municipalities including the City of Surrey, the City of Vancouver, and the City of Williams Lake. Over 1,925 sites across Canada have been rated to-date through the RHFAC program, including over 129 achieving RHFAC Gold. To learn more, visit RickHansen.com/RHFAC

King Charles 111 Coronation Medal Awarded

Kelly Greene, BC New Democrat MLA for Richmond-Steveston, presented the King Charles III Coronation Medal to three exceptional citizens Sunday during a ceremony at the Seine Net Loft.

"Steveston is a better place thanks to these three outstanding citizens who have dedicated much of their lives to enriching our community," says Kelly Greene, MLA for Richmond-Steveston. "The opportunity to nominate these community members for their leadership, advocacy, and generosity was an honour. I am grateful to celebrate their phenomenal impact."

Jim Kojima, Al Sakai, and Harold Steves are the local recipients of this honour for their talents, generosity, and service to the community and to our country.

Jim Kojima is a rare eighth degree black belt, who has been deeply involved in the development of Canadian Judo and was a founder of the Steveston Martial Arts Centre and Steveston Judo Club. He has received numerous honours for his contributions to Judo in BC and Canada, was made a Member of the Order of Canada, was decorated with the Order of the Rising Sun (Japan) and was inducted into the BC Sports Hall of Fame. Recently, he received the BC Good Citizenship Award for his lifetime of contributions to sport and to the community. Today, he is actively involved with service on the boards of the Steveston Judo Club, the Steveston Community Society, the Gulf of Georgia Society, the Minoru Seniors Society, and the Richmond Sister City Committee. Kojima's service to the community of Richmond, and beyond, has been significant and our community is stronger for his contributions.

Al Sakai is a Canadian judoka, who has been honoured by the BC Recreation and Parks Association (BCRPA), by the City of Richmond with a place of honour in the Richmond's Sports Wall of Fame, and many more honours for his decades of service to the advancement of Judo, as an Olympic athlete, coach, and board leadership. He also serves on the board of Steveston Community Society and is an active member of the Steveston Martial Art Centre and the Steveston Judo Club. He has been a long-time instructor and President of the Steveston Judo Club and has served



Photo courtesy Kelly Greene's office

Left to right: Kelly Greene, Jim Kojima, Harold Steves, and Alan Sakai, were presented with the King Charles III Coronation Medal.

as a director at the Maple Residences. His over 40 years as a Richmond educator, dedicated volunteer, and community builder have contributed greatly to the fabric of the Steveston community.

Harold Steves is a fixture in Richmond politics and started on this path as a community advocate. Steves was first elected to Richmond city council in 1969, served as a BC NDP MLA from 1972 to 1975, and was re-elected to city council in 1977. As MLA, he co-wrote the bill that established the landmark British Columbia Agricultural Land Reserve, which protected BC farmland for the benefit of future generations. He went on to become a longtime Richmond City Councillor and in 2022 retired from his six decade political career. Steves continues to be an advocate for heritage preservation, healthy ecosystems, regenerative agriculture, and sustainable city planning. He is currently advocating for a historical site to be built in Richmond where historic

artifacts, such as from Hong Wo General Store, would be displayed. Steves dedicated and ethical leadership has left an indelible mark on our city and province.

These three leaders have all played a part in making Steveston an amazing place to live and have built legacies that will be appreciated for generations to come. We extend our heartfelt gratitude for their service and leadership in making our home a better place to live.

The Coronation Medal, a Canadian honour created to mark the Coronation of His Majesty King Charles III, recognizes those who have made significant contributions to Canada and their home province and is the first Canadian honour to mark a coronation. The event was attended by dignitaries Mayor Malcolm Brodie, Councillor Bill McNulty, Councillor Andy Hobbs, Japanese Deputy Consul General Satomi Okagaki, and Richmond city administration officer Serena Lusk.

RICHMOND
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OUR COMMUNITY NEWS

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In honour of our soldiers: Private William G. Moore

By MICHAEL COOPER
Contributing student writer

The lives behind the Poppy Street signs.

In 2016 the city installed new poppy-adorned street signs to commemorate these local soldiers who lost their lives in military service. The program was initiated by the Friends of the Richmond Archives and matches similar programs in other cities across Canada, Europe and New Zealand.

The lives behind those Richmond residents that lost their lives in World War I and World War II, are inscribed on the Richmond Cenotaph, and have a road named after them.

In a series of Richmond's 'poppy' street signs in memory of our fallen soldiers, we share the story of Moore Road. William George Moore was born on Aug. 10, 1892, in Braddan, Isle of Man, Great Britain where he was a farmer working with his family on Walberry Farm. No address was given in British Columbia for William although the records show that he enlisted in Vernon, B.C. on June 12, 1915. He was an active member of the Militia, 104th regiment stationed in New Westminster.

He would later enlist to fight in WWI, joining the 47th battalion of the Canadian Expeditionary Forces, embarking for England aboard the SS Missanabie arriving on Nov. 23, 1915. That year



A poppy engraved road sign of Moore Road.

Screen grab from Google Maps

he was hospitalized due to influenza and was transferred to the 29th Battalion on departure for France. He arrived on April 16, 1916, and later he was killed in action on Aug. 6. He bequeathed his personal estate to his mother Eliza Jane Moore

of Walberry Farm, Braddan, Isle of Man, Britain. His mother was granted a memorial cross for her son's service. Moore's legacy will continue to live on in Moore Road between No. 3 and St. Albans roads.

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City Appointments 2025

Richmond City Council wishes to fill vacancies on the following Advisory Committees/Boards/Commissions:

Persons interested in serving the community, in a volunteer capacity, on any of the below Advisory Bodies are invited to submit an application, along with a resume, to the attention of the City Clerk's Office, no later than **Friday, September 27, 2024**. Applications open from August 26–September 27, 2024.

- Accessibility Advisory Committee
- Advisory Committee on the Environment
- Aquatic Advisory Board
- Board of Variance
- Child Care Development Advisory Committee
- Economic Advisory Committee
- Food Security and Agricultural Advisory Committee
- Gateway Theatre Society Board
- Heritage Commission
- Intercultural Advisory Committee
- Minoru Centre for Active Living Program Committee
- Public Art Advisory Committee
- Richmond Community Services Advisory Committee
- Richmond Public Library Board
- Seniors Advisory Committee
- Sister City Advisory Committee
- Youth Advisory Committee
- YVR Aeronautical Noise Management Committee
- YVR Environmental Advisory Committee

For more information, visit:

richmond.ca/advisory.

Application forms can be obtained on the City website at richmond.ca/advisory or by phone 604-276-4007.



richmond.ca



Engaging Artists in Community Program

The city's Public Art Program is inviting Richmond-based non-profit service organizations, including community associations, libraries and schools to apply for the 2025–2026 Engaging Artists in Community Program. This program pairs a community partner with an artist or artist team to work creatively on a six-month to year-long project, starting in fall 2025, that explores relevant issues of concern through the arts. Each commissioned artist project will receive \$12,000.

Selected community partners will provide space for individual and collective creative expressions. Artist projects may include, but are not limited to, public performances, art installations, hands-on activities, workshops, exhibitions, literary expressions, digital media-based artwork and other art forms.

For details and to access the application form, visit richmond.ca/PublicArtPrograms. The application deadline is Friday, Nov. 15, 2024. Selected applicants will be notified in late November 2024 and city staff will work with them to develop the artist opportunity and participate in the selection process in early 2025. Commissioned projects will aim to engage culturally diverse and multigenerational audiences.

2024 Engaging Artists in Community projects included *Hidden Stories of the Bioverse* by Andrea Hoff, in partnership with A.B. Dixon Elementary School; *Express Yourself* by Keely O'Brien, in partnership with Aspire Richmond and Richmond Public Library; and *Visions of Biophilia* by Desirée Paterson, in partnership with the Richmond Nature Park Society.

Interested organizations are encouraged to contact PublicArt@richmond.ca or call 604-204-8671 in advance of submitting an application.

“
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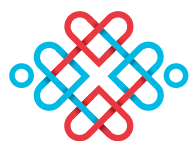
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Dr. Richard Chan
Physician, Emergency Department,
Richmond Hospital

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In their own words...

"Child of the Fraser" for all of Richmond



Kash Heed
Councillor

Richmond City Council recognizes the urgent need to address the challenges presented by individuals struggling with acute drug addiction and severe mental health issues, which are contributing to social disorder in public spaces. We are actively urging the Province of BC to enact comprehensive and efficient measures that focus on the safety, well-being, and recovery of these vulnerable individuals, while also ensuring the safety and security of all residents, workers, and visitors in our city.

Recently, I have brought attention to various issues and stressed the importance of legislative action to tackle them. As a local government, we have taken proactive steps to uphold Richmond as an inclusive community where everyone can flourish, regardless of their background or economic circumstances.

In May, I highlighted the need for a proactive approach to drug addiction, emphasizing the significance of education and intervention for those in need. In June,

I called for immediate policies to ensure naloxone is easily accessible in all trades and educational institutions. This month, I emphasized the importance of establishing secure care facilities in BC to offer individuals the necessary addiction and mental health support and treatment for their conditions, rather than relying on the criminal justice system.

It is essential that we address these issues with compassion and understanding, recognizing that individuals living with addiction and mental health challenges deserve access to proper care and resources. As a conscientious and caring Council, we prioritize listening to and addressing the concerns of vulnerable individuals and the diverse communities that form Richmond.

It is crucial to educate everyone and raise awareness about the challenges experienced by those who are disadvantaged, in order to foster empathy and understanding among all Richmond residents. This involves providing



accurate information about inequality and highlighting the positive impact of supporting marginalized populations on the overall well-being of the community.

Additionally, as a respectful Council, we strive to find common ground and develop strategies to prioritize the welfare and dignity of everyone. Everyone should play a role in creating an inclusive and empathetic environment where every individual is valued and supported, regardless of their background or beliefs.

By collaborating and implementing effective measures, we can establish a safer and healthier environment for all members of our community.

City of Richmond Council Meetings Calendar

The City of Richmond Council and Committee Meetings are available online. Watch live or view previous meetings by visiting richmond.ca/WatchOnline.

For further information, meeting schedules and assistance in participating either virtually or in person, please visit richmond.ca/CityHall or contact the City Clerk's Office at 604-276-4007 or CityClerk@richmond.ca.

Sep 25 | 3:30pm
Development Permit Panel

Oct 1 | 4:00pm
General Purposes
Committee followed by
Finance Committee

Oct 2 | 4:00pm
Planning Committee

Oct 7 | 7:00pm
Council Meeting

Oct 8 | 4:00pm
Community Safety

Oct 9 | 3:30pm
Development Permit Panel

Oct 15 | 4:00pm
General Purposes
Committee

Oct 15 | 7:00pm
Public Hearing

Oct 16 | 4:00pm
Planning Committee
followed by
Public Works &
Transportation

Oct 21 | 7:00pm
Council Meeting

Oct 22 | 4:00pm
Parks, Recreation
& Cultural Services
Committee



For meeting agendas and reports, visit richmond.ca/CityHall. Meeting schedule subject to change

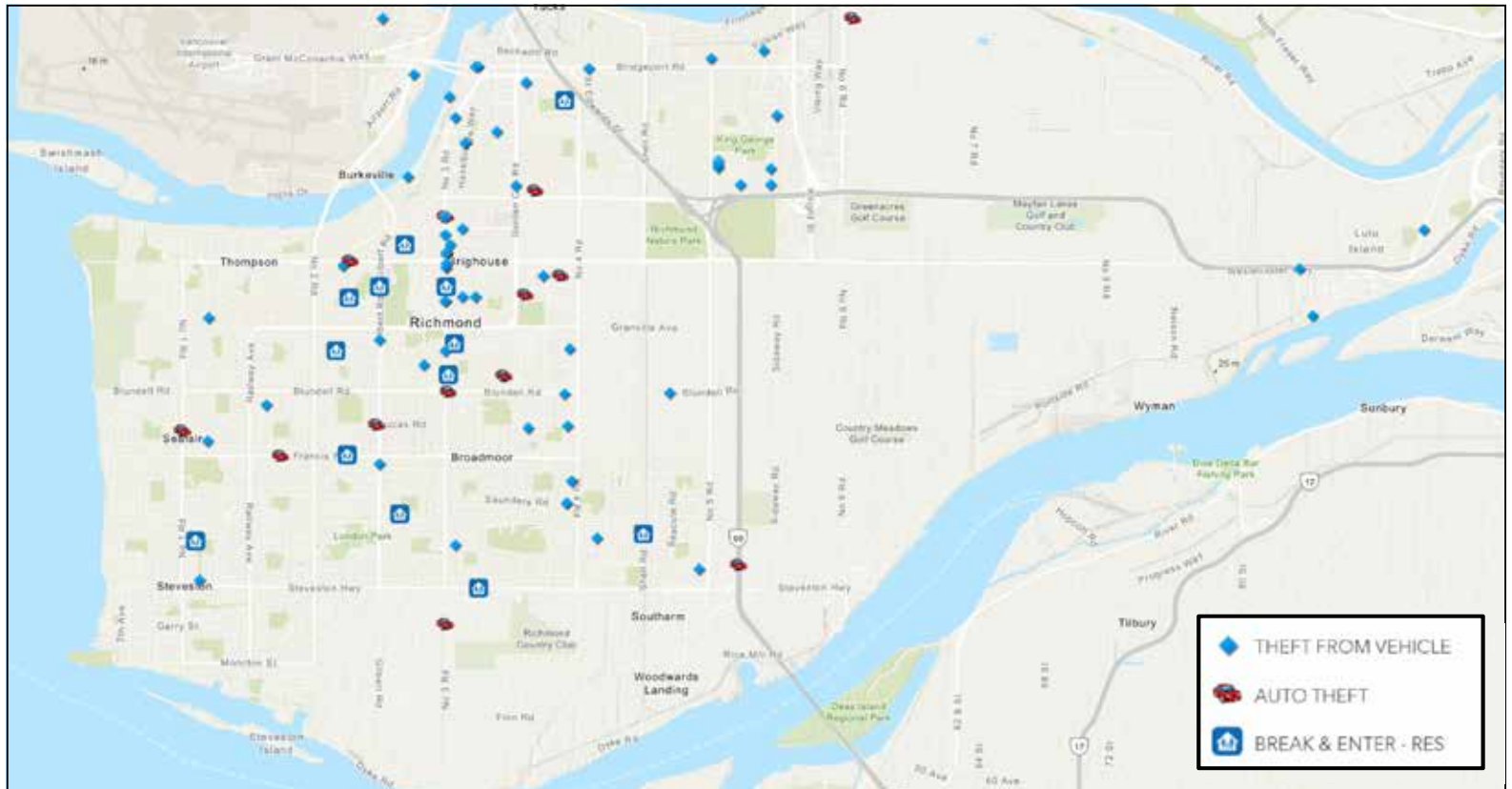
Visit richmond.ca/WatchOnline to link to live streaming or watch archived video.





RCMP

Crime Map Aug. 1 - 31, 2024



Richmond RCMP emphasizes road safety

In a joint effort to enhance road safety, Richmond RCMP, in collaboration with ICBC, the City of Richmond and Commercial Vehicle Safety and Enforcement (CVSE), recently conducted a comprehensive demonstration to highlight the impact of vehicle size and speed on stopping distances to road users.

The demonstration reinforced the commitment to promote safer driving practices and prevent collisions involving large vehicles.

Sergeant Eric Baskette, NCO-in-Charge of Richmond RCMP Road Safety Units highlighted the critical importance of this issue: "Speed is a major contributing factor in many collisions we attend. Our officers witness the severe consequences of these incidents, whether it's the loss of a loved one or significant life-altering injuries. This demonstration is part of our ongoing efforts to enhance road safety in Richmond. By sharing these findings, we aim to prevent avoidable collisions and increase awareness among all road users."

The vehicles used in the demonstration were typical of those operated on Richmond roads, with tests conducted under both wet and dry road conditions. The results revealed the differences in stopping distances based on vehicle type and road conditions:

Dry Road Results

Vehicle Type - Speed - Stopping Distance (metres)



Photo courtesy Richmond RCMP

Richmond RCMP, in collaboration with ICBC, the City of Richmond, and Commercial Vehicle Safety and Enforcement conducted a demonstration to highlight the impact of vehicle size and speed on stopping distances to road users.

Tandem* - 57 km/hr - 13.4 m
Single ** - 57 km/hr - 18.1 m
Bus - 64 km/hr - 22.5 m
1-ton truck - 59 km/hr - 19 m
Wet Road Results
Vehicle Type - Speed - Stopping Distance (metres)

Tandem* - 58 km/hr - 14 m
Single** - 61 km/hr - 24 m
Bus - 64 km/hr - 22.2 m
1-ton truck - 60 km/hr - 32.4 m

Sergeant Baskette added, "These results demonstrate that larger vehicles require more time to stop. We encourage everyone to respect the posted speed limits and drive according to road conditions. Factors such as rain or snow can significantly impact a driver's ability to stop safely."

"Keeping our residents and staff safe is paramount," said Kam Dadwal, fleet training manager, City of Richmond. "Our drivers undertake comprehensive training before getting behind the wheel of a fleet vehicle, and partnering with Richmond RCMP and ICBC on this demonstration allowed us to share critical information and promote safer driving practices throughout Richmond."

Richmond RCMP is dedicated to ongoing education and enforcement efforts to ensure the safety of all road users. This demonstration is a testament to our commitment to reducing collisions and enhancing public safety on Richmond's roads. Extensive safety precautions and measures were in place to ensure this demonstration was completed in a safe manner.

National Day for Truth and Reconciliation

SEPTEMBER 30



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**PROUD TO SERVE THE COMMUNITY OF
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Richmond honours 2024 Olympic Athletes

The City of Richmond is proud of its Olympic history as a host venue for the 2010 Winter Olympic Games. It has also given rise to many Olympians over the years.

On Monday, Sept. 9, it honoured three more—including the recipient of Canada's first Olympic gold medal in women's track and field in almost a century and the first ever in hammer throw at the recent 2024 Paris Olympic Games.

Mayor Malcolm Brodie, on behalf of the city, presented Camryn Rogers, gold medalist in the hammer throw in Paris, race walker Evan Dunfee and fencer Nicholas Zhang with Certificates of Achievement for their success in Paris and for representing the community they were born and raised in—Richmond, BC.

• Rogers, a graduate of McMath



CAMRYN ROGERS

Secondary, competed in her second Olympics in Paris, winning gold after similar success at the World Championships (Budapest 2023) and Commonwealth Games (Birmingham 2022).

• Dunfee achieved fifth place in the 20km race walk in Paris, his third Olympic Games. He won bronze in the 50km race walk at the 2021 Tokyo Olympics and 2019 World Championships, as well as gold in 10,000 metres at the 2022 Commonwealth Games.

• Zhang made his Olympic debut in Paris as an épée fencer, learning his art at Richmond's Dynamo Fencing Club. The youngest athlete in the Men's épée Top 100, Zhang could not attend the presentation due to his studies at Harvard University. His father, Martin, accepted the certificate on his behalf.

Get Involved with the Richmond Official Community Plan Update



Richmond is updating its current Official Community Plan (OCP) and is encouraging residents and community members to learn more and provide input.

Opportunities to get involved:

- **Online:** Visit LetsTalkRichmond.ca/ocp2050
- **Get snapping:** Submit your photos and be entered into a draw to win one of multiple prizes
- **In-person pop-up booths:** Pop-up booths will be located around the City for you to learn more about the project (in September and October)
- **In-person open houses:** Drop by one of the three in-person open houses and take an online survey (in November)

For more information on how you can contribute to this important engagement opportunity visit LetsTalkRichmond.ca/ocp2050 or email communityplanning@richmond.ca



LetsTalkRichmond.ca/ocp2050





BC's Softball City hosted the 2024 Men's Fastpitch World Tournament.

Photo via ISC Facebook

Steveston Fastpitch team placed fourth at ISC Worlds

By MATTHEW CHEUNG
Contributing writer

Last month, a local men's Fastpitch team participated in the International Softball Congress (ISC) World Championships. Formed many years ago by a group of young fastpitch players from the Richmond Boys Fastball Association. Against some of the best fastpitch softball players around the world, the team performed outstandingly. Led by their team leader Brad Miller, the team scratch and clawed their way through a week of fastpitch softball earning a fourth place finish in the ISC-2 World Division.

The week long tournament began with a win against the Pukaist Fastball Club that saw the team win by a lopsided margin of 11-2. Yoshi Hikida hit two home runs for the Canadians, setting a match with the No.1 team in the world the New York Gremlins. Facing off against by the No.1 pitcher in the world Jack Besgrove from South Wales, Australia and lol Richmond standout Bryan Abrey; the team understood that their chances at victory were slim.

Head Coach Bruce Miller deployed a different strategy, playing every player on the roster at least two innings, giving all players the opportunity to play against the best players and team in the world.

Despite a good performance as a team, the New York Gremlins showed why they were the No.1 ranked team in the world, defeating the Steveston Canadians by a score of 11-1.

Moving onto the next day, the team played the Oshweken Redmen from Ontario Canada that featured two former Team Canada pitchers. The Redmen would beat out Steveston Canadians by a narrow margin of 5-4. Learning from their defeat against the Redmen, the Steveston Canadians took on the Richmond U-23 Rays, a victory would set up a rematch against the Redmen in the next day. The Canadians would go onto defeat the Richmond Rays by a score of 6-2.

On day five of the tournament, the Steveston Canadians looked to avenge their day three loss, as they took on the Oshweken Redmen. The Canadians got off to a hot start, their pitching limited the Redmen to just three runs and their batters scored 12 total runs as a team; setting them up for a date with the Australian Tropics. Having played the Tropics twice the week prior to the tournament, and winning both matches, the team was confident a third victory was possible. Unfortunately, the Tropics played a near perfect game, shutting out the Canadians, winning by a score of 8-0. The Canadians would enter the bottom half of the playoff draw in a

sudden death format.

In their first playoff game, the Canadians faced off against the Lacey A's from Washington, USA that featured players from the USA National Development Team and former Team USA players. The Canadians were up for the challenge, shutting out the A's offence, scoring four runs of their own. Scheduled to play the 14th ranked team in the world, the Michigan Explorers, the team started out the game facing a 4-1 deficit before battling back to tie the game at 5-5 in the top of the ninth. Unfortunately for the Canadians, the Michigan Explorers would walk off the Canadians in the bottom of the ninth inning.

The loss to the Midland Explorers, resulted in a fourth place finish for the Steveston Canadians. The team would also move up in the Men's World Fastpitch rankings moving up to No.20 in the world. Notable players Yoshi Hikida and Clint Taylor were also recognized for their performances in the tournament; Yoshi Hikida would be named All-World Catcher and Clint Taylor named All-World Second Baseman and All-World Top Hitter.

Despite the results, the team has walked away with additional tournament experience that they will surely learn from and apply to future tournaments.

•matthewc@richmondsentinel.ca

Asphalt Paving Advisory

April 20 to November 30, 2024

The City of Richmond has contracted Save On Black Top Ltd. to grind and pave the following locations in Richmond **from April 20 to November 30, 2024.**

PROPOSED 2024 PAVING LOCATION DETAILS
No. 6 Road (Bridgeport Road to Cambie Road)—Bridgeport Road intersection not included. Cambie Road Intersection included
Cambie Road (Shell Road to No. 5 Road)—Intersections included
Bridgeport Road (Viking Way to Sweden Way)—Intersections included
No.4 Road and Alderbridge Way Intersection
Westminster Highway (Gilbert Road to No. 3 Road)—Intersections included
Beckwith Road (Sexsmith Road to Smith Street)—Intersections included
Blundell Road—(No. 4 Road to No.5 Road)—No. 4 Road Intersection included
No. 1 Road (Francis Road to Blundell Road)—Intersections included
No. 1 Road (Westminster Highway to Granville Avenue)—Intersections included
No. 6 Road (Bridgeport Road to Vulcan Way)—Intersections included
Shell Road (Steveston Highway to Williams Road)—Intersections included
Vulcan Way (No. 5 Road to No. 6 Road)—Intersections included
Garden City Road (Cambie Road to Bridgeport Road) —Intersections included
No. 5 Road (Seadliff Road to Kingsbridge Drive)—Intersections included
No. 3 Road (Alderbridge Way to Capstan Way)—Intersections included
Burkeville Subdivision includes Catalina Crescent, Douglas Crescent, Hudson Avenue, Boeing Avenue
Kwantlen Street (Alderbridge Way to Alexandra Road)—Alexandra Road Intersection included
Machrina Way (Horseshoe Way to No. 5 Road)
22000 Block Westminster Highway (MOTI—McLean Avenue) including McLean Avenue Intersection
Knight Street (Southbound Lanes from Bridge Deck to 50m South)
Knight Street South Bound On and Off Ramps at Bridgeport Road
Steveston Highway (Westbound Lanes from Shell Road to No.5 Road)—Intersections included
Shell Road (Bridgeport Road to River Drive)—Intersections included
Shell Road (Hammersmith Gate to Steveston Highway)
Jacombs Rd (Cambie Road—Bathgate Way)—Intersections included
Bathgate Way (Sweden Way—Jacombs Road) Intersections included
Hammersmith Gate (Shell Road to Hammersmith Way) Intersections included
Leonard Road (Ryan Road to Williams Road)—Intersections included
Maddocks Road (Aintree Crescent to Shell Road)—Intersections included
Boundary Road (Thompson Gate to Westminster Highway) including Thompson Gate intersection
Blundell Road (Sidaway Road to No. 6 Road)—Intersections included

Work hours will be 7:00am to 10:00pm on weekdays, and 7:00am to 8:00pm on weekends. Night time work hours will be from 7:00pm to 5:00am. (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 **richmond.ca/paving**.

Richmond's Teo Lin named 2024-25 Sockeyes Captain

By STEVE ERICKSON
Contributing writer

Changes in the off-season saw the team add the necessary pieces to continue the journey of bringing a championship to the City of Richmond.

Given that former captain, Matthew Stewart, had taken on a new role as the director of player development.

The Sockeyes have found their new leader in Richmond's Teo Ling, who collected 24 goals and 41 assists, while also collecting six power play goals and six short-handed goals in only 45 games.

Head coach Cullen Revel mentioned "I have the utmost confidence that Teo will bring a championship culture to the team while has the full support of a full roster behind him."

Toe mentioned "It's a role that I don't take lightly, and will take all the necessary steps to continue the winning culture in this city". When you look at the team overall, there are various individuals behind the scenes who work tireless hours during the games.

One such individual is Sukhjit Sanghera, who not only keeps the players on their road to recovery, but at times is the 'team mom'. As you can imagine she is the first to attend to injured players should she be needed and has the full support of ownership and coaching staff to respect her decision.

Over the summer and pre-season the coaching staff have assembled quality players who over the first three regular season games have outscored the opposition by a 22-5 margin.

Pre-season has seen the play of both Oliver Read and Mathias Hasselmann play solid between the pipes turning aside several quality shots delivered from the opposition.

Putting the line combination together isn't an easy task adding Safety Harbor Florida Beauty Beaudin (6'1") adds to the speed the opposition will face through the season.

In saying that, it should be noted that his Grandfather was the first player signing with the Winnipeg Jets of the now defunct World Hockey Association playing with the likes of Bobby Hull.

So as you can see talent seems to go from one generation to the next, but in order to achieve success you have to have the drive to achieve success.

Success for the Sockeyes means reaching out to the community and the most recent was attending the opening day with the Richmond Ravens Female Hockey Club who are strongly supported by the Sockeyes.

In our next feature we will feature "Know the Team" and introduce you to the team who are focused on bringing you top quality Junior "A" hockey in Richmond at the "Fish Tank" each Thursday evening.

The Sockeyes appreciate and thank our sponsors and community partners where the emphasis is "Great Hockey, Fun Atmosphere and Great Value."

Sept. 30 will see the Sockeyes host the National Day for Truth and Reconciliation where you will receive a 50 per cent off if you wear an Orange Shirt.

If you have any questions you would like from a specific player or team member, reach out and we'll add it to our "to do" list.





Rika Mansingh
Best selling author

Seniors, malnutrition, hydration

By FLORENCE GORDON
Contributing writer

Richmond Sentinel sat down with Rika Mansingh to talk about senior lifestyle, malnutrition and hydration, what better place to do an interview pertaining to seniors than at Hamilton High Street Senior Residence surrounded by seniors.

Rika Mansingh is a best-selling author and a registered dietitian. It's great to have her back as a guest because she really knows how to translate health and wellness in a language we can understand.

RS: I'm always picking your brain about nutrition and today I understand we're going to educate our seniors on malnutrition and hydration. As a registered dietitian, I understand that you work with long-term care facilities so you obviously encounter seniors with malnutrition. Can you share with us the key signs?

RM: First of all, you're absolutely right, I've been a dietitian for 22 years and malnutrition is highly prevalent among seniors and residents in long-term care. The main signs of malnutrition can be subtle, they include unintentional weight loss, poor appetite, frequent illnesses and infections, weakness, fatigue and even changes in skin. For example, if your skin indicates dryness or poor wound healing, it can be due to a variety of reasons. For example, dental problems, many residents have difficulty chewing and they may not be eating well. This could require food texture modification, so basically down grading a texture from regular whole food to a puree texture where it does not require chewing and easier to swallow.



Easy suggestions for hydrating foods and drinks.

Photo via Freepik.com

Another reason for malnutrition is the nutritional side effects of medication.

Some medications alter your taste, cause nausea, decrease appetite and this could lead to inadequate nutrition and weight loss. Another common reason which is often overlooked among seniors, is poor vision and loss of memory. Sometimes a senior is not eating and losing weight and we're wondering why. It could be due to the fact that they can't see their food properly and some senior residents with memory loss needs reminders to eat. It's so important to be assessed by a registered dietitian to identify these signs early.

RS: If a senior does not have access to someone like you or if a care giver is taking care of a senior what can be done to prevent malnutrition.

RM: Caregivers can be the superheroes to help prevent malnutrition. It's important to keep track of how much a senior is eating and how frequently and address any dental problems that may exist - does the senior have difficulty chewing? Do they have pain while they're eating? Also, if you notice that a senior is losing weight, it's important to provide small, frequent, nutrient dense meals and snacks. Introducing nourishing smoothies, soups, fruit and yogurt into a diet often is easier for seniors to digest even if they don't have an appetite and you may consider oral nutrition supplements, which are commercially available in liquid and powder form, to add additional nutrition. But definitely consult with a registered dietitian or healthcare professional prior to embarking on any supplements.

RS: My next question is hydration and why it is more crucial as you we get older. I'm aware that as we get older it's obviously crucial to keep hydrated.

RM: Yes definitely, hydration is essential as we

get older. Our sense of thirst diminishes with age, so we become more susceptible to dehydration. And dehydration can lead to common health issues in seniors, especially urinary tract infections. Hydration is important to maintain body temperature, to improve energy levels, prevent confusion, and it's also important for healthy skin. I like to refer to good hydration as the fountain of youth for seniors.

RS: I'd like to ask one last question and that is what practical tips can you give for seniors let's say age 55 and older that are manageable?

RM: I would say definitely listen to your body and make adjustments as needed. Try to sip water intermittently throughout the day. And don't wait for that point when you're thirsty, because when you're thirsty, you're already dehydrated. If you feel your water needs to be more appealing you need to give it a bit of a boost, you can add some lemon slices, mint leaves, cucumber. It's a good idea to track your fluid intake to ensure adequate hydration. Adding hydrating foods in your diet like fruit, vegetables, melons, herbal teas and broth-based soups is always a good idea. If seniors can adopt these simple tips, then keeping hydrated can help them feel great and hopefully lead vibrant, fulfilling lives.

RS: I don't want to simplify this, but is it true that eight glasses of water a day, is good?

RM: Eight glasses of water a day should be sufficient. But it's good to consult with a registered dietitian as we get older, our fluid requirements will vary according to our weight and our age.

RS: To find out more information Rika can be reached at rikadiet4wellness.com or e-mail info@ricadietforwellness.com to book a virtual consult. To watch the entire interview, go to richmondsentinel.ca/videos

OUR CITY *tonight*

SPOTLIGHT ON THE AUTUMN SIP, A READ, A FILM



Photo courtesy Glowbal Group

THE AUTUMN SIP – APPLETINI

As the weather changes and cools (with a side order of rain), we turn to Martin Kovalcik, beverage director for Glowbal Restaurant Group, and one of our reliable “cocktail experts”, for a delicious Autumn drink. “The Appletini beautifully combines the crisp flavours of fresh apples cider and warm spices,” Kovalcik tells us as we watch him create our cocktails at his home base, GLOWBAL Restaurant. As we sip this perfect seasonal cocktail, we inquire more about the mix. “It’s vibrant apple flavour,” Kovalcik says, “paired with hint of cinnamon that perfectly complements the cooler autumn weather, making it a cozy choice for gatherings with friends and family.” And as he points out, a cocktail that is easy to make at home. Ingredients include 1.5 oz CÎROC Apple, 0.5 oz peach schnapps, 2 oz apple cider, 0.5 oz honey - cinnamon syrup, 0.75 oz fresh lime juice. Then garnish – any type of apple from local market. The Appletini is available at GLOWBAL Restaurant from Oct. 1 – 31. glowbalgroup.com

THE AUTUMN FILM – *Killer Heat*

We’ve always loved classic, film noir – especially when the film involves a private eye caught up in a messy case with murder, affairs, and money (think Bogie in *The Big Sleep*, or Dick Powell in *Murder My Sweet*, or later, Jack Nicholson in *Chinatown*). Which leads us to the new, original film from Prime called *Killer Heat*. Our main character is private eye Nick Bali (the always interesting Joseph Gordon-Levitt), who is hired to investigate the accidental death of a young (and yes, rich) shipping magnate on the island of Crete. But was it accidental? The sister-in-law (Shailene Woodley) doesn’t think so and she doesn’t believe the police report. Which leaves our P.I. in territory familiar to fans of the film noir genre: who’s lying; what’s at stake for those lying; and is the private eye’s life in danger? Don’t let that Mediterranean setting fool you in this film, there’s plenty of darkness and trouble as Nick Bali searches for answers as to what really happened. The film also stars Richard Madden, who rose to fame in the early seasons of *Game of Thrones* and in the lead role of British TV’s *Bodyguard*. amazonmgmstudios.com



Photo via Amazon MGM Studios

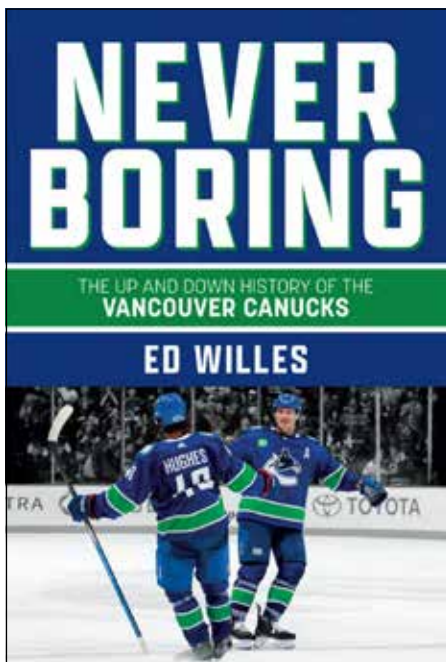


Photo courtesy Harbour Publishing

THE AUTUMN READ – *Never Boring: The Up and Down History of the Vancouver Canucks*

For years, one of our go-to writers when it came to sports in this town was Ed Willes and his column in *The Province*. Though he retired in 2020 after nearly 4 decades of reporting, Willes has kept busy, including writing a wonderful book called *Never Boring: The Up and Down History of the Vancouver Canucks*, which is available Oct. 5. There is no one better than Willes to tell the story of this 54 year old franchise, which includes so many “what ifs” that are a part of Canucks’ history – starting with *that* first Amateur draft in 1970, and a future Hall of Famer named Gilbert Perreault. Lousy seasons, bad choices and missed opportunities would follow. There were joyous moments like reaching the 1982 Stanley Cup final, losing to the mighty Islanders. But did it create unrealistic expectations for the rest of the decade? Willes also addresses and analyzes moments we’d forgotten about: *that* goal Cloutier let in during the 2002 playoffs; *that* Bertuzzi moment in 2004; the Krutov failure and not being able to keep Larionov; and *that* 1990 Amateur draft where Jagr and Tkachuk were attainable. *Never Boring* is an engrossing read, no matter what level of Canucks fan you are. harbourpublishing.com

Political correspondent weighs in on B.C. election

Rob Shaw has reported for *The Vancouver Sun*, *Times Colonist*, *The Globe and Mail* and co-authored a national, best-selling book called *A Matter of Confidence*. This book told the inside stories from the last decade of BC politics. He also hosts a TV show on CHEK called *Political Capital*.

OCT: *It's a great pleasure to have you with us as we're big fans of your show. We have to say that a show like yours is vital to what's going on currently. It's a constantly changing environment and even from week to week the narrative changes. For example, can you explain what exactly is happening in our province, especially if you're a Liberal (BC United) supporter? Why did Kevin Falcon shut his candidacy and the party down?*

RS: Well, indeed that is an interesting question and now that we're down to what is essentially kind of a two-party race with the BC NDP and the BC Conservatives, what is someone supposed to do if they're not quite in either camp? If you're a federal Liberal, if you're centrist, even if you're sort of a progressive conservative, you may not be looking at the BC Conservatives and thinking that that's the party that has your vote.

I think what we're going to see and what we will be seeing in this campaign is the NDP and the Conservatives trying to move a little bit into the centre. They will try to move a tiny bit to perhaps lure away some of the voters who aren't the sort of extreme members of the left or the right. And that will be the fight in the selection.

It will be the urban middle-class or the centrist voters who aren't tuning in to a lot of politics and then right before an election they do a "sniff test" and say, where should I go? That'll be an interesting battle for the parties.

OCT: *I've noticed with Canadian politics, especially federally, that the voters often vote people out not in. And often politicians and their governing parties may stay too long. Do you sense a lot of that could be happening?*

RS: Certainly, what the Conservative say they feel



Rob Shaw hosts *Political Capital* on CHEK.

Photo courtesy Rob Shaw

is that, this is a change election and seven years of the NDP, and that there's fatigue on some of the policies. This is especially apparent with the healthcare and the drug additions decriminalization policies that have fatigued some members of the electorate. The NDP are kind of hoping this isn't the case because David Eby has only been in power after replacing John Horgan two years ago, that there's a fresh kind of face on the party.

But you're right there is a kind of almost 10-year cycle that occurs in the minds of voters. We see it federally with the Federal Liberal Party and Prime Minister, Justin Trudeau. And we see the Conservatives provincially just waiting for their moment and feeling that fatigue in the air and getting ready to strike to try and win those votes.

OCT: *It's a moot point now because they are no more, at least for the time being, but what was the strategy behind Falcon and his team changing the party name. Was it to get away from people's impression of the Federal Liberals? Sometimes people don't realize that the Liberals provincially are not what you could say that the Liberals are, federally.*

RS: It was part of the reason they made the change from BC Liberal to BC United because the feeling was, that the federal Liberals are doing so poorly in the polls that the BC Liberals didn't want to be dragged down by that voter confusion.

On the other hand, you have the BC Conservatives embracing the voter confusion with the Federal Conservatives because the Federal Conservatives are so popular. So even though they're not affiliated with the federal party, there is that confusion amongst voters.

Confusion in the sense that some MLAs tell me that when they go door knocking if they're a New Democrat, they get asked how come you're propping up the Prime Minister in Ottawa and they have to explain no that's the wrong level of politics. So, you have to be realistic about the minds of voters in the confusion that exists and I think Falcon was trying to address that.

OCT: *Rob, you're on the front lines as a journalist, what are you hearing from the constituents, what are people that you talk to telling you are the top two issues they are concerned about for this election, which is Oct. 19.*

RS: Well, I think housing, which broadly is about affordability and the issue of people feeling hopeless in the future to not be able to live life how their parents and grandparents lived, this is a big concern. I think street disorder is another big one. Major urban cities across the province, big and small, you see people suffering addictions and people passed out on the street. Crime, homelessness, vandalism, those seem to be the biggest issues.

I think you can slide healthcare in there to substitute one or the other depending on if you live in a rural community where your local hospital is shut down and then find it's a five-hour drive to the next facility. So those three issues are the big areas.

The NDP seven years in, are facing the difficulty showing people that their changes have made things better. You can argue in those three cases that maybe they haven't, but they're still offering a lot of promises and policy changes. And the Conservatives don't have a lot of policies and have not offered promises for changes yet, but they're saying they can do things better. (The opinions offered are not those of *Richmond Sentinel* community newspaper).

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