



RIKA MANSINGH



Best selling author

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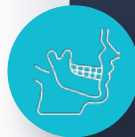
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Learn about Richmond's 2025 Capital Project online

The City of Richmond is inviting residents and community members to explore its newly launched 2025 Capital Projects Highlights, now available online at LetsTalkRichmond.ca and in-person at Richmond City Hall.

This interactive digital showcase offers an inside look at the city's major infrastructure investments—ranging from major community centre replacements and building innovative energy plants to upgrades of traffic intersections, multi-use pathways and more.

"Each spring, we look forward to sharing how we're investing in Richmond's future," said Mayor Malcolm Brodie. "This year's capital budget exceeds \$156 million, reinforcing our commitment to building a stronger, more resilient city. These highlights reflect Council's Strategic Plan and our ongoing efforts to enhance community infrastructure."

There are two ways to learn more:

Online:

- Accessible from any digital device via LetsTalkRichmond.ca, the Capital Projects Highlights are organized by city division and presented through interactive maps and clickable links.

- Each featured project includes a brief summary, photos, and a project location map.

- Visitors can submit questions directly on the platform or reach out directly to project leads, via contact details provided.

- The Highlights will remain on LetsTalkRichmond.ca so you can refer back to it indefinitely, with the question period concluding on Sunday, June 8, 2025.

In person:

- Visit the lobby of Richmond City Hall (6911 No. 3 Road) to review display boards.



Screen grab from LetsTalkRichmond.ca

Richmond residents and community members are invited to explore the city's newly launched 2025 Capital Project Highlights.

- Display Board gallery hours are Monday 8:15 a.m. to 7 p.m., and Tuesday to Friday 8:15 a.m. to 5 p.m.

- Visitors can contact project leads with questions. Contact information is provided for each project.

- The display boards will be at Richmond City Hall until Monday, May 12, 2025.

The 2025 featured Capital Projects Highlights include:

- Gilbert Road Multi-Use Pathway (Engineering

and Public Works)

- Steveston Community Centre and Library Replacement (Capital Buildings Project Development)

- Steveston Park Playground Renewal (Parks)

- No. 4 Road and Cambie Road Intersection Improvements (Transportation)

- Sewer Heat Recovery Energy Plant Facility (District Energy)

- Trail Washroom Facilities Art Murals (Public Art)

Explore the full list of projects and learn more. We look forward to hearing from you.

Apply for the 2025 Richmond Block Party Program



Photo courtesy City of Richmond

Applications are now open for funding from the Richmond Neighbourhood Block Party Program.

Build connections with neighbours, foster a sense of community and improve local safety and awareness by hosting a block party this year. Richmond-based neighbours (two individuals not living in the same household) can apply for funding of up to \$500.00 through the 2025 Rich-

mond Neighbourhood Block Party Program. The application deadline is Sept. 29, 2025.

Block parties can take place in a variety of spaces including parks, on local streets or on private property in Richmond. Examples of neighbourhood block parties that may be eligible for funding include welcome parties, a barbeque or a picnic.

Block parties that receive funding are required to:

- take place in Richmond between May 17 and Oct. 13, 2025;
- demonstrate alignment with program objectives, including creating events that build and strengthen a sense of community in Richmond;
- demonstrate a commitment to implementing sustainable practices in the delivery of the event; and
- be free to participants.

In addition, applicants must show evidence of their capacity to host a block party and show a realistic estimate of the resources needed and the total budget required.

Application forms must be submitted a minimum of six weeks before the proposed block party date. To learn more about the Richmond Neighbourhood Block Party Program and submit an online application, visit richmond.ca/BlockParty

Free art walking tours Richmond's Capstan Village

What an interesting concept to entertain the whole family with and it's free. All you have to do is register for the walking tour and enjoy what our local artists are exhibiting. From the photos provided on the websites below the community is in for a special event and kudos to the creators for developing such a unique exhibition that everyone can enjoy at a price that's affordable. We constantly come across stories about our city being recognized with awards (ie) most active city and it's the constant involvement to embrace creative thinking and developing opportunities that appeal to everyone. The dates and time along with registration information is listed below by the Richmond's Public Art Program who is offering a series of free, guided public art walking tours in the Capstan Village area of City Centre beginning in May.

Local art professionals will lead monthly walking tours, visiting public artworks located in and around the new Capstan Canada Line Station, as well as around nearby residential developments.

Capstan Village is a growing waterfront community in the process of becoming a vibrant and active mixed-use Arts District as well as a pedestrian-friendly and public transit-oriented residential neighbourhood. Walking tour participants will discover and learn about artworks such as *Lily Tree* by Devon Knowles, *285 Apples* by Gathie Falk, and the newly installed *Breath Below* by Howie Tsui.

All walks are free and require registration. The meeting location is at the Capstan Canada Line Station entrance. The three English language tours are Satur-



2 Half Apples found in Capstan Village. Gathie Falk, 2020. Photos courtesy City of Richmond

days, May 10, July 12 and Aug. 9 from 10:30 a.m. to noon, and the two Mandarin language tours are Saturdays, June 7 and Sept. 13, 1 to 2:30 p.m.

To register

Capstan Village Public Art Walking Tours at eventbrite.com/cc/2025-capstan-village-public-art-walking-tours-4161763 or for more information about the city's Public Art Program richmond.ca/PublicArt at richmond.ca/culture/howartworks/publicart.htm



Metal Rings by Andrea Valentine.



Playground by Carmen Levy-Milne.

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2025 Federal Election results

By FLORENCE GORDON
Contributing writer

Both the Liberals and the Conservatives saw a significant rise in their share of the national vote compared to four years ago. Increased support for Canada's two largest parties has come at the expense of the smaller parties, particularly the New Democratic Party.

Millions of Canadians cast their ballots during the advance polls and final voting day on April 28 with the following results. With a total of 343 Parliament seats up for grabs in Ottawa, voting across Canada resulted in the following total breakdown at time of publication:

	2025	2021
Liberal	168	160
Conservative	144	119
Bloc Quebecois	23	32
NDP	7	25
Green	1	2

Both Poilievre (Conservative Leader) and Singh (NDP Leader) lost their seat in the 2025 election.

The City of Richmond gathered the attention of the media nationally wondering if both Liberal MP's Miao and Bains would be re-elected after their success in the last election. Here is the outcome at the time of print:

Richmond East-Steveston Riding—Parm Bains

(Liberal) Re-Elected
Richmond Centre-Marpole Riding—Chak Au (Conservative) Elected

The 36-day campaign has been nothing short of remarkable for the political parties involved and for the media challenged to ensure factual reporting. A few months ago, the polls suggested Poilievre showed a guaranteed win to form a majority government, that was while Trudeau was still prime minister. With Trudeau's resignation in January and USA President Trump's trade war and persistent barbs about making Canada the 51st state, this somehow created an unexpected twist. Canadians were somewhat annoyed at Trump's campaign to diminish the level of importance of Canada's position in the world. These constant barbs made publicly by President Trump united Canadians across the country. With Trudeau's early January resignation and a newly elected Liberal leader at the helm new hope ignited within the Liberal Party. Canadians were clear in their message: they wanted someone that was confident in leading the country through a challenging trade battle with the United States; someone who could negotiate international trade deals with other countries; and someone who could take down the trade barriers between provinces and boost/protect our economy.

With Trump announcing, pausing, then re-an-

nouncing devastating tariffs on Canadian goods, the campaign largely became a race about who is best to steer Canada through global uncertainty. With the overall margin between the two leading parties narrowed in the final stretch, the voters declared on April 28 the overall party who will lead us through the next four years.

Carney defined himself from day one as a steady, mature leader who is best to deal with the unpredictable USA President and map out a new economic relationship. With his experience as the governor of the Bank of Canada during the 2008 global financial crisis and head of the Bank of England during the during the Brexit years, he asks Canadians to trust him to steer the country's economy through turbulent times.

With Trump announcing, pausing, then re-announcing devastating tariffs on Canadian goods, the campaign largely became a race about who is best to steer Canada through global uncertainty. Carney has had a whirlwind 2025 so far. He handily won the Liberal leadership on March 9 and was sworn in as prime minister just nine days before triggering an election. If you followed the media coverage on the evening of April 28 I'm sure you will agree it was a nail-biting scenario as the overall party seat count bounced back and forth...And now the work will begin with the number one trade tariff challenge at the forefront.



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Call for Nominations for the 2025 Richmond Heritage Awards



Historic buildings, cultural and natural heritage landscapes, artifacts, and oral and written histories—all are rich resources that contribute to our shared community identity today. The Richmond Heritage Awards annually recognize the accomplishments of individuals and organizations in the conservation of historic places, and education and awareness about Richmond's diverse heritage.

The Richmond Heritage Commission is inviting nominations for the 2025 Richmond Heritage Awards. Anyone can submit a nomination for an individual or an organization.

Nominations

Complete a one-page nomination form available from the City's website at richmond.ca/HeritageAwards or by contacting:

Policy Planning Department

Email: communityplanning@richmond.ca

Phone: 604-276-4207

Submit via

Mail: Richmond Heritage Commission
c/o Policy Planning Department
Richmond City Hall
6911 No. 3 Road,
Richmond, BC
V6Y 2C1

Email: communityplanning@richmond.ca

Submission deadline

11:59 p.m. on Sunday, May 18, 2025.

Some of the ways an individual or organization may earn recognition are:

- preservation, restoration, rehabilitation or adaptive reuse of a historic place, such as a building or structure, or conservation of a cultural landscape
- promotion or awareness of local heritage through education, outreach or advocacy
- contribution to local knowledge of heritage in public history or interpretation projects

The Awards jury will include members of the Richmond Heritage Commission. All decisions of the jury are final.



For more information, contact Policy Planning Department, at **604-276-4207** or communityplanning@richmond.ca

richmond.ca



In honour of our soldiers: Able Seaman David Edgar Brown

By MATTHEW CHEUNG
Contributing writer

Following up on our Richmond poppy street signs, we move onto the names of young soldiers whose names were inscribed on the Cenotaph. The names of those inscribed on the Cenotaph compile of 21 young men who lost their lives in World War I, World War II, and in the Korean War.

The first name on our list is David Brown, born on Sept. 19, 1924 in Toronto, Ontario. Brown and his family emigrated from Toronto to Richmond in 1928. They lived at 201 No. 5 Road, where his father Edgar Brown was a farmer and a former School Board Chairman. He attended Mitchell School and graduated from Richmond High School in 1942.

In 1944, the Brown family sold their property in Richmond and moved to Burnaby.

Upon graduation he joined the Seaforth Highlanders Cadet Battalion and worked as a supply clerk for David Spencer Ltd. He had also enlisted in the Royal Canadian Naval Volunteer Reserve in December of 1942.

David Brown was described as a male standing at five foot, nine inches tall, weighing 128 pounds, with light brown hair and brown eyes. He was also notably known for missing the tip of his second finger on his left hand, though the reason behind that is unknown. Known to his peers and those around him as 'Buddy', David trained in Esquimalt, and received several commendations, before joining the HMCS Valleyfield in Halifax in December of 1943.

In May of 1944, the HMCS Valleyfield was torpedoed, resulting in the ship splitting in two. As the ship sank the stern somehow stayed afloat thanks to the valiant effort of Dave Brown of Ontario, Merv Woods from Montreal, and David Edgar Brown from Burnaby. The trio moved to the back of the stern, doing their best to keep this part of the ship from the depth charges. This sacrifice from the three of them cost them their lives but saved the lives of many of their fellow crewmen.

His father, Edgar Brown, would receive a certificate of Mention in Dispatches from the Royal Canadian Navy and a bronze oak leaf emblem.

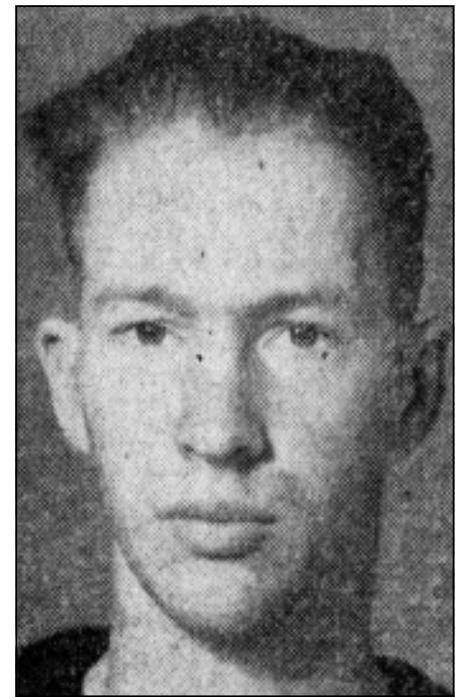


Photo by The Province, 20 May 1944
David Edgar Brown is pictured as an Ordinary Seaman.



File photo by Chung Chow



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Keep being you **Love your ears**

Asphalt Paving Advisory 2025

April 20 to November 30, 2025

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, 2025.**

PROPOSED 2025 PAVING LOCATION DETAILS

No. 2 Road (Steveston Highway to Williams Road)—Intersections included
No. 3 Road (Alderbridge Way to Cambie Road)—Intersections included
No. 3 Road (Cambie Road to Capstan Way)—Intersections included
No. 3 Road (Capstan Way to Sea Island Way)—Intersections included
Bridgeport Road (No. 5 Road to Sweden Way)—Intersections included
Cambie Road (Shell Road to No.5 Road)—Intersections included
No. 5 Road (Seacliff Road to Kingsbridge Drive)—Intersections included
No. 6 Road (Bridgeport Road to River Road)—Intersections included
Moncton Street (Railway Avenue to No. 2 Road)—Intersections included
Francis Road (Gilbert Road to No. 3 Road)—Intersections included
Francis Road (Railway Avenue to No. 2 Road)—Intersections included
River Road (Cambie Road to Capstan Way)—Intersections included
Westminster Highway (No. 7 Road to No. 8 Road)—Intersections included
Vulcan Way (No. 5 Road to No. 6 Road)—Intersections included
Boeing Avenue (Catalina Crescent to Wellington Crescent)—Intersections included
Catalina Crescent (Handley Avenue to Airport Road)—Intersections Included
Douglas Crescent (Wellington Crescent to North end of road)—Intersections Included
Hudson Avenue (Wellington Crescent to Airport Road)—Intersections Included
Bridgeport Road (St. Edwards Drive to Shell Road)—Intersections Included
Cambie Road (No. 4 Road to Shell Road)—Intersections Included
No. 4 Road (Granville Avenue to Westminster Highway)—Intersections included
No. 5 Road (Bridgeport Road to Vulcan Way)—Intersections included
No. 5 Road (Greenland Drive to Bridgeport Road)—Intersections included
Shell Road (River Drive to River Road)—Intersections included
Wallace Road (Kozier Gate to No. 2 Road)—Intersections included
Williams Road (Parsons Road to Gilbert Road)—Intersections included
Machrina Way (Horseshoe Way to No. 5 Road)—Intersections included
Trumond Avenue (Wellmond Road to Gormond Road)—Intersections included
Garden City Road (Cambie Road to Bridgeport Road)—Intersections included
Boundary Road (Thompson Gate to Westminster Highway)—Intersections included
Kwantlen Street (Alderbridge Way to Alexandra 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.ca





A path to healthy eating by best-selling author

By FLORENCE GORDON
Contributing Writer

Rika Mansingh is no stranger to our viewers. She's fascinating to listen to for many reasons. She's just so passionate about her career and it shines throughout our conversation in a language that is understandable. We first met in 2023, and I was so impressed with her knowledge on health and wellness that I asked if we could interview her which led to several interviews on Richmond Sentinel.ca/videos and RichmondSentinel.ca/editions

Rika Mansingh, has earned many accolades such as, RD, B.Sc. Dietetics(UNP), G.Dip.Diet(UKZN), DCEP(CA), a Registered Dietitian (Clinical, Consultant, Media) in Canada, bestselling author of *The Empowered Mind Diet Equation: Get To The Best Version Of Yourself Via Diet & Mind*, and *Awaken The Magic Within: Secrets To Living A Happy And Fulfilled Life*, she's also a Certified Meditation & NLP Master Practitioner, hypnotherapist, philanthropist and podcaster. The *Richmond Sentinel* is grateful to have her as a member of our team. Her knowledge and enthusiasm are captured through the lens of our cameras and you can watch it all on our YouTube channel as well as our website.

Rika was born in South Africa and it was her home until she moved to Canada about 18 years ago. She has been working as a registered dietitian for over 23 years. Her father is a physician and as Rika pointed out "he recognized the proactive approach a dietitian can make in preventing and managing diseases and shared his belief with Rika which ignited her passion for dietetics and wanting to make a meaningful difference. Rika shared with us that "what brings joy to me is to witness firsthand the transformative power of good nutrition has on my clients."

She received her Bachelor of Science in Dietetics Degree (2002) and Post-graduate Diploma in Dietetics (2003) at the University of Natal in South Africa. Rika moved to Canada, completed further studies in Dietetics (DCEP), obtained her full registration with the College of Dietitians of British Columbia, and is a proud member of Dietitians of Canada.

Rika is currently working as a consultant dietitian in a private practice, a clinical dietitian in long-term care, a media dietitian which engages her at public speaking events such as the Gluten-free Expo (Canada's largest Gluten-free event). Rika has over 21 years of experience in the dietetic profession and has written articles for newspapers and magazines and guest appearances on radio and TV shows in Canada and South Africa. Rika firmly believes that the mind is our most powerful asset and the brain can change through neuroplasticity. Rika is extremely passionate about Neuro-linguistic Programming and Hypnosis as she is certified with The American Alliance of Hypnotists. She is committed to supporting, educating, and empowering clients to reach their highest potential and achieve their goals for improved overall health.

Rika's journey into dietetics was not only influenced by her father but, she was also influenced by her research that sparked a deep fascination on the powerful connection between food and overall well-being. "I realized that food has the ability to heal, transform health, reduce reliance on medication, and enhance energy and vitality. When we fuel our bodies with the right nutrients, we sleep more soundly, move with greater ease, and live a vibrant life. With 23 years in this field, not a day goes by that I am not profoundly grateful to be in a profession that I am deeply passionate about and one that allows me to change lives through the power of nutrition.

"My most rewarding moments are when I witness people break free from old habits and step into a new version of themselves, that they never thought was possible. Whether it's a client finally feeling in control of their eating habits, a listener having an 'aha' moment or a powerful insight from my podcast, or a viewer applying a practical tip from my TV segments being part of a real



Rika Mansingh in Richmond Sentinel studio.

Photo courtesy Richmond Sentinel

transformation and knowing that my work has helped people break free from old habits, feel better, and live with more vitality and joy brings me immense fulfillment."

Rika shared with us that her motivation comes from curiosity and the belief that knowledge is limitless. "There is always more to learn, explore, and share. Nutrition is an ever-evolving field, and I'm inspired by the endless ways food influences not just physical health, but also cognitive function, emotional resilience, and overall well-being."

In our conversation it's easy to recognize that her drive comes from knowing that with every new insight she gains, it can be turned into a tool that helps someone live a fuller, healthier life. With regards to her personal growth "it isn't just about my own development, it's about creating a ripple effect, empowering others, and transforming lives."

When I asked her what Nourish to Flourish meant, Rika explains "it's about feeding every part of ourselves. Physically, it means fueling the body with the right nutrients for energy, clarity, and longevity. Mentally, it means consuming thoughts and words that uplift and empower, cultivating a mindset that supports growth, resilience, and confidence. Emotionally, it's about surrounding ourselves with positivity, purpose, and meaningful connections. When we nourish ourselves in a holistic way, we don't just survive—we thrive!"

In asking Rika's advice to those considering health and wellness as a career choice she shared this, "stay open, stay curious, and be adaptable. Nutrition isn't just about numbers and facts, it's deeply intertwined with psychology, behavior, and personal narratives. Find your voice, embrace lifelong learning, and focus on impact. When you help shift the way people think about food, you transform their lives. The more lives you touch, the more fulfilling this journey becomes."

In closing Rika left us with this belief: "For myself, like anyone living a busy life, I believe that balance isn't about perfection, it's about intention and alignment. By prioritizing my well-being and making intentional choices, I can fully show up for those I serve. I nourish myself with healthy food, stay active with activities like Zumba and salsa dancing and make time for things that bring me joy - whether it's deep conversations, creative writing listening to audiobooks or indulging in self-care at a spa. With awareness, I've learned to press pause, meditate, reflect through journaling, and pivot when needed. True balance is about honoring what fuels my energy and passion so I can continue to uplift and inspire others."

Check out her podcast, EMDEQ Power, available on Spotify, Apple, Google Podcasts, Radio Republic, Breaker and Pocketcasts. Rika's book is available on Amazon, Kindle, Ebooks, eBay, Chapters-Indigo, Barnes and Noble, Exclusive Books, and Takealot Audiobook on audible.com and Apple.



Celebrate National Public Works Week at the City of Richmond's

PUBLIC WORKS OPEN HOUSE

Saturday, May 10, 2025
11:00am–3:00pm

Richmond's City Operations Yard, 5599 Lynas Lane

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richmond.ca/PWOpenHouse



More home-care support for B.C. seniors

Seniors in B.C. will have better supports to age at home in their community with expanded and improved services as part of a five-year agreement with United Way BC for popular programs, such as Better at Home.

"We are deeply committed to helping seniors remain in their own homes and in the communities they are a part of," said Josie Osborne, minister of health. "Through the programs and services delivered by United Way BC, older adults are able to stay healthier, be more active and better connected to their communities. By expanding these services, we're helping more seniors throughout our province live more independent lives."

The province is investing \$304 million over five years in United Way BC to deliver and expand community-based seniors' services. These services will be delivered by non-profit agencies throughout the province to help seniors live more independently. Community-based seniors' services include non-medical home supports and programming that help older adults stay physically active, socially connected and engaged, and to be as resilient and independent as possible.

"Seniors living in B.C. want to live at home independently as long and as safely as possible," said Susie Chant, parliamentary secretary for seniors' services and long-term care. "As our older population continues to grow, expanding services for seniors and their caregivers so they can receive the supports they need is vital. United Way BC's suite of programs and services helps people lead fuller, more active and socially connected lives."

The new funding will go toward building upon successful programs, connecting seniors to more support and expanding program staffing and co-ordination. Key highlights of the improvements are:

- **Better at Home program**—Since 2012, Better at Home, managed by United Way BC, has supported seniors with non-medical home support services, such as grocery shopping, minor home repairs, snow shovelling and transportation for medical appointments. New services will focus on social connection and include peer support, expanded group activities, more flexible transportation options, and reduced wait lists for light housekeeping which is the program's most popular service.

- **Family and Friend Caregiver Support and the Therapeutic Activation Program for Seniors (TAPS)**—These programs, which have been in place since 2020, are expected to expand to approximately six or seven locations in 2025 and 2026. More seniors and caregivers will have access to these support programs to help improve their well-being.

- **Individualized support**—The expansion of community connector positions from 19 in 2023-24 to approximately 90 by 2025-26 will provide more seniors with one-on-one support and connect them with other

services in their community to meet their specific needs.

- **Sector collaboration**—The modernized service-delivery model will create more opportunities for agencies to work together to deliver local programming. Increased collaboration between agencies will support better referral of seniors between programs, more sharing of resources and helps plan response to local service gaps.

- **Recruitment and retention**—Thirty new full-time equivalent positions have been added for Better at Home and Family and Friend Caregiver Support programs, helping connect more seniors and caregivers with the supports. For many communities, this means a shift from part-time to full-time co-ordination, creating better access for seniors, and helping recruit and retain workers.

United Way BC is a non-profit organization that supports communities throughout the province by funding and delivering programs and services that help people in need, including supports for older adults to live independently at home for as long as possible.

This work builds on ongoing efforts to support seniors in the province. It includes building more long-term care homes, upgrading existing facilities, hiring additional home-care workers, and expanding innovative programs, such as Long-Term Care at Home and Hospital at Home, to strengthen support for seniors and others in British Columbia.

In April 2025, the province expanded the Shelter Aid for Elderly Renters (SAFER) program, helping seniors with low incomes afford their rent by increasing the average rent supplement by nearly 30 per cent and making 1,600 more seniors eligible. This brings the total number of seniors helped under SAFER to approximately 25,000. In addition, to help seniors age in place in rental or owned homes, the BC Rebate for Accessible Home Adaptations program provides seniors with a rebate of as much as \$20,000 to help them with the cost of making adaptations to their homes for independent living. To help seniors and others stay in their communities, the Province is also creating thousands more affordable non-profit and co-op homes through BC Housing, including 20,000 new rental homes under the Community Housing Fund. More than 13,000 of these homes are completed or underway.

Quick facts:

- In 2023-24, United Way BC's Healthy Aging programs delivered more than 579,000 services to more than 36,000 older adults and engaged 4,301 volunteers dedicated to supporting seniors.

- In 2023-24, there were 94 Better at Home programs that provided 336,415 services to 15,859 seniors in their communities.

Learn more:

For information about United Way BC's Healthy Aging programs, visit: uwbc.ca/program/healthy-aging/



Photo via Freepik.com

I can't believe that's a law: Ontario Edition

By MATTHEW CHEUNG
Contributing writer

DISCLAIMER: The following article is for informational and entertainment purposes only, and does not reflect the opinions of views of the *Richmond Sentinel*. In the last edition, we explored the interesting laws and bylaws found in Saskatchewan as part of our 13-part series. In this edition, we continued heading east towards The Heartland Province, also known as Ontario to see what quirky laws and bylaws were or still are enforced. From swearing in parks, sirens on a bike, and hotel owners selling your horse, Ontario has got them all.

1. Starting in Petrolia, Ontario, a town that is about an hour drive west of London, Ontario, the act of whistling was prohibited in 1990. The bylaw, which had been enacted in hopes of reducing noise disturbances at night, prohibited whistling, singing, and shouting in public spaces between the hours of 11 p.m. and 7 a.m. Though this bylaw does make sense, one must wonder what those streets used to sound like at night. Violations of the bylaw could result in a fine, but the amounts were not publicly detailed. In 2009, the town of Petrolia repealed the bylaw. (*Narcity Toronto*)

2. For most young adults or adults these days, they have probably climbed a tree, at one point in their lives. This may not entirely be the case for those in Oshawa. Though the date is not specified, the Municipality of Oshawa has a bylaw that prevents individuals from climbing trees. At first you might think, what a cruel thing to do to our future generations, but the main objective of the bylaw does not include just any tree. The bylaw was created in order to protect both individuals and trees from potential harm, the bylaw prohibits climbing trees on municipal property. (*Toronto Observer*)

3. Profanity has become a natural part of many people's everyday speech. This does not only include adults but even kids nowadays. The municipality of Toronto has a similar bylaw to the one in Taber, Alberta, with the goal of maintaining a family-friendly environment in public parks, all individuals are prohibited from the use of profane or abusive language. Individuals who are caught violating this bylaw could be subject to a fine that ranges from \$100 to \$300. (City of Toronto)

4. We've all seen the infamous pirate Zazu from *The Lion King*, or Iago from Disney's *Aladdin*, laughing at their ability to mimic the voices and phrases that they hear. But did you know that in Oak Bay, Ontario, residents are not always well received. If a parrot is discovered to be too loud or to be disturbing the peace, owners are subjected to a fine of \$100 as they are disturbing the peace.

5. Walking around parks and in the outdoors in Canada, you're bound to



Image generated by AI

In a series inspired by a colleague, the *Richmond Sentinel* presents some interesting laws that simply don't sound real in the Province of Ontario.

see a few Canadian geese or ducks. Many compassionate strangers are always tempted to feed them as some look quite frail. In Stratford, that is heavenly frowned upon. Enacted on Aug. 8, 2016, the City of Stratford passed a bylaw that prohibited the feeding of wildlife. Shockingly, this does not apply to all types of wildlife, as it has been stated that swans are exempt from this rule and food can be shared with them. The main reason behind this is because the municipality wants to address the public's concerns of overpopulation, altered migration patterns, and cleanliness of ducks and geese. (mystratfordnow.com)

6. Back in the day when horses were the main method of transportation, hotel owner's whose guests were unable to make the payment would automatically lose possession of their horse. Similar to now, where banks are able to reclaim an item if

the owner cannot make their payments. Surprisingly, back in the day, according to the Ontario's Innkeepers Act, inn keepers not only gained possession of it, but they were also permitted to sell a guest's horse to recover the unpaid debt.

7. Since 1973 in Sudbury Ontario, the attachment of sirens on a bicycle is prohibited. This is a confusing bylaw as normal bike riders would just add a bell or horn to their bicycle. Violation of this bylaw could result in a fine of \$110, as they are not considered an appropriate signalling device for bicycles.

8. One of the more quirky laws is the Apology Act of 2009. A law that was enacted by the government that essentially allowed individuals to express their own regret or sympathy without their apology being considered an admission of fault. The act allows individuals to express their feelings and opens up communication without the consequence of being arrested. This makes you wonder though, were individuals arrested or charged for their expressions of sympathy?

9. With the amount of sports events in the Province of Ontario, this next law might be a bit of a surprise. In Red Lake, Ontario, a bylaw prohibits playing games in parking areas of public parks or municipal areas. This includes but is not limited to ball games, skateboarding, frisbee-throwing, cornhole, beer pong, and more. Violators of this bylaw are subject to a \$100 fine and the bylaw is still enforced to this day.

If you think we missed any quickly laws in the province, feel free to email us at newsroom@richmondsentinel.ca or comment under the post on one of our social media accounts. In the next edition, we venture further east to what was once known as New France, to see what quirky laws and bylaws were or still are enforced.

Photo courtesy
Richmond Sockeyes
The Richmond
Sockeyes celebrates
2024-2025 season that
came to an end with
an awards luncheon.
Some players will be
drafted to a higher
division of hockey like
the NHL and many
players will return
along with a few new
faces but they all look
forward to healing
before training camp
begins.



Changes in the off-season

By STEVE ERICKSON AND STEVE DANIEL
Contributing writers

While the season is over, the Richmond Sockeyes are focused on building for the future which starts with questions like "what's needed for the upcoming season and how do we build for the future as we move forward."

All valid questions for not just the owners but also questions that the coaching staff are focused on: who might be returning; while at the same time also wishing the very best for the group of players that are moving on, to take their next step either on the ice or taking a different career path as they age out.

With the PJHL taking the next step and moving up to Tier 1 Junior A status it's important for not only for the Sockeyes to grow with this change but also the league itself to develop players to take the next step in their hockey career.

Moving forward means positive changes for the Sockeyes in order to grow their franchise while meeting the commitment to moving up to Tier 1 Junior A status. In doing so, the most direct change they have made so far is in the search for a new coach as Cullen Revel will no longer be behind the bench.

Management certainly wishes Cullen every success in his future endeavors.

The Sockeyes' ownership has made an extensive list of possible candidates and have narrowed the list down to those that they feel will be a "good fit" for the team as they move forward to Junior A Tier 1 level. In a recent video filmed about The Richmond Sockeyes journey, every testimonial given by previous players and players that have gone on to play professionally there was one common statement repeatedly made "we were treated like family." So with years of developing this environment it is important to the owners that they protect the integrity of this philosophy and finding the right coach that understands the history that's taken years to build.

To date, ownership has held several interviews in search of their ideal coach and hope to finalize their decision in the very near future with a candidate who will lead the team to not just a league championship or provincial championship but also a national championship.

Their quest to find the right fit is a requirement ownership will not sacrifice. The players, some of whom are being billeted here in Richmond and away from their families can be of the age 16 to age 20 so the owners have an obligation to ensure their players are treated like family and this is important that everyone from management down supports this belief.

Moving forward, there's more exciting news to report and that is the owners

are looking to expand their scouting team to outside of Canada. With the recent change to move up to Tier 1, Junior A status and a long history of some 53 years the Sockeyes have a proven track record that provides a safe, diversified community with multiple options to continue their education from secondary schools to community colleges and universities. The owners believe that they have a solid structure in place to embrace potential hockey players.

For the players that are returning to next season, the owners feel they have a good nucleus of returning hockey players of which, there are a number of players who have already made a commitment for the upcoming season.

From the perspective of intermission fun and entertainment for the fans in attendance, I am hearing that they are bringing back the Music Bingo which took off like a rocket ship last season and while on the topic off-ice programming, there's no better approach for a hockey broadcast like the one that the Sockeyes stream each Thursday night by continuing to offer fans what we call a view from "Inside the Game" and we can do that with "stats".

Most fans are familiar with hockey stats and they cover the usual: goals by period, power play numbers, penalty killing and shots on goal.

We try to break that down a little further and offer some insights that often will determine the wins and losses.

The Sockeyes have proven to be a great third period team and we can look at their goals for and against when there's a game on the line, such as really in-depth data for example, not just 'how many shots' but where did the shots come from—in front of the net or the perimeter?

When listeners tune in, they will hear a conversation between play-by-play and colourful commentating that mixes in numbers with narrative. Here's an example of our "fun facts for the week"—since 1972 the Richmond Sockeyes have played just under 2,400 games for our Richmond fans and the winning percentage equates to .648, that is a performance fun fact. Watch for our next issue: excerpts from the major Sockeyes history project now under development.

The *Richmond Sentinel* would like to thank the owners, management and players for welcoming us into their world of sport. It has been a pleasure to not only promote these talented, hard-working young men but to also recognize their volunteer contribution to our community which often goes unnoticed. We wish them well over the summer as they scout for new recruits and as they train their players over the summer for the next season. If you are interested in volunteering or want to enquire about billeting a player you can contact The Richmond Sockeyes on their website richmondsockeyes.com or contact owner Doug Paterson at dpatt@shaw.ca



Douglas James Scammell

Fashion For Men MA-1 Bomber Jacket

As we move into the early spring season the temperature can still be very brisk. Depending where you live, in BC there is usually still fresh snow on the local mountains but in lower mainland during the afternoon the temperature can be warm or we encounter rain and even the odd snow flurries during March early April months.

When traveling to the office or going shopping, walking your dog or heading to a gathering it is important to have a casual jacket for all of the above occasions.

For a casual fashion I suggest a jacket that is less dressy than a suit overcoat or for milder weather and somewhat lighter than a leather bomber jacket but still eye-catching. One jacket that fits this bill perfectly is the iconic MA-1 flight jacket made by Alpha Industries.

HISTORY

First of all, what is the MA-1 flight jacket? The MA-1 flight jacket, also called the MA-1 bomber jacket is an American military jacket that was first developed in 1949 and was originally developed for the new jet aircrafts that required new performance for the pilots providing more safety and comfort. The first MA-1 jackets were issued to the United States Air Force and Navy pilots and flight crews.

Prior to the invention of the jet aircraft the military pilots of the 1940's and WW11 used heavier fleece-lined horsehide leather jackets. However with the new jets available in the 1950's the pilots could fly at much higher altitudes and in much colder temperatures.

If the heavy bulky leather jackets became wet

from rain when the pilot walked to his aircraft the water left on the pilots jacket would freeze at the high altitudes, making the jacket uncomfortable. The new jet cockpits were more cramped so it was important to make this MA-1 bomber jacket to be of a lighter weight. What makes the MA-1 jacket so lightweight is the high quality nylon fabrics and polyester inner linings used instead of heavy leather materials used the 1940's.

One of the very cool characteristics of the MA-1 jacket is the outer lining is usually an olive green, but is also available in many other colors



like black and Navy, but the inner lining is always a very bright orange color. The reason the inner lining is a very bright orange color is so that when a pilot is ejected from his plane and stranded on the ground he can wear the entire jacket inside out so he can be spotted by air rescuers.

Alpha Industries founded in 1959 in Knoxville, Tennessee by Samuel Gelber was a company



that issued military clothing and was awarded the contract to produce the MA-1 flight jacket for the U.S Department of Defence in 1963. By the 1970's Alpha Industries started to cater to the consumer market. In 1982 founder Samuel Gelber died and left his company to his wife Mildred

and from there she formed new management expanding the commercial side of the business.

During that time President Ronald Reagan's administration called for an increase in the department of defense spending which exceeded 1.8 billion dollars in textile alone. Alpha became the leading producer of the new CWU 36/P and 45/P Nomex flight jackets which eventually replaced the MA-1 flight jacket.

RESURGENCE

During the 1980's the jacket had exposure in style magazines such as *The Face* and *I-D* and also appeared in many movies. The famous actor Steve McQueen wore an olive color MA-1 jacket in his last movie before his death *The Hunter* (1980).

McQueen played a modern day bounty hunter based on a true story and in the film McQueen wore the jacket in every action scene and that gave the jacket a cool guy outerwear look. A few years later Kevin Costner wore the same jacket model that McQueen wore 8 years earlier in the film *Bill Durham* (1988) and Michael Douglas wore a black color MA-1 jacket in the film *Basic Instinct* (1992). Today the jacket is just as popular with modern day Hollywood celebrities like Bradley Cooper and Daniel Craig and many others.

Many people mistakenly think the MA-1 jacket appeared in the Tom Cruise *Top Gun* movies (1986 and 2022) But the MA-1 jacket was not in either movie.

Top Gun 2 featured Tom Cruise wearing a similar jacket, the MA-2 jacket but clearly not the same and that model has a fold down collar and different style pockets.

The MA-1 jacket today is used in several police forces and security agencies in regions in the world where the weather is not very pleasant. They were chosen over several other designs because of the jacket's sturdy design.

Today Alpha Industries still produces for the consumer market the MA-1 flight jacket and it is a very popular jacket for civilians. The jacket looks great with a white or navy shirt and a pair of jeans. Also worth noting that Alpha Industries makes a version of this jacket for both men and women.

One of the best things about this iconic jacket it's affordable with a price tag anywhere from \$160.00 to \$300.00.

There are many other manufactures that make their own version of the MA-1 flight jacket for the consumer market that look great and offering different price points.

The MA-1 flight jacket has survived the test of time and is an icon that will never go out of style.

Photos courtesy DJ Scammell
@Deejay.dj

OUR CITY *tonight*

SPOTLIGHT ON

SPRING COCKTAIL.

SOMETHING TO READ

SOMETHING TO VIEW



Photo courtesy Lavish Liquid

THE SIP – LIMONCELLO SOUR

With patio season here again, more and more people will be adding that outdoor space to their home parties. This will require patio cocktails!. With that in mind, we turned to one of our cocktail experts, Chris Chuy, long-time cocktail enthusiast, industry veteran and the owner/operator of Lavish Liquid, one of Vancouver's first event bartender services, which began in 2009. Recently, Lavish Liquid expanded their offerings and cocktail list to honour Chris' Italian background with an Italian inspired cocktail menu, wine & beer list, so we knew we'd be enjoying a cocktail creation Italian style. Chuy did not disappoint with his creation, *Limoncello Sour*. "This cocktail is great for spring and summer, you just close your eyes and let this cocktail take you to the Amalfi Coast." One sip and we were already there. Ingredients for this delicious cocktail include 1oz Arbutus Limoncello, 1oz Strega, 1oz Lemon Juice and 1oz Egg White. Chuy explains that the blend of Limoncello and herbaceous Strega is a well balanced yet simple cocktail that anyone can make and enjoy. More information at lavishliquid.com

THE READ – CAN'T STOP DANCING BY JAMES E. HIBBARD

James E. Hibbard is the perfect example of that old adage, find something you love to do and you'll never work a day in your life. In his case it was dancing, something he has been doing professionally for 65 years. In his long career this dancer, choreographer, singer, actor, producer and teacher has worked with a long list of legendary names, including Elvis Presley, Barbra Streisand, Gene Kelly, Fred Astaire, and Ann-Margret. He taught Sinatra a hip 60's dance for *Marriage on the Rocks*, and helped actress Jean Simmons in *Elmer Gantry*. He was also there performing in iconic musicals like *Bye Bye Birdie*, *Gypsy*, *Hello Dolly*, and assisted many well-known names with their stage acts in Vegas, Reno and Lake Tahoe. Now comes his story in his words: *Can't Stop Dancing*, which starts with his Idaho upbringing (and truly supportive parents) through his years in Hollywood (including 29 movies and over 200 tv episodes), to his decision with his wife to move the family to Vancouver in the early 1970s, where a whole new, albeit smaller, world was waiting for his creative talents to flourish. If you love film, musicals, and TV history; if names like Donald O'Connor, Julie Andrews, Bob Fosse, Tom Jones, as well as those long-gone, local nightclubs like The Cave, resonate with you, James E. Hibbard's book is one you will want to read. bearmanormedia.com

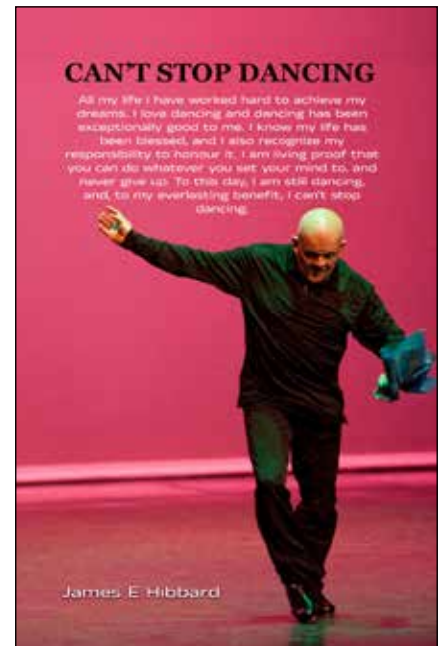


Photo courtesy BearManor Media

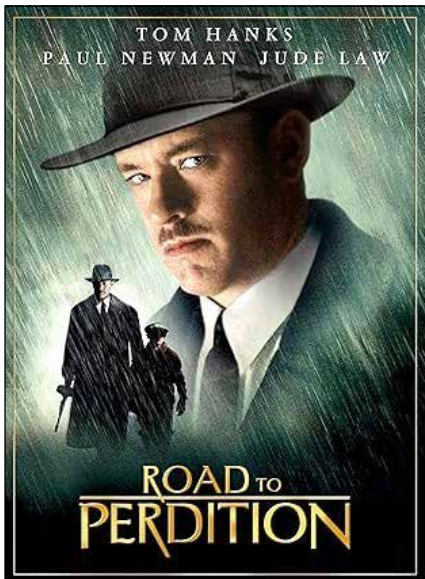


Photo courtesy Dreamworks Pictures & Twentieth Century Fox

THE CLASSIC – ROAD TO PERDITION

This 2002 film was part of our "Top Ten Films of the Decade, 2000-2010", but to this day it remains criminally under-appreciated. *Road to Perdition* is set in the mid-West during the Depression of the 1930's. Tom Hanks is Mike Sullivan, a gunman enforcer for mobster John Rooney (played by Paul Newman in one of his last great roles). Sullivan is also a family man, and when his eldest son witnesses a "hit", Rooney's son (played by Daniel Craig), uses the incident as an excuse to murder Sullivan's family. But the eldest son survives, forcing Sullivan and his

boy to flee and plan their revenge. It is during this time that the film beautifully shows the growing bond between a father and a son, and though revenge is the goal, redemption becomes part of the journey. This is one of Tom Hanks' best performances, and Jude Law, delivers one of his best early performances. Paul Newman adds a deeper layer to the film, as does Daniel Craig as the mobster's weak son (after viewing this film and later *Munich*, we knew Craig as a gifted actor would make a great James Bond). Director Sam Mendes (*American Beauty*, *1917*, and one of the best Bond films, *Skyfall*), delivers a powerful, touching film, aided by cinematographer Conrad Hall (who won an Oscar for this film) and the haunting music of legendary composer Thomas Newman.

Queen of Soul performs at Vancouver Jazz Festival

Coastal Jazz and Blues Society was founded in 1985 and became a not-for-profit, charitable arts organization in Vancouver, BC. In anticipation of the upcoming Vancouver International Jazz Festival, which will be kicking off this summer and celebrating their 40th year anniversary, we sat down with the amazing local soul and jazz singer, Dawn Pemberton, to find out more about this award-winning Canadian musician.

OCT: *We feel very fortunate to be here at the Armoury Studios in Vancouver. It is such a beautiful space and a perfect place to sit down and talk with this incredible artist. Leading up to this year's jazz festival, which takes place from June 20 to July 1, we have the privilege of meeting some of the talent that will be performing. Our guest is Dawn Pemberton, who is well known for her powerful voice not only singing soul and jazz, but also gospel, funk and world music. Dawn, you have been involved with this festival in some capacity for a very long time. Tell us a bit more about that experience.*

DP: I am a lover of the Vancouver International Jazz Festival, and I remember going to this event as a teenager and checking out this great live music, which was free. There were the downtown stages, which I think is really incredible to see as a young person. In fact, there weren't very many places where you could go and hear live jazz for fans 19 and older. That was like my first magical experience that was happening in this city for me. As I got more interested in music, I became a performer and a professional musician and I remember performing at the jazz festival and that was really special. It was incredible to be invited, and it felt like recognition from the music community and the city. It was like a positive affirmation that I was on the right path for me. So, you can understand why this festival is so very special for me.

OCT: *You've done very well in the music industry, including accolades of Canada's "queen of soul". We want to talk about your award-winning record but first let's mention the multiple Juno award nominations and being the recipient of significant music grants. Let's talk about the album Say Somethin and all the different influences we can hear in your song choices.*

DP: For many years I worked with other people and their bands on their projects. I had all these



Photo courtesy Robyn Ardagh
Dawn Pemberton award-winning jazz singer.

songs and all of these ideas that I wanted to share with the world. And yes, I have a lot of musical influences because I love jazz, and I studied jazz music. But I also love gospel, the blues, R&B, and I even love "yacht rock". To be honest, I wanted to showcase all the things that I love, and I remember people thought that was an interesting concept with comments like "it's a bit jazzy" or "it's a bit soulful". I stuck to it because these are the sounds that I love and that's how it came out in that album. I'm currently working on some new music for a new album called *Supernova*. Of course I'm very excited about that too.

OCT: *If you could choose one genre to describe your style, what would you say?*

DP: Yes, I definitely should, but I'm not sure if I can.

OCT: *You are also a teacher, a pianist, a choir director... tell us a little bit about your women's choir.*

DP: The Roots 'N' Wings women's choir is a choir that I started about 11 years ago. It is a wonderful community of singers who have a wide variety of

musical experiences to share. I really wanted to create a community for women's voices that was a little bit different than some of the traditional choirs that are around right now. I feel like the repertoire for women's choirs is very focussed on a few things like love, or we sing about springtime in nature, and I wanted to show that women's choirs can sing about other things. This choir consists of a wonderful group of people and God bless them for trusting me to lead them down a very interesting and creative path and we have a lot of fun together.

OCT: *We always like to ask our guests who are in the creative fields like actors, writers, musicians, artists about a particular question—what made them choose to do what they do. Singers like Roberta Flack, Evelyn Champagne King, and Anita Baker have been mentioned as some of your influences, but who did you hear for the first time or see for the first time that made you think I want to do that? Was there a music influence that really set you on this path?*

DP: For me it was Mahalia Jackson. I grew up in a very musical family, and my parents were always listening to music. I have a lot of siblings who are also musicians and so they were listening to tons of music. I remember inheriting this old stereo component, and I got to put it in my bedroom which was very special at the time and the thing about this stereo was that it had an eight-track deck. I didn't know what that was, but I found all these eight tracks cartridges in my parents' basement. I remember lying in my room, listening to this big beautiful voice (Mahalia Jackson) and I was really moved. I didn't know why or what it was, but there was something that kept me curious about her. And this was a beautiful introduction to singing gospel music, and just music in general.

OCT: *That would have been a great introduction experience to beautiful music. And Dawn, to let our viewers know, you will be performing at the Vancouver International Jazz Festival on Sunday, June 22 on the downtown Georgia Street stage which is a great location. We don't want to miss that performance.*

To find out more about Dawn Pemberton you can go to her website dawnpemberton.ca and to check out all of the great events happening this year coastaljazz.ca



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