



## PASS ON THE RECIPES



Seniors share  
family traditions

06





Lunar New Year events are happening around Richmond beginning this week.

File photo by Chung Chow

## Lunar New Year events happening in Richmond

By **SAMUEL CHENG**  
Reporter

With Lunar New Year just around the corner, there are events happening all over Richmond to celebrate the Year of the Rabbit.

The date of Lunar New Year is determined by a lunisolar calendar, and it is celebrated annually in countries including China, Taiwan, Korea, and Vietnam. This year, Lunar New Year begins on Jan. 22, with celebrations starting the previous night (Jan. 21).

The Richmond Chamber of Commerce is hosting a banquet dinner tonight (Jan. 17) at the Continental Seafood Restaurant, with ticket prices starting at \$140 plus tax. The reception opens at 5:30 p.m. and dinner begins at 6:30 p.m. The dinner also features live lion dance performances, prospects for the Year of the Rabbit told by a Taoist Feng Shui master, prizes, raffle draws, and more.

The Richmond Public Library is holding its annual Chinese Couplets Con-

test to bid farewell to the tiger and welcome the rabbit. People can write a second line to follow this first line: "猛虎歸山，山中蓄勢待時發;" ("The fierce tiger returns to the mountain to prepare for his next term;").

Both lines must have the same number of characters, each character must be from the same word class, the tone pattern of both lines must mirror each other, and the meaning of both lines must be complementary. The deadline for submissions is Jan. 20, and people can enter online or learn more at [yourlibrary.ca/couplets-contest/](http://yourlibrary.ca/couplets-contest/)

Aberdeen Centre is hosting a series of activities and events. A flower and gift fair is on through Jan. 22 during mall hours, and the annual countdown returns on Jan. 21 from 8:30 p.m. to 12:05 a.m., with support from Fairchild Radio and Fairchild Television. There will be a lion dance on Jan. 22, and live performances on Jan. 22 and 28.

Lansdowne Centre is hosting a Lunar New Year festival on Jan. 28 from noon to 4:30 p.m. At CF Richmond Centre, a lion dance will entertain guests on Jan. 29 from 11 a.m. to noon.

## Virtual cooking class celebrating Lunar New Year

Celebrate Lunar New Year with a virtual cooking class hosted on Everything Goes Virtual.com.

The class is taking place on Jan. 21 from 11 a.m. to 12:30 p.m. It is the third annual charity event, with proceeds going to the St. Paul's Foundation Scotiabank Feast of Fortune gala.

Chef Deseree "Dez" Lo, Top Chef Canada Season 10 runner-up, is teaching the class. A private banker turned chef, Lo brings different perspectives and cooking styles infused by her cultural background. She will demonstrate two dishes—a main course and a dessert—and share secret recipes and tricks.

Cooking will be streamed live, with Lo also providing answers to audience members' questions via Zoom. At 12:30 p.m. there will be a friendly competition for the best-looking dish with a photo opportunity.

For more information, visit [everythinggoesvirtual.com/lunarnewyearvirtualcooking2023.html](http://everythinggoesvirtual.com/lunarnewyearvirtualcooking2023.html)



Photo submitted

Join chef Deseree Lo, Top Chef Canada Season 10 runner-up, for a live virtual cooking class to celebrate Lunar New Year.



# January marks Alzheimer's Awareness Month

By MATTHEW CHEUNG  
Reporter

January is Alzheimer's Awareness Month, and the Alzheimer Society of B.C. is hosting a variety of events throughout the month to raise awareness about Alzheimer's disease and dementia.

"In 1981, a group of caregivers gathered to discuss the challenges of caring for a person diagnosed with Alzheimer's disease. Out of their compassion and determination, the society was ultimately founded," says Titania Chan, a support and education coordinator for the society in Richmond. "From those humble roots, the society has blossomed into an organization active in communities across the province. The society exists to alleviate the personal and social consequences of Alzheimer's disease and other dementias, to promote public awareness, and to search for the cause and the cure."

A webinar is being offered tomorrow (Jan. 18) from 2 to 3 p.m. that looks at when to consider the move to long-term care. On Jan. 26, a virtual workshop will discuss how people living with dementia and their families can live safely. A virtual panel will be offered on Jan. 27, where the society's chief executive officer will moderate a discussion regarding issues encountered by people with dementia.

Later this year, the society will host two major events to raise funds: the Vancouver Breakfast to Remember on March 2 and the Walk for Alzheimer's in May.

Alzheimer's disease is an irreversible disease that causes the deterioration of memory and thinking over time. It is the most common type of dementia and accounts for about 60 to 80 per cent of all diagnoses. The disease is diagnosed at four different stages: early, middle, late, and end of life.

In the early stage of the disease, a person experiences mild symptoms and is fully aware of their own condition, requiring minimal assistance for daily tasks. At the middle stage, symptoms are more noticeable, and a person at this stage requires more assistance when it comes to daily



Volunteers before the Walk for Alzheimer's event in 2022.

Photo courtesy Titania Chan

tasks.

A person who has been diagnosed with Alzheimer's disease at the late stage is unable to communicate or look after themselves, and the quality of care is important. The final stage of Alzheimer's disease is the end-of-life stage, where a person requires 24-hour care and the focus shifts to palliative care and comfort to ensure quality of death.

"With an increased prevalence of the disease, it's important that we're educated and have the right tools at hand when we need them," says Chan.

There are some common stigmas that the Alzheimer Society of B.C. is trying to show are untrue. One stigma is that if a person's family member has Alzheimer's, then they will get it as well. In fact, most cases of Alzheimer's disease are sporadic instead of hereditary; less than five per cent of all cases are inherited.

"One in two people in B.C. think dementia is the end of a meaningful life, yet 84 per cent of people in our community who use our programming say they feel more confident when they apply what they've learned in their daily lives—which goes to show you can continue to live well with the disease," says Chan.

Alzheimer's currently has no cure, but the disease can be treated. Different medications can help with symptoms such as memory decline, language change, cognitive ability, and motor skills. Medications can give people diagnosed with Alzheimer's the opportunity to experience improvements in the quality of their daily lives for several years.

For more information on Alzheimer's Awareness Month, visit [alzbcc.org/FullOfLife](http://alzbcc.org/FullOfLife)

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## B.C. lottery players win big in 2022

2022 was an exciting year for lottery players in British Columbia with more than \$802 million in total prizes paid out, including \$382.1 million to players who purchased winning tickets in the Lower Mainland and Fraser Valley.

The British Columbia Lottery Corporation (BCLC) sold more than 100 million winning tickets to players at retail locations and online on PlayNow.com, the province's only legal gambling website. West Kelowna's Jennifer Cole purchased one of these tickets online and scored a \$31 million Lotto Max jackpot in July, which is the largest prize ever won in B.C. from a ticket purchased on PlayNow.com.

In the Lower Mainland and Fraser Valley, there were 48 grand prize-winning tickets sold, valued at \$500,000 or more. Four Lotto 6/49 jackpot tickets were sold:

- John and Travis Bonner from Chilliwack won \$8 million
- Chau Ming (Lana) and You Fai (Joery) Leung from Burnaby won \$6 million
- Nang (Paul) Trinh from Surrey won \$18.7 million
- Trang Dang from Burnaby won \$10.9 million

In 2021/22, BCLC delivered \$1.3 billion in net income to the province, which distributed it in many ways to benefit British Columbians.

# Help improve the *Richmond Sentinel*

The Richmond Sentinel is asking its readers for feedback.

As a not-for-profit community news outlet, the Richmond Sentinel aims to provide stories that are factual, interesting, and informative.

Please take a few minutes to complete the survey by visiting [shorturl.at/amCO0](https://shorturl.at/amCO0). Those who answer the survey can choose to be entered into a draw for the latest iPad (10th generation) or one of 20 gift cards valued at \$50.

This survey can also be printed or cut out and mailed to the Richmond Sentinel office at #200-3071 No. 5 Rd., V6X 2T4.

## Richmond Sentinel reader survey

1. How did you hear about the Richmond Sentinel?

☐ Housing

☐ Other: \_\_\_\_\_

2. Which of the following topics would you be interested in reading more about?

☐ Climate change

☐ Immigration

☐ Richmond city council news

☐ Transportation

☐ Other: \_\_\_\_\_

7. What concerns do you have regarding the current public education system?

☐ Availability of resources

☐ Quality of learning

☐ Equal learning opportunities

☐ Student health and safety

☐ Other: \_\_\_\_\_

3. Would any of the following changes encourage you to read the Richmond Sentinel more frequently?

☐ Increased print distribution quantity

☐ Increased social media posting

☐ Increased multimedia content (photo, video)

☐ Other: \_\_\_\_\_

If you would like to be entered for a chance to win the latest iPad (10th generation) or one of 20 gift cards valued at \$50, please provide your name and e-mail address below:

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

NOTE: Your information will not be sold or shared.

4. Do you support a political party? (Optional)

☐ Yes: \_\_\_\_\_

☐ No

☐ Undecided

☐ Prefer not to answer

5. When it comes to the federal government, what issue is most important to you?

☐ Public safety

☐ Economy

☐ Social welfare

☐ Education

☐ Environment

☐ Other: \_\_\_\_\_

6. When it comes to the City of Richmond, what issue is most important to you?

☐ Public safety

☐ New Richmond Hospital



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# Seniors invited to volunteer as peer counsellors

Richmond Cares, Richmond Gives (RCRG) is recruiting volunteers for its Senior Peer Counselling program.

In the program, older adults meet one-on-one with fellow seniors, providing them with emotional support and connecting them to community resources.

"Our clients might be experiencing anxiety, depression, loneliness, or grief after losing a loved one," says Carol Dickson, manager of RCRG's Seniors Community Support Services. "Senior Peer Counsellors help them reflect on the challenges they're facing and arrive at possible solutions."

The program is premised on the belief that seniors prefer speaking with other older adults, who might share similar life experiences. In addition, because the counsellors are all volunteers, clients often feel more at ease and are thus more willing to open up.

"For many seniors, navigating the healthcare system can be confusing and intimidating," says Dickson. "Our counsellors provide an important point of connection, offering clients immediate support, but also serving as a bridge to other health and community services."

Before becoming Senior Peer Counsellors, volunteers must complete a free, 44-hour training course, covering topics like communication, active listening and empathetic response, and stress



*Photo courtesy Richmond Cares, Richmond Gives*

**Richmond Cares, Richmond Gives is recruiting volunteers for its Senior Peer Counselling program, with the next training session beginning Feb. 1.**

management.

The next training session begins on Feb. 1, and will take place virtually.

"For older adults, this is a unique and truly rewarding volunteer opportunity," says Dickson. "You'll gain new skills, but you'll also be encouraged to draw on your own knowledge and experience. You'll find that, simply by listening and being sup-

portive, you can have a transformative impact on a senior's life."

The Senior Peer Counselling program is supported by the Gilmore and Courtyard Gardens Community Fund, as well as the Jewish Seniors Alliance.

To learn more about becoming a Senior Peer Counsellor, call 604-279-7020 or email [cdickson@rcrg.org](mailto:cdickson@rcrg.org).



## CELEBRATE THE LUNAR NEW YEAR

at Blundell Centre



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# Not-for-profit group gives back to community

CLF Cultural Canada Association (CCCA) is putting together a project that allows seniors to share family recipes.

CCCA is a not-for-profit association founded to promote the exchange of culture, diversity, and dialogue to embrace multicultural values; to provide a hub for creative and innovative exchange of culture, diversity, and dialogue; and to support cultural performances for civic and charitable functions.

"Relationships are the foundation in building a community, and our 'home away from home' concept encourages all members—regardless of age, cultural background, or status of stay in Canada—to communicate and share their experiences that will help build a stronger and more inclusive society," says Kelly Lieu, one of the founders.

Recognizing the untapped knowledge of the ever-growing senior population and the valuable legacy seniors can pass on to other community members, CCCA created the "Pass on the Recipes" project. Through the project, senior volunteers can be part of a culinary experience where they can share favourite family recipes, passing on traditions from their ancestors.

Each episode, focusing on a different country and a different home cook, will be filmed and will air on social media.

Additionally, a Christmas project incorporated



a younger generation of volunteers to give back to seniors. CCCA recruited student volunteers from Richmond after-school tutorial centre Intelli Training Center. Teachers helped student volunteers design, create, and manufacture bars of soap that looked and smelled like freshly-baked pastries to tie into the campaign theme of food.

Each individual product included a gift box. Volunteers delivered over 600 gift boxes as Christmas gifts to senior retirement homes in Richmond, Surrey, Vancouver, and Burnaby.

CCCA facilitated the interaction between seniors and youths to encourage a mutual understanding and appreciation while aiming to close the generational gap. Through these culinary experiences, CCCA is fostering a sense of volunteering that contributes to seniors' quality of life, while finding a common interest that is relatable to members of different generations.

To learn more about CCCA, visit [clfcc.ca](http://clfcc.ca) or follow the organization on YouTube ([youtube.com/clfcc](https://www.youtube.com/clfcc)) or Facebook ([facebook.com/CLFCultural](https://www.facebook.com/CLFCultural)).



Photos courtesy Kelly Lieu

Richmond students made bars of soap that looked and smelled like freshly-baked pastries, then delivered them as gifts to local seniors.

## Local foundation dispersing federal funding

The Richmond Community Foundation is participating in the Community Services Recovery Fund, and will be dispersing funds to charities and non-profits in Richmond.

The Community Services Recovery Fund is a one-time, \$400 million investment by the Government of Canada to help charities and non-profits adapt and modernize. This investment will strengthen the sector as it supports recovery in communities across the country.

The Richmond Community Foundation is working with community foundations across Canada as part of the Community Services Recovery Fund. This fund is a collaboration between the Canadian Red Cross, Community Founda-

tions of Canada, and United Way Centraide Canada to provide funding to community service organizations, including non-profit organizations, Indigenous Governing Bodies, and registered charities located in Canada.

Now more than ever, charities and non-profits are playing a key role in addressing persistent and complex social problems faced by all Canadians. The Community Services Recovery Fund responds to what charities and non-profits need right now and supports organizations as they adapt to the long-term impacts of the pandemic.

The application portal is open until Feb 21. Visit [communityservicesrecoveryfund.ca](https://communityservicesrecoveryfund.ca) to learn more.

# Christmas fund wraps up 90th holiday season

The Richmond Christmas Fund marked its 90th anniversary in 2022.

The fund is run annually in the hope that one day, it won't be needed anymore. If every family, senior, and community member could afford a holiday celebration, the Christmas Fund would cease to exist. But for the past nine decades, the fund has met a real community need.

During the 2022 campaign, grocery vouchers, toys, and gift cards were provided to 2,820 Richmond residents—more than a 20 per cent increase over 2021.

The program began during the Great Depression, based on the belief that financial hardship should never be a barrier to celebrating the holidays. That same belief propels the Christmas fund today.

Annually, Richmondoites come together to support those in need. A dedicated team of nearly 80 volunteers generously shared their time in 2022, contributing at least 1,160 hours. That group includes registration assistants, greeters, toy room assistants, and data entry helpers who spent their Saturdays registering families and providing them with grocery vouchers, toys, and gift cards.

Behind the scenes, volunteers—including dozens of high school stu-



Photo courtesy Richmond Cares, Richmond Gives  
Nearly 80 volunteers supported the Richmond Christmas Fund in 2022.

businesses made donations to the 2022 fund, including a number of Angel Donors who gave \$10,000 or more.

The production crew of *Superman & Lois*, which is filmed locally, organized a fundraising campaign in support of the Richmond Christmas Fund for the second year in a row. Donations were made online, and 89 crew members raised a total of \$12,856.

dents—helped in the toy room. On weekday afternoons, they sorted donations and displayed toys in categories so parents could easily find gifts for their children on distribution days. Companies and organizations like Sage, Starbucks, ASPAC, Richmond Centre, and the Chartered Professional Accountants of British Columbia also sent volunteers to help set up and take down the toy room.

The eighth annual Richmond RCMP Toy Drive was the biggest in Christmas fund history. This event, along with numerous smaller toy drives, provided gifts to 857 kids.

This past year also saw the return of *A Not So Silent Night*. Organized by a volunteer committee, led by Wayne Duzita, the gala reception and auction raised over \$110,000.

Hundreds of individuals and

## Integrated supports available for young people

Children and youth in Richmond facing mental-health and substance-use challenges are beginning to receive new services and supports from the Integrated Child and Youth (ICY) teams in their community.

"Every child and family in British Columbia deserves strong health-care services, including access to mental-health and substance-use supports," said Jennifer Whiteside, Minister of Mental Health and Addictions. "Integrated Child and Youth teams fill gaps and better co-ordinate mental-health and substance-use care, making it easier for families in Richmond to access the help they need, when and where they need it."

The members of the multi-disciplinary ICY teams work together to provide a range of supports, such as assessment and screening, consultation, and therapeutic services, to children and youth as old as 19. The Richmond ICY teams are connecting children, young people, and families to clinical, peer, and cultural supports, meeting young people where they feel most comfortable: in schools, homes, or community settings.

Richmond is one of the first five school-district communities to launch these teams. ICY

teams are also being implemented in the Coast Mountains region (Terrace and Hazelton), Okanagan-Similkameen (Oliver and area), Maple Ridge-Pitt Meadows, and the Comox Valley. The province has committed funding for teams in 20 school districts.

"The Richmond School District is proud to be one of the first communities to launch an Integrated Child and Youth team," said Debbie Tablotney, Richmond School District board chair. "Early intervention and support can prevent more serious mental-health issues from developing and can help young people lead healthy, productive lives. We must prioritize the mental-health needs of our community and provide children, youth, and their families with the support and resources they need."

Carmen Huang, ICY clinical counsellor with the Richmond School District, said: "Having Integrated Child and Youth teams in Richmond is important because they provide a collaborative and comprehensive approach to supporting the mental health and well-being of our students and families. By bringing together a diverse range of professionals, including various counsellors and

peer support workers, these teams can provide a holistic and personalized approach to addressing the needs of our communities' children, youth, and families."

ICY teams provide services to all children, young people, and families within a school district boundary, including those attending First-Nations-operated schools, independent schools, francophone schools, alternative schools, or those not in school. Children and youth can connect with ICY teams through various points of contact, such as early years services, school staff, primary care, mental-health and substance-use services, Foundry centres, and Indigenous-led organizations.

About 75 per cent of serious mental-health issues emerge before the age of 25. The COVID-19 pandemic has disproportionately affected children and youth, particularly people with pre-existing challenges. B.C. is facing an increased demand for services, with more than 28,000 children and youth receiving community mental-health services each year, which is more than double the number who received support in 2003.



*Photos submitted*  
Kajaks junior development athletes are beginning their 2023 season after returning to full competition last year.



## Junior development athletes begin winter session

By HANNAH SCOTT  
Reporter

Richmond Kajaks Track and Field Club junior development athletes are continuing to compete, although moving inside for the winter season.

The junior development program, for athletes aged nine to 13, provides a gradual introduction to the sport of track and field and cross country, says Kajaks executive board member Lanie Man.

"Training in groups based on age, athletes are introduced to the various disciplines within our sport: sprints, hurdles, relays, jumps, throws, endurance, and walks," says Man. "Once comfortable, athletes are encouraged to test their new skills in competition. The goal of this program is for athletes to gain a general understanding of track and field events and to reach their personal goals through quality coaching and competition. Ultimately we hope they develop a lifelong love of fitness and sport, recognize the value of being part of a community, and have a lot of fun along the way."

Winter sessions, which run from January through March, are held in an elementary school gym twice a week from 4:45 to 6 p.m. Kids work on drills, skills training, strength, and conditioning to prepare for the spring competition season.

"The 2022 season had almost 70 members, both annual and spring/summer members, with the addition of 22 fall track and field and 16 cross country members," says Man.

While annual membership for junior development athletes begins in January, there are also seasonal intakes for winter, spring/summer, and fall. The program's capacity is 30 in the winter and 60 in the spring.

"Highlights (in 2022) are that competition season came back in full swing, the first since 2019," says



**Tyler (left) and Oliver Ly were among 22 Richmond Kajaks junior development athletes who received special crests from BC Athletics.**

Man. "From the club perspective, we were able to host our biggest meet, the B.C. Elementary Track and Field Championships (BCEC), again after two years. For most junior development athletes, this is the first time they are competing in a track and field meet, some (for) the first time in three years."

The BCEC returns to Minoru Park this May. Man says it's beneficial to keep kids engaged and active year-round.

"Starting an active lifestyle at a young age builds a lifelong love for physical activity. The athletes learn foundation skills for physical literacy which are transferrable to other sports," she adds.

Additionally, 22 Kajaks junior development athletes were recognized with special crests from BC Athletics for their performance in spring and summer of 2022.

"I love Kajaks Track and Field. You get to connect with the community while having fun and getting fit. Competing against kids from other clubs at track meets, aiming for a personal best while winning medals and ribbons," says nine-year-old Kayden.

The Xiao family, whose 13-year-old sons Robin

and Michael participate in Kajaks programs, highlighted some favourite events: "The most memorable event would be BCEC, which let the boys realize that they run fast, track and field is actually more fun than what they thought before, and they want to join a track club after BCEC."

Robin and Michael also participated in the junior development pentathlon competition in Kelowna, their first pentathlon, where they placed third and fifth respectively and met athletes from other clubs.

"The boys are looking forward to the next season to improve their technique in various events, learn to run faster, build muscle, build confidence, get to know more athletes, and compete in as many meets as possible," say the Xiaos. "The benefits of joining track and field include

mental toughness, perseverance, dedication, teamwork, physical strength, inspiration from the masters athletes and other high performance athletes, and the coaches (who) are always there to support them."

The Ly family's two kids, Tyler (12) and Oliver (10), have been part of the Kajaks for a number of years.

"One of the most important aspects for us selecting a sports club for our children is not only technical skills development but also one that contributes to their overall growth as a responsible member of the community. Since joining Kajaks' Track Rascals program (for those aged six to eight), we were touched by the amazing staff who were professional, engaging, and caring. The leadership opportunities for young adults who graduated from the junior programs played a big part in creating the sense of community as well as setting an example for younger athletes. We are so thankful to be part of the Kajaks family," say the Lys.

For more information about the Kajaks, visit [kajaks.ca/](http://kajaks.ca/)

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# Oval hosting climbing competition

By **MATTHEW CHEUNG**  
Reporter

Climbing Escalade Canada is hosting the Boulder High Performance (HP) Climbing Competition at the Richmond Olympic Oval on Jan. 28 and 29.

Competitors are from B.C., Alberta, Ontario, and Quebec. Climbing begins on Jan. 28 at 8:30 a.m. following the International Federation of Sport Climbing isolation qualifying format. Spectators can watch the competition for free, but there is limited seating.

High performance competitions are regarded by Climbing Escalade Canada as a key component of its program. The main goal of the program is to improve the results of Canadian athletes competing at the World Cup, World Championships, and Olympic Games.

For athletes aspiring to reach the Olympics, other competitions provide an opportunity to work on technique, strength, and skills. Coaches and officials can also support competitors in their journey to reach the Olympics, building long-lasting connections.

"It is very rewarding. Supporting athletes through the ups and downs of their Olympic journey builds special connections that last long after their

journey is over," says Andrew Wilson, high performance director and national coach at Climbing Escalade Canada.

The competitions have three primary objectives: to present a competition environment that represents the level of international competitions; to provide a domestic opportunity to earn continuous national ranking points; and to provide an opportunity for athlete and staff development.

Athletes attending the Boulder HP Climbing Competition must pay a fee of \$150 and can register online at [member.climbingcanada.ca](http://member.climbingcanada.ca). Over the two days, all athletes will compete in nine different bouldering courses. Their cumulative scores will be added up throughout the event.

"The winner will have the best scores across all nine boulders over the two days. (The) best score is awarded to the athlete who gets to the top of the



Photo courtesy Andrew Wilson

**The Richmond Olympic Oval will host the Boulder High Performance Climbing Competition later this month.**

most boulders in the fewest attempts," says Wilson.

To be eligible for the event, athletes must be eligible to participate in the senior category, hold a valid Climbing Escalade Canada competition license, participate in fitness assessments, and follow plans outlined by the High Performance Program coaching team.

For more information, visit [climbingcanada.ca](http://climbingcanada.ca)  
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# Icebreaker returns to Steveston



Photo submitted

**The one-kilometre Kidsrun, which happens alongside the annual Icebreaker, is sponsored by New Balance Richmond.**

By **HANNAH SCOTT**  
Reporter

The Steveston Icebreaker took place last Sunday (Jan. 15), with over 700 participants registered at press time—a record turnout, according to race director Jared Hulme. Almost 200 kids were registered for the accompanying Kidsrun.

"It wasn't too long ago we considered cancelling the Icebreaker, and to see

the popularity of the event now is wild," says Hulme.

He credits the people and atmosphere for the success of this annual event, which is also a fundraiser for the Kajaks Track and Field Club.

"From a local teacher leading the Kidsrun warm up, to (Olympic race walker) Evan Dunfee walking with the kids, and the many community partners that support the event in some way, the Icebreaker highlights Richmond's strong sense of community and the feeling is infectious on race day," says Hulme.

Richmond's only road race, the course takes runners past sites like Britannia Shipyards, London Heritage Farm, and the Steveston waterfront. The flat and fast course is good for new runners, while also providing opportunities for seasoned runners to record new personal bests. Over 100 volunteers were there cheering runners on.

"As a race director, you work tirelessly all year, and the day is a whirlwind packed with many emotions and stress," says Hulme. "But watching runners pass the finish line and get their adrenaline rush—'runner's high'—is a very rewarding feeling, knowing that we played a small part in it. The Icebreaker is one of the first athletic events of the year, so this is many people's first goal or achievement of the new year, which is pretty cool too."

Hulme adds that his two-year-old son took part in the Kidsrun, with his mom, for the first time.

"Seeing all the children and their parents run together, or parents cheering on their kids, is a magical moment and definitely one of the highlights of the day," he says. "This year I (got) to cheer on my own little guy."

The event's title sponsor is New Balance Richmond (#1410-4771 McClelland Rd.). For more information, visit [icebreaker8k.ca](http://icebreaker8k.ca)

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# Presentation focuses on equity and inclusion

By HANNAH SCOTT  
Reporter

In December, the Richmond School District hosted a presentation called "The Other People" at Richmond secondary, introducing students to the stories of people of different faiths and who belong to Indigenous, Black, and People of Colour (IBPOC) communities.

Through a partnership with the Foundation for a Path Forward, Grade 11 and 12 students were invited to interact with the presenters and ask them questions about faith, hate, and racism.

"The district's strategic priority of equity and inclusion is a commitment towards ensuring our schools are places that are welcoming to all," says Navshina Savory, the district's administrator for equity, inclusion, and Indigenous success. "Our staff and student diversity is a strength that we are trying to highlight and honour."

Savory emphasizes the importance of facilitating presentations like this, to help students see shared humanity as well as increasing their understanding of others.

"(The presentation enabled) students to hear stories and ask questions, thereby helping to dismantle the 'us versus them' divide that leads to prejudice, exclusion, and marginalization," says Savory. "Experienced, articulate, and authentic voices are important for our students to experience."

Along with representing different Richmond community members, the presenters of "The Other People" bring real life experience and their visit is free to schools.

When it comes to equity and inclusion, Savory explains, it is the district's mission "to ensure that all of our students, families, and staff feel welcomed, are treated respectfully, and have a sense of belonging."

"We hope to achieve this by actively addressing unconscious bias, privilege, systemic discrimina-



Photo courtesy Richmond School District

**A presentation called "The Other People" introduced Grade 11 and 12 students to the stories of people of different faiths and who belong to Indigenous, Black, and People of Colour (IBPOC) communities.**

tion, and marginalization based on factors such as ability, colour, cultural identity, gender, gender identity, Indigeneity, political beliefs, race, religious beliefs, sexual orientation, and socio-economic status," says Savory.

Actions taken by the district include making Indigenous land acknowledgements during gatherings; providing equity, diversity, and inclusion school calendars to all schools; encouraging school murals that showcase Indigenous art; and organizing professional development opportunities for staff to engage in anti-racism, multi-faith, and Truth and Reconciliation discussions.

In addition, "Parents (have the) opportunity to engage in a webinar to critically think about bias, stereotypes, prejudice, and discrimination. The webinar is designed to raise equity (and) con-

sciousness and highlight the bias we all have, and to better understand how we can use this awareness to create a safe, caring and inclusive environment promoting dignity and respect for all," says Savory.

The district has also developed a new Canadian Black History 12 course, which counts for four credits towards graduation.

"This is a locally developed course that was approved at the last board meeting. The course was developed in-house with myself, teachers, and our teacher consultant for equity and inclusion," says Savory. "We are also going to promote the offering of a Ministry-developed Asian Studies course which similarly provides students Social Studies course credit towards graduation."

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## New scholarship for Kwantlen graphic design students

A new scholarship will help graphic design for marketing students at Kwantlen Polytechnic University (KPU) get a head start.

Brett and Jacci Sandler created a scholarship for students at the Wilson School of Design at KPU through their charitable foundation because of the great experience their daughter has had at the school so far.

"Our daughter Juliette had a valuable educational experience in her first year at the Wilson School of Design, and our family would like to pay it forward by helping qualifying graphic design for marketing students, who have experienced life challenges, to fulfill their potential too with our scholarship," says Brett.

The Sandler Foundation has donated \$10,000 for five \$1,000 scholarships in 2023 and five \$1,000 scholarships in 2024.

"We are so grateful to Brett and Jacci Sandler for this generous donation. This will help give graphic design for marketing students in need of financial assistance a head start as they plan their future careers," says Andhra Goundrey, dean of the Wilson School of Design.

The Sandlers like what KPU has to offer, including the cutting-edge program, the diversity, and the business element. This was important to them as they have a business background.

"We were really impressed with KPU and their approach with students. The way they looked at students, the way they talked to students, the way they understood different situations, and the innovation in what they're doing right now in design," says Jacci.

The Sandler Family Scholarship is available to students in need of financial assistance entering the graphic design program at the Wilson School of Design at KPU.

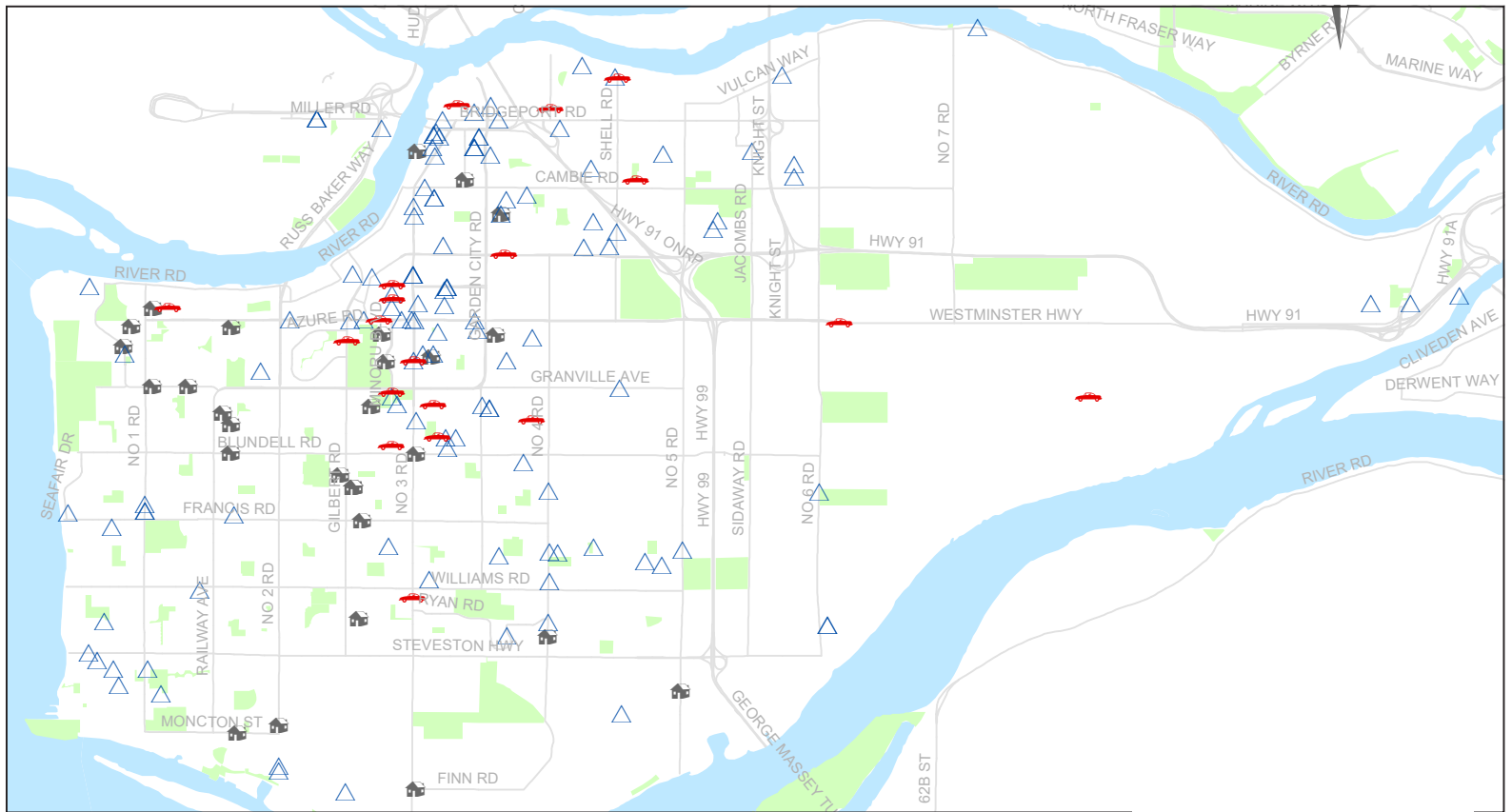
"This award helps recognize diversity and accessibility—that all students should have the opportunity to succeed and to overcome barriers. Accessibility is such an important idea in design and it's wonderful to be able to reflect that value back to the program with this scholarship," says Carley Hodgkinson, program chair of the graphic design for marketing program.





# RCMP

## Crime Map Dec. 1 - 31, 2022



## Police seeking dash cam footage

Richmond RCMP is seeking dash cam footage following an alleged assault with a weapon during a road rage incident.

Police arrived at the 6600 block of Steveston Highway (just west of Gilbert Road) around 7:06 p.m. on Dec. 27. According to the victim, a black Hyundai sedan was driving closely behind him through the Massey Tunnel, and both vehicles exited Highway 99 on the Steveston Highway off-ramp. The victim said the two then proceeded westbound on Steveston Highway.

The victim alleged that the other driver was swerving between lanes behind the victim, and continued to do so until just past No. 4 Road when he allegedly pulled in front and cut the victim off.

The victim stated at this point, both he and the other driver stopped and exited their vehicles, which is when the driver of the Hyundai allegedly sprayed the victim with bear spray. The victim said the suspect driver then returned to his vehicle and drove off westbound on Steveston Highway.

The suspect driver is described as a South Asian man wearing black or dark clothing. The victim was driving a grey four-door Tesla.

Richmond RCMP is seeking dash cam footage from 6:40 through 7:15 p.m. on Dec. 27 in the following areas:



Photo by Jaana Björk

**Police are seeking dash cam footage following an alleged road rage incident on Steveston Highway late last month.**

- Northbound on Highway 99 from the Highway 17 on-ramp to Highway 99 through the Steveston Highway off-ramp from Highway 99
- Steveston Highway off-ramp from Highway 99 to between No. 3 Road and Gilbert Road

"This is a typically a busy stretch of road around 7 p.m. on a weekday," says Cpl. Adriana O'Malley, Richmond RCMP media relations officer. "We are asking anyone who was in that area around that

time to review their dash cam footage, or if you witnessed the incident to contact us."

Anyone who may have witnessed the incident, or who has information regarding this file, is asked to call Richmond RCMP at 604-278-1212 and quote file number 2022-35742. Should you wish to remain anonymous, contact Crime stoppers by phone at 1-800-222-TIPS (8477) or visit them online at solvecrime.ca

# Art gallery presenting two new shows

By HANNAH SCOTT  
Reporter

Richmond Art Gallery begins the year with two new exhibitions, inviting viewers to contemplate traditional gender roles and power dynamics.

Mike Bourscheid's first major Canadian show, *Sunny Side Up and other sorrowful stories*, accompanies *Codes of Silence*, the first exhibition curated by new Richmond Art Gallery curator Zoë Chan.

## *Sunny Side Up and other sorrowful stories*

Bourscheid, who grew up in Luxembourg, has been interested in art since childhood and started getting more involved while in high school. He works with a variety of mediums including video, photography, sculpture, and performance, and his current practice often begins with costumes.

"I create a character or multiple characters, and then at the end when the costumes are done or when I'm making the costumes I decide what they will become—video, photography, performance—because I'm making them myself," he explains.

Bourscheid says he often finds inspiration at the library and also forms ideas by making things and seeing materials. Sometimes his costume pieces evolve through practical constraints, such as a sequin-covered foam head that became heavy enough to require a support structure.

Focusing costumes around the body, and how they function as an extension of the body, Bourscheid also explores humour as a way to hide messages within his works. *Sunny Side Up and other sorrowful stories* includes a film called *Agnes*, which was inspired by his experience of being raised by a single mother as well as drawing inspiration from Kathy Acker's book *Don Quixote*.

"This work for the Richmond Art Gallery has a lot of elements that are very personal and slightly autobiographical," he says. "A lot of things are also inspired by my body; I'm quite tall and always aware of my body, especially when I do performance. When I enter a room there's a presence that I want to tame down."

Initially creating hand puppets with gloves, to maintain functionality, Bourscheid then made other costume pieces to facilitate characters. He also created seven latex noses that reference the family story about his nose coming from his father.

*Agnes* is composed of filmed segments from a 2021 exhibition in Berlin. This new film premieres at the Richmond Art Gallery and makes use of multiple screens to enable the different characters to interact with each other.

"I hope that people laugh. I hope that people feel good and take away that vulnerability is something positive, solitude is important. To dig into the emotional side and to also not neglect that—that's an important part of your being," says Bourscheid.



Photo courtesy Mike Bourscheid

Mike Bourscheid's *Sunny Side Up and other sorrowful stories* is one of two shows on at Richmond Art Gallery beginning on Jan. 28.

He's also curious how kids will respond to the costume pieces and noses. When creating his artwork, Bourscheid tries to think like a child and maintain that sense of playfulness.



Photo courtesy Cauleen Smith and Morán Morán

Cauleen Smith's *Black and Blue Over You (After Bas Jan Ader for Ishan)* is one of the videos that makes up curator Zoë Chan's exhibition *Codes of Silence*.

## *Codes of Silence*

*Codes of Silence* brings together four featured videos by artists Shirley Bruno, Aleesa Cohene, Caroline Monnet, and Cauleen Smith. The exhibition came together over several years as Chan was exploring and researching artists working with storytelling and voice.

"The voice was very important, but I also thought it could be interesting to look at artists who were looking at silence and maybe more focusing on moments of quiet and intimacy," says Chan. "Usually we think when the voice has been removed, it's around censorship or suppressing someone's subjectivity or their politics, or something like that."

As a curator, Chan says her role is to find works that fit together and within a theme, while maintaining their uniqueness. Because the exhibition is made of videos, Chan has developed ways to prevent sound bleed including using headphones and other approaches. The show also includes works from the gallery's permanent collection, which features many B.C.-based artists.

"I'm hoping to create experiences for a public that may be familiar with contemporary art, but also just a general public; as an engaged citizen I hope there's something there for everyone," says Chan. "We're so bombarded with visuals every day and busy-ness, and I hope the space for this exhibition can be contemplative and encourage meditation, reflection, and listening."

Bruno's video *Tezen* is a coming-of-age tale based on a popular folkloric story in Haiti that's still told today. Cohene's *Kathy* brings together the performances of actor Kathy Bates. Monnet's *Creatura Dada* focuses on a feast attended by Indigenous women artists and honouring filmmaker Alanis Obomsawin. Smith's *Black and Blue Over You (After Bas Jan Ader for Ishan)* shows the artist making bouquets of black, white, and blue flowers in remembrance of the death of a friend's nephew.

"Each of the works is really unique and really beautiful," says Chan. "I think they're compelling and will draw the public in—at least that's my hope."

Both exhibitions are on at Richmond Art Gallery from Jan. 28 to April 2. For more information, visit [richmondartgallery.org/sunnysideup](http://richmondartgallery.org/sunnysideup) or [richmondartgallery.org/codesofsilence](http://richmondartgallery.org/codesofsilence)

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# Richmond actor starring in one-person play

By HANNAH SCOTT  
Reporter

Richmond actor Jill Raymond stars in Metro Theatre's *Shirley Valentine*, a story about a bored Liverpool housewife who takes a trip to Greece with her best friend.

The one-person play sees Raymond splitting the role with Tamara Prescott, with each actor taking on half the performances. Raymond says working with a solo show is difficult because it removes the element of reacting to fellow actors onstage.

"I think especially in a show like this, where the fourth wall is consistently broken, so much of the play comes from when the audience is present," says Raymond. "So much is going to change as soon as there are people there in the audience with me."

Describing the relationship between audience and performer as a communion, Raymond says there will be an ebb and flow of energy that changes with each performance based on audience response.

"I knew it was a one-person show and I was ready for it, but the sheer amount of work on the lines and the language is something that I don't think you can prepare for—it's a lot," Raymond says. "Once you're in it, you realize this really is an hour and a half of pure monologue. Shirley doesn't rest in her speaking; it's non-stop."

When it comes to memorizing lines, Raymond's usual process is to record her lines and listen back to them. In this case, she's listening to her recording repeatedly, allowing the text to settle in.

"Then (it's) working with other people in rehearsal, and outside of rehearsal working with other people who are holding the book and making sure the lines are coming out in the correct order," she says. "I'm usually able to do a lot of independent work, which is ironic because actually the rehearsal process for a one-woman show has been trickier than it would be for a cast of people, which is something that I wasn't anticipating either."



Photo by Tracy-Lynn Chernaske

**Richmondite Jill Raymond is one of two actors taking on the one-person play *Shirley Valentine* at Metro Theatre through Jan. 29.**

With this double-cast show, Raymond and Prescott have rehearsed blocking together. Blocking is the process of learning the physical use of the stage such as where to enter and stand, how to move around, and working with the lighting. That joint effort gave each actor a sense of how the other person was approaching the role.

"We've not been rehearsing together as a deliberate thing because we're each going to have different versions of Shirley," says Raymond. "It's so important that we each have our own process as we're going through, and don't want each other to feel that the other person is ahead of us, or behind us, or is doing something different. The beauty of theatre is that each actor is going to play the role in a different way."

Director Alison Schamberger describes the play as a coming-of-age story for adults.

"Shirley finds herself, as so many of us do, stuck in a pattern of life and not realizing quite how she

arrived there, realizing that she's lost herself within the day-to-day mundane tasks that she has to do, and she's forgotten who she really is," says Raymond.

Through fulfilling her lifelong goal of travelling, Shirley rediscovers herself as well as gaining confidence, Raymond adds.

"It's a really wonderful reminder that ordinary lives can be extraordinary and that we're always in control of things that we can change, and to constantly be looking and reminding ourselves that we have that power."

Raymond was also recently named Best Performer in a Play in the 2022 BroadwayWorld Vancouver Awards for her work in *verisimilitude*, which she also wrote.

*Shirley Valentine* is on at Metro Theatre through Jan. 29. For more information or to buy tickets, visit [metrotheatre.com/](http://metrotheatre.com/)

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## Gateway Theatre announces rest of season

Gateway Theatre is announcing the remainder of its 2022–23 season, which includes in-person artistic offerings as well as audio plays.

To start off the year, Gateway is launching a free audio plays series, *A Year of Blessings*, where young audiences and their families can learn and explore the wonders behind traditional Chinese festivals in a fun and entertaining way. The first episode, *A Year of Blessings: 繽紛新年 Bun Fun New Year*, launches on Jan. 21. The second episode will be released on April 5 and the third episode on June 22. *A Year of Blessings* is created by Five Blessings Collective, a talented team of Asian-Canadian artists that includes Nancy Tam, Derek Chan, Jasmine Chen, Howard Dai, and Amanda Sum.

Gateway is hosting a family-friendly Lunar New Year event on Jan. 21 from 10 to 11:30 a.m. or 1 to 2:30 p.m. Activities include a special live reading of *A Year of Blessings: Bun Fun New Year* in Studio B followed by festive craft

activities for families. The cost is \$8 per person, and free for kids aged two and under.

From award-winning Indigenous artist Jani Lauzon, *Prophecy Fog* takes viewers on a journey about relationships with land, family, and sacred spaces in Studio B from March 9 to 18. The show is produced by Paper Canoe Projects.

Closing the 2023 season, *Hey Viola!* is the story of Viola Desmond, the fearless woman featured on Canada's \$10 bill. The musical is produced by Musical TheatreWorks in association with Western Canada Theatre and created by Vancouver performer Krystle Dos Santos and director Tracey Power. It runs from April 13 to 22.

Tickets for all 2023 artistic offerings are now on sale at [gatewaytheatre.com](http://gatewaytheatre.com) or 604-270-1812.

# Art anthology invites contemplation of social supports

By HANNAH SCOTT  
Reporter

The new art anthology *What Are Our Supports?* is co-published by Richmond Art Gallery and based on a 2018 art partnership.

Curator and writer Joni Low and art historian Jeff O'Brien worked with the project of the same name that inspired the anthology. This collaboration involved five artist groups using a Bell telephone booth named *Home Made Home: Boothy* created by artist Germaine Koh and placed in a public space in downtown Vancouver. The booth functioned differently for each group, becoming a haircutting station, a currency exchange, an Indigenous ecosystem, a lightbox, and a greenhouse.

Low explains that the inspiration for the telephone booth project came from an earlier exhibition she worked on called *Afterlives*.

"One of the questions was around the afterlives of things that have outgrown their intended use, like ideas, technology, paradigms, and things like that," says Low. "That was an inspiration to the project and that fit into the *What Are Our Supports?* project. All the artists who participated in the project frequently work collectively and also sustain space for art outside of institutional and gallery context as part of their projects."

Low says the exhibit derived further inspiration from artists' desires to find support, as well as their often precarious situation when seeking studio space and communities. The anthology was not planned as part of the original project, but grew organically during the pandemic.

"I realized many of the public discussions around the need for social and self-organized support during that time—times of isolation, uncertainty, rapid change, where we're recognizing some of our societal support structures can't meet some of those needs—resonated really strongly with what we discussed in the project and what the artists explored," says Low.

The anthology comprises original artist project reflections, commissioned essays and poems, and reprinted texts. Low appreciated the opportunity to reflect on the project afterwards as opposed to compiling the anthology at the same time as the exhibition.

"(We) started with the five artist projects in public space; (there) were contributions by each of the artist groups," she says. "(Then) we brainstormed people who are writing on urban space or spatial poetics, or who have practices or have made works or projects that exist outside a digital context."

Using a question as the anthology's title, Low says the project is still open-ended.

"In addition to the phone booth that joined all these practices together, how can we look at all the supports that the artists attuned us towards, and what does that say about us now?" says Low.

Low points out that the pandemic removed opportunities for public connection, with a move to more pre-determined digital options. But the pause in regular routines also offered new possibilities.

"I mention this in my essay about how the pandemic provided time, a suspension of time initially to sense what's not working" says Low.

She adds that the time also allowed people to participate in social engagement like protests for the deaths of George Floyd and Breonna Taylor; Indigenous-led movements defending water, land, and fishing; and recognizing the need for reconciliation around children lost at residential schools. Some of the authors' pieces speak to those elements of protest.

"I think all of the authors had a chance to reflect on 'What is it that we need to build more inclusion and representation in art processes?' so I think it fed a lot into that in terms of thinking 'What do we need to work on?'" says Low.

She envisions the anthology as being not only for artists or art communities, but for a broader readership.

"My hope is that readers will come away with the sense of how integral the act of support is in our world fabric, on an intimate scale here and as something that they can build into their everyday lives as a creative practice (that's) not limited to art," she says. "The artists in this project and volume are attuning us to cherished basics that are core to being connected: communication, trust, play, practice."

Ultimately, Low hopes the anthology sparks people to support causes that matter to them, recognizing that support requires a collective effort. She is also grateful to the Richmond Art Gallery and director Shaun Dacey for their support, as well as other partners.

A launch party for *What Are Our Supports?* is happening at Simon Fraser University's Goldcorp Centre for the Arts on Jan. 21.

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**The artists in this project and volume are attuning us to cherished basics that are core to being connected: communication, trust, play, practice.**

— Joni Low

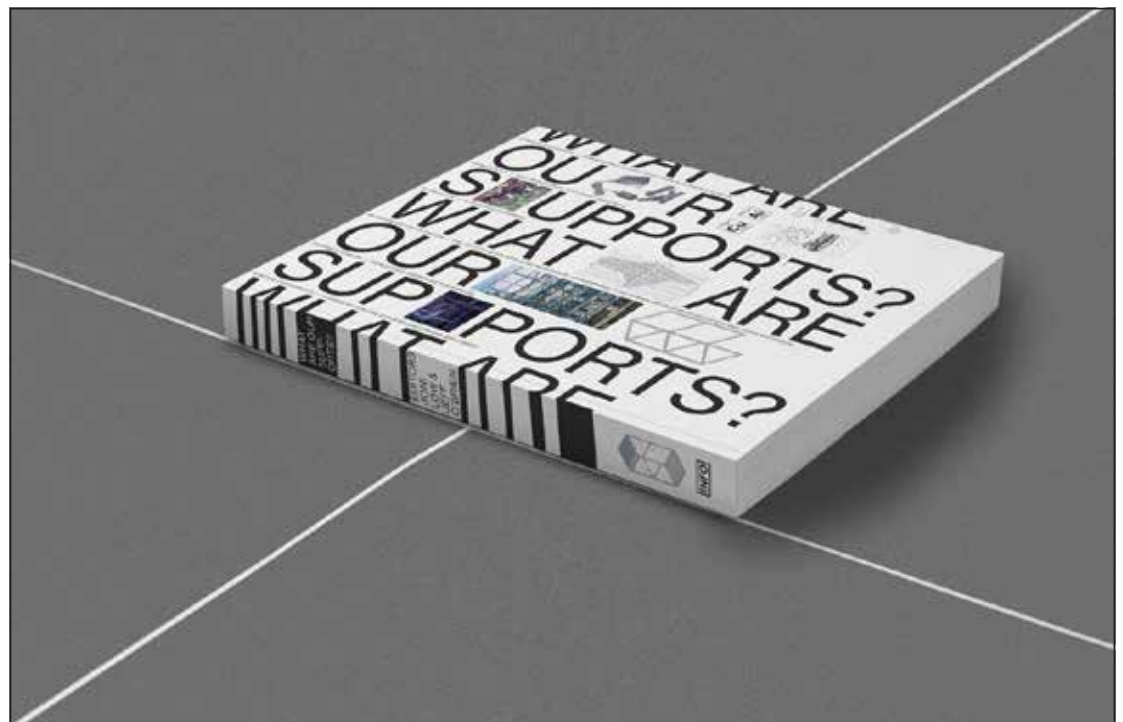


Photo courtesy Information Office

*What Are Our Supports?* is co-edited by Joni Low and Jeff O'Brien, and co-published by Information Office, Doryphore Independent Curators Society, Richmond Art Gallery, and Art Metropole.



# Travel expert shares great winter escape

By JIM GORDON & LEETA LIEPINS  
Contributors

Many people are enthusiastically but cautiously travelling again. The *Our City Tonight* team recently spoke to travel expert, executive producer, director, and writer Michaela Guzy, who shared tips for sustainable travel. Guzy is a human connection expert and the founder of *Oh The People You Meet*, a global collective of creators that focuses on people, places, and purposes.

**Our City Tonight (OCT):** *Fiji Airways just launched a non-stop flight from Vancouver (International Airport) to Fiji. Tell us more about this great getaway.*

Michaela Guzy (MG): There is a new flight available that just started on Nov. 25 and leaves from Vancouver (International Airport) non-stop to Nadi, Fiji twice a week on Mondays and Fridays. (People can) fly directly to those white, sandy, and remote beaches with great nature escapes; climb through caves while hiking; and even swim with sharks in crystal clear blue waters. I'm always excited to immerse myself in local culture. There are so many wonderful ways to experience Fijian traditions.

**OCT:** *One of the areas you focus on is sustainable travel, and more people are looking for this. It can be described as "conscious travel" in which travellers want to know that they're helping the environment and that their dollars are going to the right people—in this case, to the locals and to ultimately help the community prosper.*

MG: I just had the Minister of Tourism for Fiji on my podcast and he shared that for every 20 travellers that come to Fiji, it results in creating one job for a local Fijian. So, this sustainable job development is truly going back to the local people and helping support their economy. Fiji is one of those places that has a very rich and vibrant local culture; they are very community-focused. Some of the traditions I was alluding to before include drinking the traditional kava and eating from the underground lovo pit ("lovo" means "feast cooked in the earth"), which is their buried traditional cooking method.

**OCT:** *Tell us what one can expect on this non-stop flight to Fiji.*

MG: It's just over 11 hours on this non-stop flight—that's like two movies, a meal, and a nap, and then you're in paradise.

**OCT:** *What (can) people experience once they're in Fiji?*

MG: I haven't been yet, and this will be my 113th passport stamp when I go



Photo courtesy Michaela Guzy  
Travel expert Michaela Guzy shares information about the new non-stop flight from Vancouver International Airport to Fiji.



this February. Fiji has something for every type of traveller, whether you're a family, a couple, or a wellness guru. Fiji has hotel offerings and experiences that can fit every budget level. When I go to film my show *Oh The People You Meet*, I'm going to be staying at some eco chic boutique hotels and I can't wait to check these out. I will also be immersing myself in the traditional Fijian cultures.

For the full video interview, visit [richmondsentinel.ca/videos](https://richmondsentinel.ca/videos)  
Jim Gordon and Leeta Liepins are contributing writers to the Richmond Sentinel.

## STR8TS

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

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