



AMAZING RACERS



Two Richmond
contenders

14

Photo courtesy CTV

Richmondites Derek Gottenbos and Jaspal Sidhu have been inseparable since high school and are in a race across Canada for the Grand Prize of \$250,000 and a trip for two around the world.

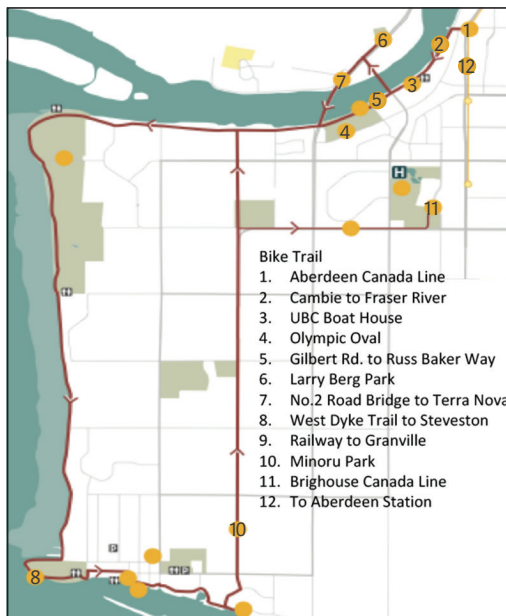
OUR CITY *Richmond*

'GOOD TO KNOW'

by Florence Gordon

Explore Richmond on two wheels

Richmond is a stunning city surrounded by culture and character in a natural setting. With over 80 km of designated cycling routes and 135 km of trails the designated pathways are a relatively flat topography, which makes Richmond easy to explore on two wheels.



Bike Trail Map. Photo via richmond.ca

Combining landmark sites, easy to ride trails, breathtaking greenspaces and beautiful water views, Richmond is ideal for a leisurely day out on your bike. Whether its with family, or friends, a bike club or just a time out for yourself there are plenty of things to do and photograph along the way. The bike map enclosed is approximately 26 km, mainly on cycle paths/trails and flat terrain.



Dragon Boat. File photo by Chung Chow

Starting at the Aberdeen Canada Line Station, go west on Cambie Road to the Middle Arm Greenway on the Fraser River. Cycle south west towards the UBC Boathouse where there are rest areas with benches to stop and enjoy UBC's rowing teams practicing, or continue on to the Richmond Olympic Oval, a legacy from the 2010 Winter Olympics. Stop at the Richmond Olympic Oval and admire the building's architecture even take a few minutes and tour the interior that hosts many sports activities or displays of art and sport photography.



Larry Berg Park. Photo via richmond.ca

From here, circle back and cycle east along River Road and turn left onto Gilbert Road. Cross the Fraser River via the Dinsmore Bridge cross Russ Baker Way and turn right on the pathway to reach Larry Berg Flight Path Park. This park is a great location as it's right under the flight path of airplanes descending into the Vancouver International Airport. The large globe of the world is strong enough to stand on top and take photos of you or your friends on top of the world with airplanes overhead about to land.

Retrace your tracks on the Russ Baker Way path then head south over the Fraser River on No.2 Road Bridge. Follow the signs and ride along the shoreline of the Middle Arm Dyke Trail towards Terra Nova Rural Park.

At Terra Nova check out the observation platform and soak in the park's abundant plants and birdlife—a good opportunity for your nature photography skills. Now on the West Dyke Trail, cycle south towards Steveston Village and take in the panoramic views of the Gulf Islands. You'll soon reach the waterfront Gary Point Park. This is a popular place for picnics, strolling along the waterfront and taking in the colourful kite flying demonstrations by the local folks.



Fisherman's Wharf. Photo via richmond.ca

A short distance from the park is the Gulf of Georgia Cannery, a national historic site museum. From the Cannery, follow the winding Bayview Street towards the waterfront and nearby Fisherman's Wharf. Be sure to schedule enough time to enjoy Steveston Village, a community that has protected its historic village. Visit the many restaurants along the boardwalk overlooking the Fraser River and Fisherman's Wharf where many fishing vessels sell their fresh catch of the day to the public and let's not forget the many unique shops along Moncton Street.

We are approaching the final leg of our journey. From Westwater Drive take the paved path through T. Homma Park and connect to the Railway Greenway. Follow the path north to Granville Avenue. From here you have two options, choose the route back retracing your way on the Middle Arm Dyke Trail back to Aberdeen Station or, take Granville Avenue using the street bike lane to Minoru Park right in the centre of Richmond. This is a popular destination, with a lot of activity (ie) track and field, soccer games, tennis, community centre with swimming pools and an art gallery. The newly re-constructed Minoru lakes with picnic areas and strolling paths offers a great rest stop. From here you can make your way over to No.3 Road and catch the next Canada Line back at the Brighthouse station which will return you to the Aberdeen station to complete this circle route itinerary.

Safety Reminder

Wear a helmet, obey traffic signs and signals, ride in a single file, use hand signals, yield right of way to pedestrians, ride on right side of appropriate lane.

2023 Richmond Heritage Award winners

The City of Richmond announced the winners of the 2023 Richmond Heritage Awards at the July 24 council meeting.

The Richmond Heritage Awards are organized by the Richmond Heritage Commission annually to recognize people and/or organizations for their dedication to the conservation of a historic place or promotion of heritage in Richmond.

"The Richmond Heritage Awards honour and celebrate the past and pay tribute to those who contribute to promoting awareness of Richmond's diverse heritage," said Mayor Malcolm Brodie. "The awards also provide a platform for people to learn about the many interesting and important stories that shaped our history. Thank you to everyone who submitted nominations and to the many people and organizations dedicated to preserving Richmond's heritage."

The Richmond Heritage Commission selected five recipients for the 2023 Richmond Heritage Awards:

- **Richmond Museum Society for the new Richmond Museum website**

The new Richmond Museum website provides opportunities to new audiences to engage with Richmond's rich history and culture. It also hosts online exhibits and provides short films and access to research resources and an artefact collection database. Further information is available at richmondmuseum.ca/

- **Andrea Phillpotts and Hayley Valliquette for customizing the course content for Social Justice 12 at McMath Secondary School**

These teachers took an innovative and unique approach to educating about the injustice of the Japanese Canadian internment by using primary sources connected to Richmond and making extraordinary efforts to connect with different community members in their development of the course content.

- **Blue Cabin Floating Artist Residency (Floating Artist Residency) and De-**



Photo courtesy City of Richmond

Congratulation to all the winners for winning the Richmond Heritage Awards.

celebrate many cultures, traditions and beliefs that make up a diverse cultural heritage. For example, the Celebrate Canada 150 Culture Days from Far and Wide—Multicultural Creative Writing Collection 2017 was published for the annual Canada Multicultural Creative Festival; it includes 150 original writings such as poems, essays, short stories, dramas, songs, letters, plays, Lushi and Haiku.

- **Kevin Takahide Lee for fostering relationship to the social history of the Edwardian Cottage**

Kevin is a grandson of Hiroyuki Koyanagi, who lived in the Edwardian Cottage that is now home to Terra Nova Nature School's licensed preschool program. Kevin used theatre arts to educate the community, including the preschoolers at Terra Nova Nature School, on the forced internment and dispossession of Japanese families during World War II, enriching the community's understanding of this important piece of social history.

More information about the 2023 Heritage Awards can be found at richmond.ca/HeritageAwards

ra Sparrow for the "Skeins: Weaving on the Foreshore" program

Debra Sparrow was invited to participate in the Blue Cabin artists in residency "Skeins: Weaving on the Foreshore", a celebration of Coast Salish weaving practices. The program highlighted the importance of Indigenous cultural heritage practices in Richmond. Details can be found at thebluecabin.ca/residency/skeins/ or othersights.ca/bcfar-debra-sparrow-2/

- **WS Immigrant and Multicultural Services Society for the Canada Multicultural Creative Festival**

The Canada Multicultural Creative Festival is an annual event that provides an opportunity for people from various backgrounds to share their own stories and

Richmond garlic festival is back in town

The much-anticipated Richmond Garlic Festival is back, and this year, it promises to be bigger and better than ever before. Among the stars of the festival will be the four distinct garlic varieties grown on-site at the Sharing Farm, Red Russian, Music, Italian Softneck, and Chesnok Red, each offering its own unique characteristics and culinary applications.

1. **Red Russian:** Red Russian garlic, is renowned for its striking appearance and intense, robust flavor. With its purple-striped outer wrappers and easy-to-peel cloves, it has become a favorite among chefs and home cooks alike. When raw, Red Russian garlic delivers a hot and spicy punch, while its flavor mellows into a complex and rich umami taste when roasted or cooked.
2. **Music:** Music garlic is a hardneck variety celebrated for its large, easy-to-peel cloves and pungent yet balanced taste. It offers a strong
3. **Italian Softneck:** As the name suggests, Italian Softneck garlic boasts a soft and pliable neck, making it ideal for braiding. This variety is beloved for its versatility, as it can be easily incorporated into both raw and cooked dishes. When raw, Italian Softneck has a mellow and mild flavor with a hint of spiciness, while its cooked form reveals a sweet and delicate taste. It's also the longest lasting of the garlic varieties, so you can still enjoy local garlic next spring.
4. **Chesnok Red:** Originating from the Republic of Georgia, Chesnok Red has earned its place as a culinary gem with its rich, sweet flavor and lingering full-bodied aftertaste. It has a

lingering heat when raw, but when cooked, it develops a sweet and nutty essence that enhances a wide range of dishes. Music garlic shines in pasta sauces, pesto, and roasted vegetable medleys, making it a beloved staple in Italian and Mediterranean cuisines.

beautiful reddish-purple skin and contains up to 12 cloves per bulb.

Alongside the chance to purchase our locally grown garlic, visitors will have the chance to experience an array of mouthwatering garlic-infused delicacies, including roasted garlic flat bread, potato garlic naan tartine, and of course garlic ice cream, created by Rain or Shine Ice cream.

There will also be a chance to attend informative workshops on garlic cultivation, and connect with local growers and vendors.

Join us at the Richmond Garlic Festival on Aug. 20, 2023 at Terra Nova Rural Park, 2771 Westminster Highway, Richmond. It promises to be a memorable experience for all who appreciate the exceptional tastes and aromas that these garlic varieties bring to the table.

For more information, please visit sharingfarm.ca/garlicfest

Revitalized South Arm park playground officially open

It's play time. The revitalized South Arm Community Park playground is officially open.

Richmond City Council officially opened the renovated South Arm Community Park playground this morning. The playground has been refreshed, resulting in a unique and updated play experience. Today's event celebrated the completion of the project and key funding support from the South Arm Community Association.

The renewal has resulted in a unified, cohesive play environment that offers increased play opportunities for all ages and abil-

ities. Highlights include:

- Multiple new play elements with universally inclusive features including a large slide and many climbing areas.
- New towers and other large play features that blend into the surrounding landscape.
- A unique and fun zipline.

Stakeholders and the broader community were consulted throughout the renewal process and their invaluable input was key to the project's success.

South Arm Community Park is located at 8680 Williams Road. Details about the park can be found a richmond.ca/parks



Photo courtesy City of Richmond

Check out the newly revamped playground at South Arm.

In honour of our soldiers: James Edward Dayton



Screen grab from Google Maps

A poppy engraved road sign of Dayton Avenue.

By **SAMUEL CHENG**
Reporter

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

In Viking, Alberta, James Edward Dayton and Esther Sophia Dayton welcomed the birth of their son on September 29, 1922. The baby boy was named word by word after his father, James Edward Dayton. It is speculated that the family relocated to Richmond, British Columbia in the coming years.

As the family moved from Alberta to BC, they settled down in the South Arm area where they worked as farmers. In addition to farming and agricultural

works, the family also operated a dairy farm named Universal Dairy on 682 No. 5 Road.

Dayton attended Richmond High School and graduated to work as a truck driver and milk peddler. During his spare times, he is a big sport enthusiast as he excels and loves playing soccer, football and lacrosse.

Three months after turning 19, Dayton enlisted in the Royal Canada Air Force in December of 1941. He went through trainings in Edmonton and in January of 1943, he was assigned to the #419 Moose Squadron in England. Dayton was the Flight Sergeant Bomb Aimer.

The primary responsibility of a bomb aimer is to take control of the aircraft when it is up in the air during a bombing mission. His duty is to direct the pilot until the bombs have been released, all while lying flat in the nose of the bomber plane. Photographs of the bombing are taken as proof of completing the mission, which would go towards counting the experienced hours of the crew on the plane. Additionally, the bomb aimer acts as the backup pilot in cases of an emergency as well.

Dayton and his crew were sent on a bombing mission against Mannheim, Germany one night. The aircraft was reported missing and all lives on board were lost. This was Dayton's first and last mission. Dayton was buried in the Reichswald Forest War Cemetery in Kleve, Germany.

The Richmond City Council adopted the name on Feb. 4, 1946. Today, Dayton Avenue and Dayton Court can be found to the south of Blundell Road and west of No. 4 Road. May the valiant sacrifices made by our soldier be forever remembered.

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Richmond unveils Sikh Heritage signage

The City of Richmond has unveiled two new interpretive signs to honour the history of Sikhs in Richmond. The signs, located in King George Park adjacent to Cambie Community Centre, also acknowledge the Komagatu Maru incident of 1914 which played a pivotal role in the future of Canadian immigration policy.

“Sikh people have more than 100 years of history here in Richmond,” said Mayor Malcolm Brodie. “The interpretive signs unveiled today acknowledge the importance of the Sikh community in the City of Richmond. These signs will help to educate others about the historical wrongs of the past, so that we do not repeat them in the future.”

Representatives from the Descendants of the Komagata Maru Society, and the two Sikh temples in Richmond—the India Cultural Centre of Canada (Gurdwara Nanak Niwas) and Nanaksar Gurdwara Gursikh Temple—were engaged to inform the content of the signage and determine an appropriate location.

The signs detail the history of immigrants from India, particularly their role



Photo courtesy City of Richmond
Sikh heritage signage were unveiled in Richmond.

in building Richmond through work as cannery and mill workers, to modern large-scale farmers. They also highlight the incident of the Komagata Maru, a steamship that sailed into Vancouver in 1914, directly challenging the newly established Canadian law that blocked immigration from India at that time.

“Komagata Maru interpretive signs in Richmond will help educate the community and remind us of how unique Canada’s and Richmond’s diverse makeup is,” said Raj Singh Toor, Vice President of the Descendants of the Komagata Maru Society. “We are all richer when we remember how special it is to have so many different ethnic communities living together. I hope that it will help to connect Canadians,

British Columbians and Richmond residents with their past to build a more peaceful and tolerant tomorrow.”

More information about the Komagata Maru and the work of the Descendants of the Komagata Maru Society to acknowledge this important historic event can be found at descendantskomagatamaru.ca/

CELEBRATE B.C. DAY



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A star will light up your heart at Celebration of Light

By FLORENCE GORDON
Contributing writer

Richmond has been blessed with a new generation of young talent, one of which is a nine-year old who is wasting no time. Estella Celeste Banez has been performing since she was four-years old. She is a singer, songwriter, ventriloquist and musician. She is the owner of Oh My Bling (jewelry and hair accessories business) and, she has a podcast channel, Estella says.

If that isn't enough, Estella recently received an award and a bursary at the BC Conservatory Music Festival with an average score of 97 per cent. On July 18 Estella Banez accepted an invitation to perform on stage at the Honda Celebration of Light Festival in Vancouver.

When asked about her upcoming performance, Estella said "I am super-duper excited to be part of the Honda Celebration of Light Festival. It's a dream come true to perform on such a big stage and share my passion for music with so many people and to support Team Philippines too. I hope to touch everyone's heart in the audience and that



Estella Banez.

Photo courtesy Kay Banez

they enjoy my singing."

In the near future Estella will also be performing at: Shipyards Got Talent, North Vancouver on Aug.

11 and The Richmond Maritime Festival on Aug. 26 and 27.

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Please drink responsibly in Richmond parks

Richmond City Council has approved the implementation of a pilot program for the responsible consumption of liquor in designated areas in a limited number of City parks. The pilot program will run from July 25 through Sept. 30.

"Progressively warmer summer weather has increased residents' outdoor activity, particularly in higher density areas where access to privately-owned green space is limited" said Mayor Malcolm Brodie. "If you choose to participate in this pilot program and consume alcohol in the designated park spaces this summer, we urge you to do so responsibly."

The pilot program allows open consumption of alcohol in designated areas only within three Richmond parks:

- Aberdeen Neighbourhood Park
- Garry Point Park
- King George/Cambie Community Park

Alcohol will not be available for purchase in any park space connected with this project.

Designated areas will be marked with on-site signage at each of the three parks. Those areas were selected to ensure a balance between alcohol and alcohol-free spaces to ensure that other park uses are not impacted. The consumption of alcohol is only permitted between 11 a.m. and 9 p.m., seven days a week. Details can be found online at richmond.ca/parkactivities.

A number of municipalities across Metro Vancouver have implemented similar initiatives to permit the consumption of liquor in public spaces with the aim of providing park users with enhanced opportunities to socialize, recreate and relax with friends and family.

More information about the pilot program, including maps showing the designated areas, is available on the city's website. Residents and visitors are also encouraged to share their feedback on the pilot project either via email to liquorpilotprogram@richmond.ca and/or at LetsTalk Richmond.ca/parks-pilot-2023. The survey will remain open until Oct. 7.

Barn proposed as KPU makes safety and security upgrades

Kwantlen Polytechnic University (KPU) is planning to build a pre-fabricated barn on the KPU Farm at the Garden City Lands.

The barn, one of a number of safety and security enhancements being made by KPU, would provide secure storage and emergency shelter space for people working on the farm.

"The farm is exposed to the elements and the existing structures are designed to support plant growth so this barn would help if severe weather rolls in," says Peter Smailes, KPU vice president, administration.

Other planned safety and security work includes a power upgrade at the Tsawwassen Farm School with the approval of the Tsawwassen First Nation, which owns the land, to allow for the installation of new lighting. Campus-wide external lighting upgrades will be made at KPU's Surrey and Langley campuses, while similar improvements will be made to two specific areas of KPU Richmond and KPU Tech.

The LED lights will significantly lower lighting power consumption, helping KPU toward its goal of achieving carbon neutrality by 2050. To minimize light pollution, the lighting will meet International Dark-Sky Association standards.

"The lighting project will achieve a triple win by enhancing safety for students, employees and visitors, yet also reducing our energy consumption and minimizing light pollution," adds Smailes.

Work on the safety and security projects is scheduled to begin later this summer and conclude by spring 2024. Construction of the barn is subject to approval of a building permit application.

LET'S CELEBRATE BC DAY!

*Let's take a moment to
commemorate and celebrate
the rich history, diverse
heritage and achievements
of British Columbia.*

*Enjoy this beautiful day with
your family and friends!*



TERESA WAT

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*A Message from MLA Teresa Wat
Celebrating 10 Years of Service*

It's more than just "Five Guys"

By SAMUEL CHENG
Reporter

Approximately three years ago, Five Guys Burgers and Fries opened their world-renowned burger franchise at Ironwood Plaza in Richmond. It is the only location so far in Richmond where fans and customers can enjoy their signature burgers and milkshakes.

Going back to 1986, Jerry and Janie Murrell offered sage advice to the three oldest Murrell brothers: "Start a business or go to college." The family decided to go the business route, and Five Guys was born as a carry-out burger fast-food restaurant in Arlington, Virginia. The name reflects each of the five Murrell brothers: Jim, Matt, Chad, Ben and Tyler.

Currently, all five brothers are involved in different departments within the organization that focus on different roles and responsibilities. Jim, being the oldest son, developed the world-famous Five Guys menu we've come to know today. He is currently serving in an advisory role that oversees the selection of franchisees. Matt travels to visit dozens of Five Guys locations each year to make sure that the store construction and design are up to the company's standards.

Chad shoulders the training sector of the business, whether that is with new employees or performing hands-on demonstrations from behind the grill. Ben is often referred to as the "IT guy" for his proficiency with technology and analytical skill sets. Lastly, despite being the youngest, Tyler has the crucial task of running more than 20 bakeries across the United States and Canada. The bakeries are an integral part of the business as it supplies the signature recipe and fresh rolls to the Five Guys stores across North America.

As an original founder, Janie use to manage and take care of the accounting aspects, whether that is balancing handwritten orders or sorting bank statements and taxes. Today, she still wakes up tirelessly every morning to tackle office work like it's her first day on the job. Jerry, being the heart and soul of the company, takes charge as the leader, both in the family and in the business. Being the modest and humble person that he is, Jerry often gives the credit to his wife and sons.

Since its inception, it did not take long before the business of the burger restaurant started booming. By 2001, a total of five locations were erected in the Washington D.C. area. The customers and fanbase quickly built up as more and more people were introduced to the mouth-watering, juicy burger that Five Guys has to offer. It is the fresh toppings in between the freshly-baked buns that makes Five Guys stand out from the rest of the competition.

In 2002, the Murrell family began offering franchise opportunities. It was important to the family that the integrity and quality of the brand was maintained throughout all stores. In just 18 months, more than 300 Five Guys locations were in devel-



Five Guy's signature burger, soda, and fries.

Photo courtesy Five Guys

opment in the Northeast United States, beginning with Virginia and Maryland.

Over the next few years, Five Guys locations began to blossom across the United States and into Canada. 2010 marked the first-ever Canadian location in Alberta. Two years after, the organization reached the 1,000 restaurants milestone in North America. That is very impressive given that the restaurant was founded just under 30 years ago.

It was at this time that the organization began to consider inquiries to open in other parts of the world. London, United Kingdom marked the first overseas location outside of North America. Now there are over 150 Five Guys locations in the United Kingdom alone.

The franchise rapidly spread across Europe and into the Middle East, including France, Spain, Ireland, United Arab Emirates, Kuwait, and Saudi Arabia. In 2017, eight countries including Germany and Italy celebrated the opening of the popular franchise in each respective nation. 2017 is also the year that customers in Asia could enjoy Five Guys on the continent, as it opened its first location in Hong Kong.

Due to popular demand, milkshakes have been made a permanent fixture on the menu. Unlike milkshakes found anywhere else, Five Guys offers vanilla, chocolate and strawberry-flavored milkshakes that can be coupled with free toppings. The selections of toppings include bacon, peanut butter, Oreo cookies, Reese's cups, salted caramel, bananas and more.

Over the past couple of years, Five Guys has risen to international fame as it collected multiple awards left and right. It was rated as 'America's Best Large Employers' by Forbes Magazine in 2018, 2019 and 2021. It also won the 'Best Employers for Women' in 2018 as well as 'Best Employers for New Grads' in 2019.

High employee satisfaction and workplace envi-

ronment are two of the many factors that lead to the success of the global business. It was crowned the 'Best Workplaces for Diversity' in 2018 and 'Best Employers for Diversity' in 2020 by Fortune Magazine. And perhaps the most notable award of all, it was voted the "Burger Brand of the Year" in 2017 and 2018 by the Harris Poll EquiTrend Study, beating out In-N-Out.

Burgers may appear to be the same or similar, but that is not the case at Five Guys. Buns of the burger are toasted, offering a soft, fluffy texture every bite. Locations do not have a freezer, ensuring each order is made fresh to taste and that ingredients are freshly prepared every morning. Burgers are also highly customizable to one's own taste with 15 different toppings to choose from. This means you can create your own "secret recipe" by exploring the endless number of combinations.

Another interesting fact about the restaurant is its unique kitchen rules. The French fries have to be shaken at least 15 times. The onions and bacon must go below the beef patty while pickles and tomatoes go on top. Also, no timers are allowed on the grill as Jerry Murrell firmly believes that a good cook would know when the food is ready to be served.

Even today, the fundamental principles and vision set out by the Murrell family more than three decades ago are still being upheld and followed. The couple and their sons have transformed a small family restaurant into a mega burger empire, with over 1800 locations worldwide a number that is still growing.

In Richmond, customers can find the famous franchise chain in the Ironwood Plaza at #3070 - 11666 Steveston Hwy. The store is open from 11 a.m. to 10 p.m. seven days a week. Be sure to munch on the complimentary peanuts while you wait for your orders.

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LINE



Wasuta Pasta, a Japanese-style pasta restaurant

By MATTHEW CHEUNG
Reporter

Wasuta Pasta, is a Japanese-style pasta restaurant located alongside the Fraser River at unit #202 – 7080 River Road. The restaurant specializes in Japanese style pasta, and desserts. The pasta is handmade by chef and owner Seiji Suzuki.

Suzuki was born in Japan but raised in Vancouver. His father would often visit Italy and recount the beauty of the country and its culture to Suzuki when he was younger. This prompted Suzuki to develop an interest in the pasta culture and the rest is history.

"I personally love Japanese and Italian food and (I love both) cultures. I was born in Japan and raised in Vancouver. My father used to go to Italy every month for business purposes and told me a lot about the beauty of Italy when I was young. This is probably why I was interested and decided to learn about the pasta culture. I worked at an Italian restaurant in downtown Vancouver for several years. I had the opportunity to open my first restaurant in Richmond, and here we are," said Suzuki.

Wasuta Pasta had an unconventional start to their business story. The restaurant opened in 2021, right in the middle of the COVID-19 pandemic. At that time, the restaurant was only able to operate offering takeout service until they were able to legally transition to limited patio dining, and finally the Government of BC lifted dine-

in restrictions with health and safety regulations. "We did open during the pandemic. We only offered the take-out option at the start, a few weeks after, we were able to do outdoor patio seating but only with a few tables. Although this all took place during the pandemic, we were able to manage a good start with minimal staff.

A few weeks later, the government announced dine-in service was available, we were fortunate to have the opportunity to test the market with a soft launch of patio service so that we had preparation in place when the dine-in service was approved. It all happened at the right time. With the aid of our Instagram, the business exploded after many food Instagrammers came along. We

did some collaborations at the beginning to get more followers," said Suzuki.

Suzuki is grateful for the support that he has received from the community, customers, and his staff throughout the pandemic.

"It feels great, I am very much thankful for all the support that our restaurant has received from our customers, staff, and community," said Suzuki.

Customers who are interested in trying out the restaurant are recommended to try out the restaurant menu's best sellers. The scallop uni cream fettuccine and the Sakura shrimp & shirasu spaghetti have been recommended by the chef and can be paired with a glass of white or red wine. The meal can then be followed up with dessert like the restaurant's in-house made matcha ice-cream.

Located in an unconventional part of the city, the restaurant has a beautiful view of the Fraser River, with a golden egg-yolk like sunset. Wasuta Pasta's hours of operation are based on lunch and dinner hours. The business is open Tuesday to Saturday, from 11:30 a.m. to 3 p.m. for their lunch menu and 5 p.m. to 9:30 p.m. for their dinner menu. On Sunday, their lunch menu is available from 11:30 a.m. to 2:30 p.m., and their dinner menu from 5 p.m. to 8:30 p.m. The restaurant is not open on Mondays, and last call is 30 minutes before closing.

For more information, visit wasutapasta.com/dessert-menu

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*I personally love
Japanese and Italian
food and (I love both)
cultures. I was born in
Japan and raised in
Vancouver.*

– Seiji Suzuki



Photos courtesy Wasuta Pasta
Sakura Shrimp, Shirasu Spaghetti, on left, and Scallop uni cream fettuccine, on top, are two of Wasuta Pasta's best sellers.

Increased BC Family Benefit here to stay

More than 285,000 families throughout B.C. will see bigger payments in their bank accounts starting this month, thanks to the permanently increased BC Family Benefit.

“Global inflation and higher interest rates continue to be hard on many families right now,” said Grace Lore, minister of state for child care. “The BC Family Benefit is one way we’re helping families provide the food, clothes and opportunities their kids need to have the best start possible.”

The BC Family Benefit is a regular monthly payment from the provincial government. Eligibility is based on income and number of children. The benefit reaches families with yearly earnings below \$106,908 with one child and \$143,783 with three children.

As of July 2023, the benefit increased by an additional \$250 per year for a two-parent family of four and as much as \$750 for a single-parent family with two children. Approximately 95 per cent of single-parent families in B.C. get the benefit, with payments averaging \$2,254 over the year.

“While we can’t control global forces, we can lower costs for people and take some pressure off families,” said Katrine Conroy, minister of finance. “The increase to the BC Family Benefit, the expanded climate action tax credit, record investments in child care, and free contraception for everyone in B.C. These are just some of the actions we’re taking to put more money in people’s pockets.”

Other recent measures the Province has delivered to save people money include a new credit for renters coming in 2024, a rent cap below this year’s inflation, and increases to the BC Family Benefit for the first three months of 2023.

Quick Facts:

- The BC Family Benefit payment is issued around the 20th day of each month.
- The payments are now 10 per cent higher than last year, and single parents can get up to \$500 a year on top of that.
- People will see their increased payments delivered through the Canada Revenue Agency combined with the federal Canada Child Benefit program.
- Eligibility is determined automatically when families register for the Canada Child Benefit.
- People who receive the BC Family Benefit also see money back through the Climate Action Tax Credit.
- The B.C. government will not contact you about the B.C. Family Benefit by text message. If you get a text about the credit, it may be fraud. If unsure, contact: ITBTaxQuestions@gov.bc.ca

Learn more about the BC Family Benefit: 2.gov.bc.ca/gov/content/family-social-supports/affordability/family-benefit

For information about other ways to apply for the Canada Child Benefit: canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview/canada-child-benefit-apply.html



Photo via leg.bc.ca

**Minister of State for Child Care,
Grace Lore.**

Asphalt Paving Advisory

April 15 to October 31, 2023

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

PROPOSED 2023 PAVING LOCATION DETAILS

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

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

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

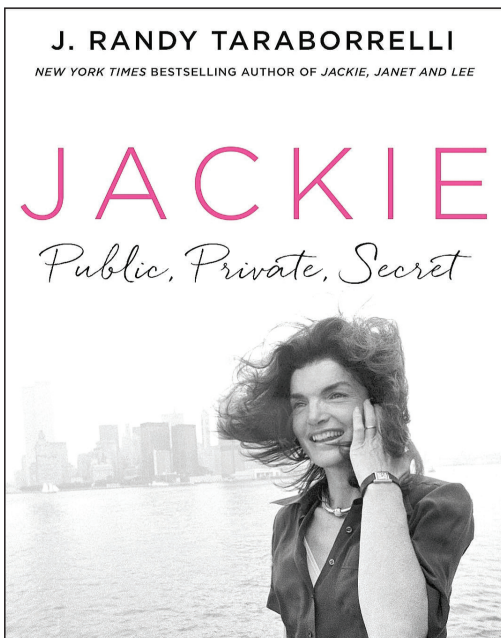
This work is weather dependent and dates are subject to change without notice.

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

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

OUR CITY *tonight*

SPOTLIGHT ON
BOOKS, COCKTAILS,
MUSIC



J. RANDY TARABORRELLI

NEW YORK TIMES BESTSELLING AUTHOR OF JACKIE, JANET AND LEE

JACKIE
Public, Private, Secret

Photo courtesy Raincoast Books

Summer Read – *JACKIE: Public, Private, Secret* by J. Randy Taraborrelli

Best-selling author, and Kennedy historian, J. Randy Taraborrelli, is back with another examination of one of the 20th Century’s most iconic women—Jacqueline Bouvier Kennedy Onassis. Taraborrelli’s earlier book examined the history and relationship between Jackie, her sister, Lee Radziwill, and their mother, Janet. In this new bio, Taraborrelli explores the life of Jackie, who came from a privileged family, became a photographer, journalist, then later a wife, mother, style icon and sadly in 1963, a young widow. There was a second act for Jackie, as well as a third. The title comes from Jackie herself, who once revealed to a confidant that she led three lives—public, private, and, known to few, a secret one. Taraborrelli, provides insightful and fresh details on the life that was led by this remarkable woman who continues to fascinate the public.

Summer Cocktail YUZU 75

For this selection of a delicious summer cocktail, we turned to Andrew MacDonald, Bar Manager of Homer Street Café and Bar. He introduced us to the Japanese CHOYA brand last spring in an episode of *Our City Tonight*, and since then we have been enjoying his cocktail creations made with this delicious Japanese liqueur. CHOYA began in 1914 and is the world’s number one Umeshu company. Their brands contain only natural ingredients, with no sweeteners, no colourings, no preservatives, and is made from pure Japanese ume fruits, giving a sweet/tart flavour. MacDonald created this perfect summer cocktail, the “YUZU 75” a mixture of Citadelle Gin, CHOYA Yuzu (made from the Yuzu citrus fruit), lime and sparkling wine. www.axisplan.com



Photo courtesy Axis Planning Inc., and Andrew MacDonald



JAIMEY HAMILTON

stompin'
ground

Photo courtesy Dani Cyr

Summer Music with Jaimey Hamilton

Emerging country artist, Jaimey Hamilton, who makes Victoria B.C. her home, has a new single called *Stompin’ Ground*, which is inspired by her love of country music and her family’s summer cabin. This talented singer/songwriter has overcome many challenges in her young life, including surviving cancer three times, but has not let that slow her down. Music has always been an inspiration and Hamilton got her wish granted to record music by Children’s Wish BC and has not looked back—recording an album, three country singles, earning a diploma from the Royal Conservatory of Music and of course, performing. For more information jaimeyhamilton.com

Her Father's List set her free

By JIM GORDON & LEETA LIEPINS
Contributors

Laura Carney is a magazine copy editor, writer and illustrator who lives in Montclair, NJ. She copy edits for a variety of magazines including *Vanity Fair*, *GQ*, *People*, *Real Woman*, and *Audubon* magazines. She has worked to raise awareness as an advocate with the National Safety Council, End Distracted Driving the Safe Roads Alliance, NCSR Road Safety Advocacy and the Road to Zero Coalition. She is also the author of *My Father's List: How Living My Dad's Dreams Set Me Free* (Post Hill Press).

Our City Tonight (OCT) sat down recently with Laura Carney (LC) via ZOOM to chat about her new book, that bucket list and changing the narrative of her life.

OCT: *We have to say, your book grabbed us at page one and did not let go until the end. We heard a journalist say this about you and your book that it was a dream come true but it was born from a nightmare. You pick it up from there and the story behind your father's list.*

LC: My father was killed by a distracted driver, it was a teenager, who was making a phone call. I was only twenty-five, and I didn't fully comprehend at that age how to deal with the grief or the trauma of that event. So, I just kept going, leaning on my boyfriend, who is now my husband, and from that point onwards I just became a workaholic. By the time I was thirty-five, I discovered advocacy and I started working with safe driving groups and tried to help people understand why this phenomenon has become so enormous. Eventually when I got married, I felt so much better about my dad not being there to walk me down the aisle because I had turned my journalism into that advocacy and used the platform I had built. By that time, I was working with national magazines in America. Six months after I walked down the aisle, my brother made the most extraordinary discovery which turned out to be my dad's "bucket list", and we didn't even know that he had one. As soon as we saw it, my husband said exactly what I was thinking: this is your book, this is how you are going to honour your father and hopefully raise some awareness too.

OCT: *As you took on this "bucket list"—your dad*

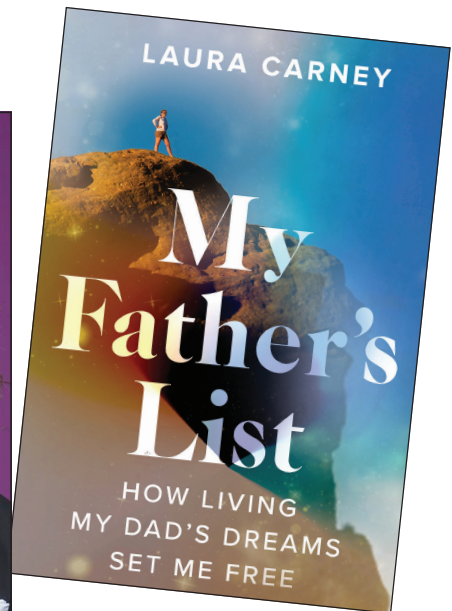


Photos courtesy Adrian Bacola
Author and advocate, Laura Carney.

wrote it when he was about twenty-nine—you see that he had accomplished six items from the list, but every one you tackle comes with some background about yourself and the struggles you went through. It is everything from the usual "bucket list" stuff like skydiving, but it is also tasks like growing watermelons, or driving a corvette and the deep meaning behind that. Tell us more about the journey you went on because every task you check off from the list has some meaning behind it.

LC: When I started my mission, I set out to honour my dad and hopefully raise awareness but what I did not understand at the time was the level of grief I was suppressing. So one thing I discovered was that as I was completing this list, it was healing me, like every list accomplishment I was leaving another piece of baggage behind. I was also remembering how to have fun with my dad with each item from his list I completed—like growing a watermelon plant, something I thought I'd fail at because I live the city.

OCT: *The book's title about setting you free is so*



meaningful because you really re-wrote your narrative, no longer the victim, but feeling a sense of freedom. We loved the part in the book's Epilogue where you talk about your journey and how it had people kind of gravitate toward you, people doing what they could do to get through their own grief. You met a man who had lost his husband named Nelson and his journey was to visit every town in America named Nelson. Or the man who lost his son, and the man's plan to play catch with three hundred strangers—and you were a part of that. You leave the reader with your belief that there is an emotion more expansive than grief and that is love.

LC: Wow, I'm so impressed, you really did your homework. I wrote about love because that was my husband. He helped me through it and survive it. Even though at the time my dad died, he had only known me three months, he knew this was an emotional process, that grief wasn't who I had become, it was a thing I was working through. He knew that person he had fallen in love with was still there underneath. I think when someone dies in a tragic way, people become afraid, they don't know what to say, they don't know what to do, when all you really have to do is be there.

OCT: *Thank you for writing such a touching story and for helping others with their grief.*

LC: Thank you so much.

For the video interview in full richmondsentinel.ca/videos



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OUR CITY TONIGHT

Two Richmond men in the Amazing Race Canada

By FLORENCE GORDON
Contributing writer

The production of *Amazing Race Canada* is Canada's most-watched summer series, and they showcase Canada through the lens of camera. The cinema photography is breathtaking, from the scenic shots of our country to the live footage during the challenges. The production not only focuses on the popular larger markets, they include smaller destinations across Canada. This is great for the smaller destinations who have little budget to market their unique communities to national tourists/vacationers.

The TV host is Canadian Olympian, Gold Medalist Jon Montgomery, who graciously keeps everything moving for an adventure of a lifetime, for these ten Canadian teams competing for the title. They start out with ten, very diverse teams of twosomes and at the end of each episode a team is in most cases, eliminated. The team to arrive first at each episode's destination wins a pretty decent prize (ie) a trip, or vehicles, whatever the reward, it's pretty substantial. The winning team at the end of the season, will each win a 2023 Chevrolet Colorado, a trip for two around the world and \$250,000 cash.



Photos courtesy CTV
**Jon Montgomery, TV host
Amazing Race Canada.**

If you haven't watched the TV series, don't believe for one minute that the challenges are easy, think again. They are mentally and physically challenging. They can be assigned the task to scale the exterior of a tall building from the roof while hanging by a rope searching for clues, and it's usually the team member who has fear of heights that has to do the challenge and if they miss a clue on the way down, they have to do the challenge all over again.

Last summer, *Amazing Race Canada*'s last episode saw the competitors flying into YVR international airport and racing by taxi to the Richmond Night Market late at night when the market was packed, to compete for their final clue to the finish line. The reason I'm following the series is because once again, Richmond BC is front and centre with two, very funny, entertaining guys, dressed in the same colourful outfits—Derek Gottenbos and Jaspal Sidhu incorporate a lot of fun into their participation. Whether they can keep up this funny performance while staying focus to be a top contender, only time will tell.

This year, the *Amazing Race* started in Winnipeg and after looking for clues they then flew to Calgary where they raced to compete to the first 'pit stop' for round one. The first team to arrive won a trip for two to Berlin Germany.

Episode two, whatever position they finished in episode one, that's the position they leave for the next destination to Smithers B.C. where this wonderful community provided some challenging tasks and detours to determine who will be eliminated and once again the teams found the challenges very unforgiving.

And then there were eight teams. Episode three, again whatever position they finished in episode two that's the position they start the next leg of the race to get on the first flight available to Vancouver. They then must race to catch the first available bus to Whistler B.C. where they once again compete for their next clue, one of which is bungee jumping a

160-foot drop from a bridge down a steep canyon over a water fall. While trying to maintain their fear, they must look for a message on a sign under the bridge in order to receive the next clue to move on. One team member missed the clue and had to redo the challenge, which put them way behind in the race. Another team member was too terrified to do the challenge and the team was penalized putting them in last place.

Teams had to then drive themselves to the final stop, Pemberton, B.C. for the next challenge and clue that will lead them to the episode's 'pit stop'. The first team to arrive, won a trip for two to Oslo Norway. The fourth episode, once again each team's order of departure is based on arrival position in Pemberton.

In the fourth episode, they must drive themselves to Horseshoe Bay and take a BC Ferry to Nanaimo, drive to Cowichan Valley where they stay overnight. Next morning, they drive to the new Malahat Sky Walk Tower (check out this amazing architect) where they perform challenges during the climb. Once challenge is successfully completed, they race to Victoria B.C. for the next challenge at the Disney's *Haunted Mansion* (Disney's newly released movie to theatres July 28).

The teams drive to Esquimalt military base and although our Richmond Team, Derek and Jaspal are the first team to arrive they lose the lead. Once the challenge is successfully completed each team will drive to Sooke B.C., Wiffen Spit Park where they perform their final task and race to the 'pit stop' where Jon Montgomery is waiting for them. Derek and Jaspal raced hard and regained the lead coming in first, winning a trip for two to Nassau.

The next Episode the teams will travel across Vancouver Island to the Pacific Coast for episode five. Rest assure you'll be wowed by the beauty of more Canadian destinations to come as they travel across this great nation.

Derek Gottenbos and Jaspal Sidhu are in first place when they start episode 5 on (Aug. 2).

"Another adrenaline-pumping season of Canada's most-watched summer series, season nine of the mega-hit CTV series, airs Tuesday at 9 p.m. on CTV" bellmedia.ca. For information on the teams, who they are and where they are from, go to ctv.ca/theamazingracecanada

•florenceg@richmondsentinel.ca



Richmond's Derek Gottenbos and Jaspal Sidhu.

Search and rescue groups get new funding from province

To ensure that the life-saving work of Ground Search and Rescue (GSAR) groups and their volunteers are there when people need help in the backcountry, the province is providing nearly \$6 million in annual funding.

GSAR groups provide critical support to agencies, such as police and BC Emergency Health Services. This is the second year of this annual funding agreement between the province and the BC Search and Rescue Association (BCSARA), which is the only agreement of its kind in Canada.

Prior to this agreement, the Province provided more than \$33 million in grants to BCSARA over six years.

"B.C.'s search and rescue groups are made up of hard-working and dedicated volunteers who provide critical services to people in B.C.," said Minister of Emergency Management and Climate Readiness, Bowinn Ma.

"We're proud to support search and rescue groups, including those helping with on-the-ground wildfire evacuations, by continuing to provide sustainable funding through this first-of-its-kind agreement."

The Province provides funding to BCSARA, most of which is distributed to the 78 GSAR groups in B.C. This funding supports the GSAR groups' lifesaving rescue equipment, essential training, protective equipment for volunteers and administration costs, such as insurance.

"The sustainable funding provided by the Province is vital for GSAR groups across B.C.," said Chris Mushumanski, president, BCSARA. "It funds important equipment, our programs, and supports the volunteers after tough calls with our critical incident stress-management team. We appreciate this important investment in public safety as the busy season for searches, rescues and delivering evacuation notices is well underway."

This annual funding is in addition to incident-related funding the province provides each year to cover operational search-and-rescue costs associated with rescues and training deployments, which amounted to \$7.85 million in 2021-2022.

This funding also supports key administrative and operational activities, including the outdoor education program AdventureSmart and mental-health supports for volunteers.

Richmond businesses, a community unite for shoreline cleanup

The Richmond Chamber of Commerce in collaboration with Platinum Pro Claim Restoration and 505-Junk, is proud to announce a community-driven Shoreline Clean-up event on Sept. 16. This joint initiative aims to create a positive impact on the environment by fostering awareness and action toward preserving the natural beauty of our beloved Richmond coastline and keeping debris out of our waterways.

This event is part of an ongoing commitment by the participating organizations to promote sustainability and environmental responsibility in our local community. By working hand in hand with community members, businesses, and volunteers, we strive to make a lasting difference in protecting our delicate marine ecosystem.

Event details:

Date and time: Saturday, Sept. 16, 10 a.m. to 12 p.m.

Locations Garry Point Park and Terra Nova Rural Park (If interest is high, a third location may be made available.)

Following the Shoreline Cleanup, volunteers will be invited to join an optional BBQ lunch, hosted by Platinum Pro Claim Restoration.

During the cleanup event, volunteers will come together to remove litter, and debris, from the shoreline and parks.

Participants will be equipped with all necessary cleaning materials, and safety guidelines will be provided to ensure a safe and enjoyable experience for everyone involved.

The Ocean Legacy Foundation, a Richmond-based non-profit and Chamber member, dedicated to removing all plastic waste from our oceans and shorelines, will be on-site with information about marine plastic's impact on our ecosystem. Ocean Legacy has developed a province-wide network of Ocean Plastic Depots as well as a recycling facility right here in Richmond to facilitate the recirculation of plastics that litter our shorelines.

"Our organization has existed in Richmond for nearly 100 years," said Chamber president and chief executive officer, Shaena Furlong. "There is a deep commitment within the business community to ensure that Richmond is just as beautiful 100 years from today."

Jamie Madill, director of Platinum Pro Claim Restoration added, "organizing an annual Shoreline Cleanup in our hometown of Richmond is important to PPCR for so many reasons. Our purpose is to help others in need by developing people, caring for the planet, building communities, and restoring homes. For more info: richmondchamber.ca/events

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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