



RICHMOND GOES FOR GOLD



Kajaks in Quebec

05

Richmond Kajaks' Lawrence Man (middle), reclaimed his U18 Hammer Throw title at the 2023 Legion Track and Field Championships on Aug. 11 to 13.

Photo courtesy Kajaks Track and Field Club

OUR CITY

Richmond

'GOOD TO KNOW'

by Florence Gordon

Liquor in Parks Pilot Program

The city is conducting a pilot program which allows responsible consumption of liquor in designated areas in the following three parks:

- Aberdeen Neighbourhood Park
- Garry Point Park
- King George/Cambie Community Park
- Hours Daily 11 a.m. to 9 p.m.
- Expires Sept. 30, 2023
- Designate zone signage in each park

On-line survey by Oct. 7, 2023 at 11:59 p.m.

liquorpilotprogram@richmond.ca



Photo courtesy City of Richmond



Photo courtesy City of Richmond

Community safety

The community safety division brings together the city's public safety providers to form a collaborative approach, to ensure the safety of the residents. The safety providers are Fire-Rescue, RCMP, Emergency programs and Community Safety Services. By using a team-based model, this integrated team improves direct communication and maximizes opportunities to work closely together through joint programs and services.

richmond.ca

31st Annual Street Banner Contest

The city's 2024 street banner contest is now open for artists of all ages and abilities to share their vision that make Richmond a unique and enchanting city. A judging panel from the community will shortlist 20 submissions and post on the city website so the community can vote for their favourite designs. Ten winning designs selected will be showcased on 1,000 street banners throughout Richmond. The submission cut off Sept. 10, 2023 at 5 p.m.

For guidelines go to richmond.ca/banners



File photo courtesy City of Richmond



Our city at work

If you drive in Richmond, you can't help but run into road construction. On the flip side we're fortunate that our city is pro-active keeping on top of maintenance. From April 15 to Oct. 31, 2023, the city has posted 26 projects, showing locations and work hours from 7 a.m. to 10 p.m. on weekdays and 7 a.m. to 8 p.m. on weekends. Traffic is often reduced to single-lane and delays will occur. For more details: 604-276-4189.

richmond.ca/services/rdws/projects/construction.htm

Submissions open for street banner contest

The city's 2024 Street Banner Contest is now open for submissions for artists of all ages and abilities to share their vision of places, experiences, and activities that make Richmond a truly unique and enchanting city.

Submissions, which can encompass a range of artistic mediums including photography, graphic design, watercolour, oil painting and collage, must reflect one of the following Richmond themes:

- Culture and Heritage
- Wildlife
- Active Living
- Connection
- Community
- Urban Landscape
- Nature
- Island City
- The Arts
- Sustainability

A judging panel of community members will shortlist 20 submissions, which will then be posted on the City of Richmond Street Banner website. The community will then be invited to vote for their favourite designs on the City's Let's Talk Richmond engagement platform with 10 winning designs selected to be showcased on 1,000 street banners throughout Richmond.

Submissions that fit the banner contest criteria will be accepted now through to Sunday, Sept. 10, 2023 at 5 p.m. Contest winners will be announced at a City Council meeting in spring 2024 and award-



Photo courtesy City of Richmond

The 2024 Street Banner contest is now accepting submissions for the 31st Annual Street Banner Contest.

ed a \$300 honorarium along with a full-sized banner featuring their winning design.

For complete contest rules and guidelines, and to submit entries, visit richmond.ca/banners

Richmond's Street Banner Contest is part of the

broader Partners for Beautification program, which invites community members to become actively involved in the beautification of their city. For more information on Partners for Beautification, visit richmond.ca/parks/about/beautification

City seeks high profile walls for community murals

Do you have a highly visible wall that you want to dress up to make it more appealing? If so, the City of Richmond wants to hear from you.

The city is launching its fifth annual Community Mural Program and inviting property owners, organizations, stratas and non-profit groups to offer walls to be painted.

"Richmond is proud of our arts community and the many beautiful pieces on display throughout the city," said Mayor Malcolm Brodie. "Richmond's Community Mural Program is another example of how art continues to beautify our city's public spaces while providing artists with opportunities to tell local community stories through the murals they create."

Selected applicants will be notified in early October and city staff will then match successful applicants with a pre-qualified artist to create the mural and manage the creation process. Locations must be visually accessible to the general public, and meet a few additional requirements. Private, single family properties are not eligible. Details can be found at bit.ly/MuralProgram

"We are so very pleased that we have been able to participate in the City of Richmond Community Mural Program" said Rosemary Nickerson, chair of Richmond Aquatic Advisory Board. "This has allowed for two large and vibrantly colourful murals to have been created at Steveston and South Arm Outdoor Pools. The murals have brought enthusiastic excitement and positive comments by many passing by these murals describing how they portray the surroundings and feelings of each of the communities they are displayed in."

Since the launch of the Community Mural Program in 2019, there have been 20 murals completed throughout Richmond including:

- *Journey Home* by Nicole Larsen at the Steveston Outdoor Pool (4151 Moncton Street)



Photo courtesy City of Richmond

***Gillnetter at Night* by Mark Anderson at Pacific Net & Twine.**

- *Our Friends the Trees* by Jean Bradbury at Maple Lane Elementary School (7671 Alouette Drive)

- *Gillnetter at Night* by Mark Anderson at Pacific Net & Twine (3731 Moncton Street)

The deadline to apply is Monday, Sept. 18, 2023 with murals to be completed in 2024. To learn more about the Community Mural Program and to apply, visit bit.ly/MuralProgram, email publicart@richmond.ca or call 604-247-4612.

Blue Cabin engagement opportunities

The Blue Cabin Floating Artist Residency has unveiled a season-long project providing residency and community engagement opportunities for two Indigenous artists and culture-bearers from Lower Mainland BC and from Melbourne, Australia, partly funded and supported by The Australia Council for the Arts. The two artists, Atheana Picha (Vancouver, CA) and Tarryn Love (Melbourne, AU), will trade places in a pair of 6-week overseas residency exchanges. These two residencies continue to build on this evolving multi-year collaboration process between the Blue Cabin and Footscray Community Arts, which began with their inaugural Australian resident in Fall 2019, Vicki Couzens. Following the second year of collaborative programs, a digital exchange residency in 2021 entitled *Tidal Volume*, the two organizations are excited to return this Fall for the third iteration of their collaboration for in-person residencies and free community events.

The residency exchange takes place this September through November, and draws on what the Blue Cabin and Footscray Community Arts have learned in their previous two years of working in partnership. The first artist, Tarryn Love, will arrive in Steveston, on Sept. 5 for a residency hosted by the Blue Cabin Floating Artist Residency from September 5 through Oct. 17, 2023, and will reside at Branscombe House during this period. Atheana Picha's residency activates immediately after, hosted by Footscray Community Arts in Melbourne, Australia from Oct. 18 through Nov. 29, 2023. Both artists will host and facilitate free events throughout the Fall for local audiences in their respective host regions during their stays, including opportunities for community engagement such as workshops, talks, and studio tours.

Atheana Picha is a Salish artist from the Kwakwaka'wakw First Nation, and her grandmother was from Tsartlip. Atheana has been doing two apprenticeships learning Salish wool weaving with Musqueam weaver Debra Sparrow since 2019, and learning silver engraving, wood carving, and tool making with Squamish artist and educator Aaron Nelson-Moody since 2018. Atheana's practice is grounded in learning more about Salish design through studying the old pieces, observing nature, and learning from her elders and teachers.

Tarryn Love is a proud Gunditjmarra Keerray



Photo courtesy Atheana Picha
Atheana Picha will be heading to Melbourne as part of a 6-week overseas residency exchange.



Photo courtesy Leiko Lopez
Tarryn Love will be heading to Vancouver as part of a 6-week overseas residency exchange.

Woorroong woman, born and raised on Wadawurrung Country. Tarryn's work represents the distinctiveness of Gunditjmarra ways of Knowing, Being and Doing that is not one way but constantly happening and changing. She aims to explore identity in the here and now while centring language and carrying on the work of remembering, reclamation, regeneration, and revitalisation.

Established in 1974 by local artists and activists, Footscray Community Arts supports, develops and presents contemporary arts in Footscray, Melbourne, Australia in collaboration with their communities of focus: First Nations, culturally and linguistically diverse, LGBTQIA+ and artists with disability and connect with an engaged audience.

The Blue Cabin is a year-round artist residency currently moored at Imperial Landing (4280 Bayview Street). Built by a Norwegian carpenter in 1927, the cabin was sited near Cates Park on the North Shore for more than 80 years before undergoing extensive remediation. The cabin's long-time inhabitants, prominent Canadian artists Al Neil and Carole Itter, as well its unique vernacular architecture and association to artistic happenings in the area, contribute to the heritage building's cultural significance.

The Branscombe House Artist Residency takes place in a restored Edwardian-style house in the residential area of Steveston, and hosts long-term community-engaged arts residencies. Branscombe House, built in 1908 and restored in 2014, is located at 4900 Steveston Highway and is one of the earliest settler homes in the area. For 2023, the Blue Cabin Floating Artist Residency has partnered with The City of Richmond and Branscombe House to provide accommodations for Blue Cabin residents and co-host artist led public programs at the historic Branscombe House throughout the year.

For more information on the Blue Cabin Floating Artist Residency and upcoming programs with visiting artist Tarryn Love, visit thebluecabin.ca. For more information about Footscray Community Arts and their breadth of arts activities, including events with Atheana Picha, visit footscrayarts.com. To learn more about opportunities for artists in Richmond, including the Branscombe House Artist Residency, visit richmond.ca/culture/artists/opportunities/artist

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Richmond Kajaks athletes compete in Quebec

By MATTHEWCHEUNG
Reporter

Between Aug. 11 and 13, Richmond Kajaks athletes travelled to Sherbrooke, Quebec to participate in the 2023 Legion National Youth Track and Field Championships. The 45th edition of the event, co-incided with the 75th anniversary of the United Nations peacekeeping mission, such was commemorated on the medals.

The Legion National Championships was started 45 years ago by the Royal Canadian Legion in an effort to support Canadian youth and communities, by giving young Canadians an opportunity to develop their skills. For years, thousands of Legion volunteers have given up their time organizing and coordinating the youth track and field championships. Through the events, many have gone on to represent their country in international events like the Olympics, while others learned valuable lessons in leadership, teamwork, and many other skills.

In the early 1950's the Ontario Legion Hydro branch, under the late Bob Saunders, chairman, and the late George Duthie, manager of sports development at the Canadian National Exhibition, sponsored the former Canadian Olympic Training plan. In 1957, the Royal Canadian Legion entered the national track and field scene, conducting national athlete's clinics in Toronto.



Photo courtesy Kajaks Track and Field Club
Lauren Curtis won gold in the U18 Women's Hammer Throw.

In 1962, the Legion received support from the federal government for the first Canadian National Clinic in Guelph, Ontario. In 1975, the first Canada-wide track and field meet was conducted in Waterloo, Ontario, the event was so successful that a second meet was conducted in Edmonton, Alberta, the following year.

Since then, the nation-wide track and field meet has become an annual event, with local legion branches bidding for the right to host the event. This year, over 900 young Canadian athletes competed in the under-16 and under-18 track and field

championships.

From Richmond, athletes from the Kajaks Track and Field Club finished strong with some winning medals in their respective events while others achieved personal bests in their young athletic careers.

16-year-old Lawrence Man won gold in the U18 Men's Hammer Throw, having won back in 2022 at the age of 15, Man was determined to reclaim the title. He arrived in Sherbrooke, Quebec as the top ranked competitor in the country, throughout the event he was tied for first place at 53.39m before winning by 0.62m.

Lauren Curtis won gold in the U18 Women's Hammer Throw. Chase Longley was awarded a silver medal in the U16 Men's Hammer Throw. While Caidyn Maver won bronze in their U18 Men's High Jump.

Svetlana Kisanova placed fourth in the U16 Women's High Jump and 20th in the U16 Women's 80m Hurdles. Elise Drake placed fifth in the U18 Women's Hammer Throw.

Katherine Kennedy placed seventh in the U16 1500m Steeplechase, achieving a personal best, 23rd in the U16 800m and 27th in the U16 2000m. Sofia Varma-Vitug placed eighth in the U18 Women's Triple Jump and 25th in the U18 Women's 100m. Zachary Kennedy placed tenth in the U18 Men's 2000m Steeplechase and achieved a personal best.

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Learning a new way to get the news

By FLORENCE GORDON
Contributing writer

The world's first website was created in 1991, Facebook was founded in 2004 and Instagram 2010. Why bring this to your attention? Well, Meta who owns both social media platforms denied access to every news media's Facebook and Instagram accounts that's in Canada. The message as posted by Meta on every news media's Facebook and Instagram page is loud and clear.

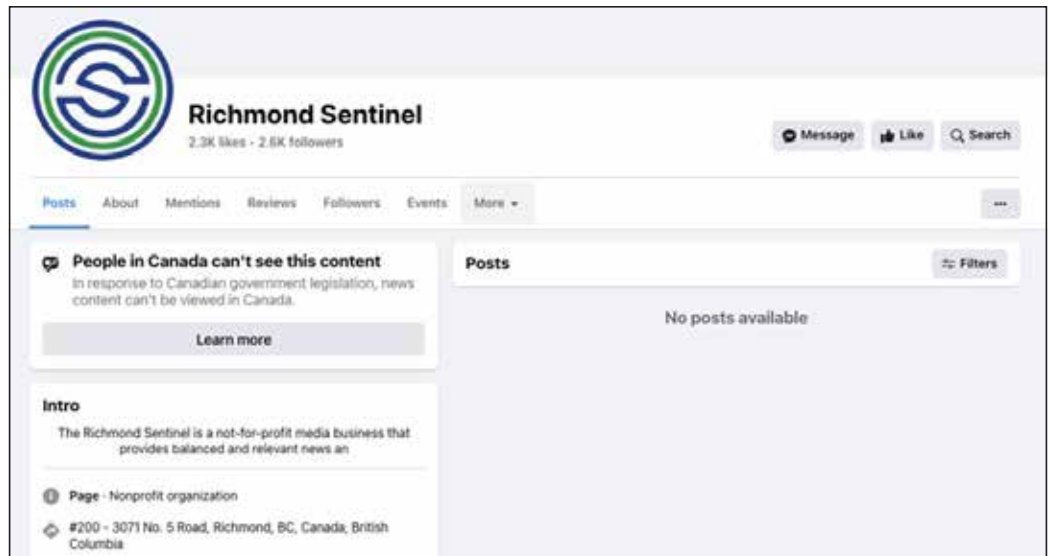
This article is not about who is right, or who is wrong; or why Meta and Google should pay a 'tax' every time a Canadian reads the news on social media, when no one pays for the service provided by Meta. It's about trying to understand how this feud began and how we survive the fallout. Bill C-18 went through 13 steps/readings in the House of Commons and the Senate before being approved as Canada's Online News Act. The Act is too detailed to insert here but you can go to parl.ca/legisinfo

The *Richmond Sentinel* is a not-for-profit community newspaper complimented with the daily news posted on our website and social media accounts. The small community news providers and home-based journalists providing news through social media are affected by this action the same way if not more so, as the big broadcasting networks and major newspapers.

Meta's president of global affairs, Nick Clegg's response to Canada's Online News Act was shared on Meta's website May 8 from an opening statement to be given at Canada's Heritage Committee. The release stated, Meta does not benefit unfairly from people sharing news content on their sites. News Publishers choose to share their content on Facebook because it benefits the news publishers to do so. The statement went on to say, the traditional news industry faces profound challenges. New technology has emerged, consumer behaviour has changed, and old business models don't work anymore. Of course, everyone wants quality journalism to thrive, but it makes no sense to claim social-media companies are taking money from news publishers.

How did we get here: Ten years ago, there were 36 daily newspapers in British Columbia—now there are only 13 daily newspapers left according to an article on the *Globe & Mail* website due to economic power and the influence of technology. Baby Boomers remain loyal and are willing to pay for the traditional means of reading a hard copy newspaper. They are willing to pay for television cable or satellite service to get the local and international news. But, Generation X, the Millennials and Generation Z broke away from these traditions and gravitated to social media—it's free and it's faster to search what their interests are.

Where the majority of readers go—the advertis-



Screen grab from Richmond Sentinel Facebook

Richmond Sentinel Facebook Home Page.

ers follow. Consequently, newspapers were losing advertising dollars, resulting in some shutting down their businesses, journalists were losing their jobs and consequently, the communities were losing their connection to local and international news.

So many small community or individual news outlets surfaced over the last few years to fill the void left by 72 per cent of the traditional daily newspapers shutting down just here in B.C. alone. The journalists who lost their jobs realized the long-term affect this had on the community so many did what they do best: utilize their experience to create a home-based news outlet to keep the community connected locally and with the outside world.

They're a new generation of journalists working independently relying heavily on social media to get their stories out to their community while making a living. Many didn't have a website because of the cost of graphic design, licenses, constant maintenance, and the technical ability to upload stories on a website so they relied on social media—it was free and easy to use.

When Meta blocked Canadians from receiving news on Facebook and Instagram, it was in response to the Federal Government's Online News Act forcing Meta to share revenues with Canadian news outlets. Some observers put the blame on the government for mishandling the legislation while others place it squarely on Meta. No matter who is at fault, simply put, Canadian news media can no longer post news on Facebook or Instagram and Canadians can no longer view or share news on Facebook or Instagram. Check any of the television networks or newspaper Facebook sites. It reads: 'People in Canada can't see this content in response to Canadian government legislation, news content can't be viewed in Canada—No Posts Available.'

Alfred Hermida, a journalism professor at the University of British Columbia said in an interview

with the *Vancouver Sun* on Aug. 17, "The local outlets rely on social media much more than larger outlets, who have a bigger presence in terms of audiences as they have a bigger reach." He went on to say that about a quarter of Canadians get at least some of their news from Facebook. He explained the value to news outlets is that people use Facebook to find a community, either based around geography or a particular issue and come across news stories relevant to them.

Have we stepped back in time to when there was no social media? Will this dispute between the Federal Government and Meta be resolved? Only time will tell. For now, it is critical for all independent news outlets to find a way to drive their Facebook followers to their website, if they have a website.

The Richmond Sentinel, is doing everything it can to try to educate our community on how to access our news in different ways. The richmondsentinel.ca will continue to provide local, national and international news. Our newspaper can also be read online under Editions. Our media team will continue to film local stories and post the videos on our website under Videos. We are in the process of adding: Tik Tok, Little Red Book, Reddit, WeChat, and YouTube. Our team is working on new, additional ways to deliver the news to you.

People's reading habits won't be easy to change. For the younger generation, shifting how they consume the news in Canada is going to be a new challenge for us to navigate the news to them. We are always looking for ways to attract the younger audience and with Meta cancelling Canadians' ability to get news on Facebook and Instagram, we should be concerned about the long-term effect.

How can you help? Share with family, friends, and neighbours to go to richmondsentinel.ca or download the *Richmond Sentinel* app apps.apple.com/ca/app/richmond-sentinel-news/id1471479801

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Screen grab from Google Maps
A poppy engraved road sign of Dolphin Avenue.

In honour of our soldiers: Gordon Meadows Dolphin

By **SAMUEL CHENG**
Reporter

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

Gordon Meadows Dolphin was born on March 12, 1919 in Meacham, Saskatchewan. Dolphin’s parents were farmers, they raised him and provided him with an education before he decided to move to British Columbia at the age of 20 years old.

Dolphin served as an air frame mechanic with the Royal Canadian Air Force. The job of an air frame mechanic in general is to perform maintenance and repairs on aircrafts, including the engines, landing gear, and brakes to ensure they are at top condition. An air frame mechanic can branch out to be specialized in repairing different parts of an aircraft.

Dolphin was stationed at No. 9 Repair Depot in St. Johns, Quebec. Dolphin, along with several other airmen, were coming back from a hockey practice in a truck when the vehicle suddenly overturned, killing Dolphin and two other individuals.

His remains were sent back to be buried at the Mountain View Cemetery in Vancouver. He was survived by his parents, his brother Robert Neil, who was enrolled with the Royal Canadian Naval Volunteer Reserve, his sister Mrs. Phyllis Tangler, and fiancée Margaret Kennedy.

The decision to have Dolphin Avenue and Dolphin Court named after the brave soldier was decided by the Richmond City Council on February 4, 1946.

Today, Dolphin Avenue and Dolphin Court can be found to the east of Garden City Road and to the north of Francis Road.

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Since the 1990’s the Friends of the Richmond Archives have been compiling information on the soldiers who loss their lives in military service during World War I and World War II. The result of this work led to the publication *We Will Remember Them: The Lives Behind the Richmond Cenotaph* written by Mary Keen and published by the City of Richmond Archives in 1998. In 2016 the city installed new poppy-adorned street signs to commemorate these local soldiers who lost their lives in military service.

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>**.

Multiple safety nets needed for food security

A small farm in Richmond is helping inform the work of Kwantlen Polytechnic University (KPU) researchers studying food insecurity among newcomers to Canada.

Tilling the soil on a quarter-acre plot at KPU's Richmond Farm School are members of the Zimbabwe Cultural Society of B.C. (ZICUSO BC), who have joined the university as incubator farmers to have access to land, farming equipment, and mentorship.

"ZICUSO BC is an example of one of many service provider organizations working to support newcomers to build their capacities and social networks," says Dr. Wallapak Polasub, research and extension program manager at KPU's Institute of Sustainable Food Systems (ISFS).

On Aug. 24, Polasub and her team will present findings of a new study, conducted in collaboration with the Pacific Immigrant Resources Society, that focuses on the food security experiences of newcomers and how service provider organizations are helping.

Titled "Newcomers to Canada, Food Security and the Local Food Systems," the study found poverty is the key barrier to food security—made worse for newcomers facing difficulty finding employment due to language barriers or racism. Newcomers also struggle with unfamiliar food, while culturally-appropriate and familiar food is often difficult to find or too expensive. Even a simple thing like the smell of food could indirectly impact newcomers' food consumption behaviours and health.

"One of our project's participants told us that she lost 40 pounds within the first few months of arriving in Canada because of the new food environment and the differences in how food tasted and smelled," says Polasub.

Through interviews with newcomers and service provider organizations, researchers found many newcomers would rather be able to afford food themselves rather than depending on an emergency food program.

"One participant said that he would rather be taught to fish instead of being given fish. I think this reflects the general sentiment of preference to have dignity in food access. In the short run, emergency food programs are really helpful during crises, but we cannot let this short-term intervention be our long-term solution," says Polasub.

The goal for ISFS researchers is to advance understanding of food access and needs, while increasing community participation in local food systems.

"Food insecurity is a problem of income and inequality in our society and our food systems," says Polasub. "I don't deny that this is a complex issue. There isn't a simple solution to it as food systems are connected to every aspect of our lives."

Listening to newcomers and inviting them to be part of the solution is key, as is collaboration between service providers and governments, notes Polasub.

"Service provider organizations are the ones operating on the ground. They can help advocate for newcomers, amplify their voices, and provide the needed information to our government officials so they can set appropriate strategic policy directions. For example, we know that access to culturally appropriate food is important for newcomer communities. But if they cannot advocate for themselves, affordable ethnic food stores might be pushed further away as neighbourhoods get gentrified."

The ISFS will present its research at a public event Thursday, Aug. 24 from 1 to 3:30 p.m. beginning at KPU Richmond (Room 2800), 8771 Lansdowne Rd. Following a presentation and discussion, a bus will depart for a tour of the Richmond Farm School. Participants are asked to register in advance.

The ISFS is an applied research unit at KPU that investigates and supports regional food systems as key elements of sustainable communities. It also operates KPU's farm school program and incubator farm program.



Photos courtesy Kwantlen Polytechnic University
ZICUSO BC members Charlet Muskwe (foreground) and Sibongwenya at KPU's Richmond Farm School.



Dr. Wallapak Polasub, research and extension program manager at KPU's Institute of Sustainable Food Systems.



Photo courtesy Andy Roy
Remember August returned to Vancouver for a one-time concert Aug. 26.

'Remember August' returned to Richmond

By MATTHEW CHEUNG
Reporter

Former Richmond band Remember August reunited for a one-time concert. Richmond born Andy Roy and Grant McKenzie, alongside their band came back for one last hurrah on Aug. 26. When news broke out about the reunion, nostalgic fans didn't wait, selling out the tickets within 36 hours.

"The arrival of Remember August cultivated a new outlet for an entire demographic of youth in Richmond to find themselves. Prior to the band's presence on the music scene in Richmond, there weren't any live musical performances for youth, by youth, it was a largely missing piece for what would become a committed following of kids. Remember August provided events and opportunities for youth to connect to a community that had not been represented in Richmond," said Ryan Weber, former Youth Coordinator at South Arm Community Center.

It all started in late 2004, when Richmond locals Andy Roy and Grant McKenzie formed a band with their friend Cody. All that was left was to come up with a name for their band, after countless ideas, a name was finally agreed upon. The band had agreed to incorporate August in the name but felt that it was yet to be complete. A drive along No.2 Road would be all that was needed to finalize the name of the band, as they drove past Coast Capital, Roy came up with Remember August which was agreed upon by all members.

When writing songs, the band was focused on two things, hooks and melodies. Focusing on writing lyrics that would constantly get stuck in the listener's mind, the band never really discussed the topic of their lyrics. "Both Grant and I were obsessed with big hooks and catchy choruses, but our song writing was relatively simple. The inspiration was to write the catchiest song possible, that people would want to sing along to. Whatever lyrics seemed to fit the melodies—we just stuck with," said Roy, singer

of Remember August.

Along their journey, the band managed to cultivate a following of local high school kids by playing at local community centres on Friday and Saturday nights.

The band had one goal left: The Warped Tour. The Warped Tour was a tour that would travel around the United States, as well as three to four stops in Canada annually. The band applied for the Enrie Ball stage but were not selected, undeterred Andy Roy, continued to contact the CEO who said the only chance they would be on tour was if the founder of the tour Kevin Lyman agreed.

"Undeterred, I tracked down Kevin Lyman's home phone number and pitched him directly, Kevin reluctantly approved—mainly to get off the line. Ecstatic, I immediately called Ernie Ball with the good news, but was swiftly told—contrary to their previous statement—we were not welcome. Hurt and defiant, I assured them I would continue calling every single day to change his mind, after several weeks—he finally agreed to let us on—if I promised to stop bothering him. I vividly remember, midway my dad had said 'Andy—worst case scenario, you're in the exact same spot you are now—off the tour. Best case, you guys get on, keep hustling,' he was right," said Roy.

By 2007, the band would disband due to differences in their life stages. After months of hustling, the band cultivated a devoted following, played on the Warped Tour, and had constant meetings with record labels in California. Band members would slowly transition towards the next stage in their lives, Richmond local Andy Roy would pursue his education at UBC and Grant McKenzie would head off to California to finish his PhD.

"We both come from families that prioritized education over everything. That's not a great backdrop for navigating the roller coaster of the music industry. We were at different points in our lives, if I was 24, I'm sure I would've left town to pursue a master's

degree, too, as Grant did," said Roy.

Since disbanding the group has gone their separate ways in North America, Andy Roy, singer, is in San Francisco, Grant, the guitarist, is now living in Montreal, and Cody, the drummer, has stayed behind in Vancouver. Though the trio have separated the bond between bandmates is still strong and one that will carry on despite no longer performing together.

"I often think of playing shows like going to war. The moment before you start playing, when you look at your bandmates, and you're all ready for battle—that's something incredibly special that cannot be replicated. The bond between bandmates is unbreakable. I think we all miss that, the daily grind, stress, and emotional swings, less so," said Roy.

The band was excited for the chance to play in front of their fans one last time and promised a legendary performance that wasn't going to be some nonchalant trip down memory lane but will be full of energy.

"It feels" surreal. When we announced the show, I was very scared, I thought people may have forgotten about us. The fact that it sold out in 36 hours is truly remarkable. It's been incredible to see that our little group, from Richmond, meant something to these people. Being able to read those memories and reconnect with those people has been so enjoyable. This (reunion) isn't a casual drive down memory lane, this is one more time, at 200 miles per hour, throwing caution to the wind," said Roy.

For aspiring musicians who wish to follow in the same steps, Roy advises to keep hustling, something that he has continued to do long after the band disbanded. "Hustle is everything, there are tons of great musicians out there, the majority of whom are better than you, but you can outwork them," said Roy.

For more information, visit rememberaugust.com/index2.html

•matthewc@richmondsentinel.ca

Richmond pub is not “monkeying” around

By **SAMUEL CHENG**
Reporter

Monkey 9 Brewing is a craft brewery and a pub-style restaurant perfect for family and friends to gather and enjoy delicious comfort foods like nachos, tacos, chicken wings, pizzas and more.

In the 2023 Canadian Brewing Award Conference, Monkey 9 Brewing managed to win the gold medal in the “German Kolsch Style” category with their “Cosmic Kolsch” beer.

The Cosmic Kolsch is a German inspired lager ale that is golden in color, with a crisp, pale, and refreshing taste. It is the perfect go-to drink for any occasion.

In an interview with Dallas Worthington (DW), the general manager of Best Western Hotels & Resorts, we go in depth on how Monkey 9 Brewery was first started and their journey till this day.

RS: What is the history of the business and how was it first established?

DW: Monkey 9 was established in 2016, after the owner wanted to keep two signature companies alive in the entertainment district of Richmond.

RS: How did you come up with the name of the business?

DW: Monkey 9 was founded in 2016, which was the year of the monkey. The number 9 was chosen because it symbolizes positivity, gratification, and togetherness. In other words, coming together over an amazing craft pint.

RS: What was the initial goal of the company and has that changed over the course of the years?

DW: The initial goal of the company was to be a great place to get together with friends and family and provide excellent food and amazing beer with fantastic service. Our amazing location in the Riverport Entertainment District helps us provide locals and tourists alike with a community experience and fair prices, like our \$5 Happy Hour pint. This goal remains the same today.

RS: What services or products do you offer?

DW: Monkey 9 offers a full lineup of craft beer, a majority of them are made in-house, with the exception of supporting another local brewery with a guest tap. Our facility also offers a full-service restaurant, featuring a wood stone pizza oven. Additionally, we are attached to a 40-lane bowling alley, so you can enjoy our beer while you bowl.

RS: What made you want to start a business in this industry?

DW: The craft beer scene in Vancouver is immense and is consistently growing in the Richmond area. We wanted to bring our passion to this



Photo courtesy Sean Imoo

Monkey 9 Brewery offers a wide variety of foods and craft beers.

beautiful city and find a way to put an interesting twist on beer.

RS: What sets your business apart from other franchises that are in the same industry?

DW: Our current head brewer, Brandon Wong, worked hand in hand with our brewer consultant to mix their two styles of beer, from Mexico and France, giving our beer a unique flavor profile that is approachable and easy to drink.

RS: What do you attribute your business's success to?

DW: We are a community brewery that prides ourselves on being there for our community, giving back and working with other businesses. Additionally, we have had great staff who are the backbone of our business and are very beer savvy and curious.

RS: What are some of your typical challenges as an owner or a manager?

DW: Inflation has been one of our biggest challenges, as we want to keep our prices fair for our customers. One challenge that we welcome is keeping up with the current trends in the beer industry and understanding where the industry is going.

RS: How has COVID-19 impact your business?

DW: COVID-19 had a huge factor in our business, particularly with our business location in the entertainment district of Richmond, which was obviously shut down. One of our main streams of revenue is sports tournaments, which were cancelled for a long period of time, as were movies.

RS: If there is one thing you could change about your business, what would it be?

DW: We would be on the other side of the movie theatre. Our business is semi-hidden from the main commuting street, which makes it difficult for customers to stumble upon us.

RS: What is your most memorable or proudest moment of being in business?

DW: There are a few memorable moments, including our two B.C. beer award wins for our Mizaru Brown Ale, and most currently, our gold medal win at the Canadian Beer Awards for our Cosmic Kolsch. We must say that our most memorable moments are seeing the great staff that have worked with us succeed, and to see both locals and tourists coming through the doors and enjoying our delicious offerings.

RS: How does the business create ties and connect you with the community of Richmond?

DW: We are a platinum sponsor of the Richmond Jets minor hockey league. We also participate in Steveston Farmers Market throughout the summer and work closely with Tourism Richmond. We also work closely with Mylora Golf Course in providing tastings for their tournament events.

RS: How do you keep the employees happy, and customers satisfied?

DW: We take the time to listen to our employees and try to create a fun, professional atmosphere.

RS: What is your "secret tip" in retaining returning customers?

DW: By making every customer feel as though they are a regular. We want our customers to feel comfortable, full, and to enjoy our fun atmosphere.

RS: What tips would you give for future entrepreneurs that plan on starting their own business?

DW: Believe in yourself, believe in your vision and be adaptable to the ever-changing environment. Also, don't be afraid to admit when you're wrong and learn from your staff.

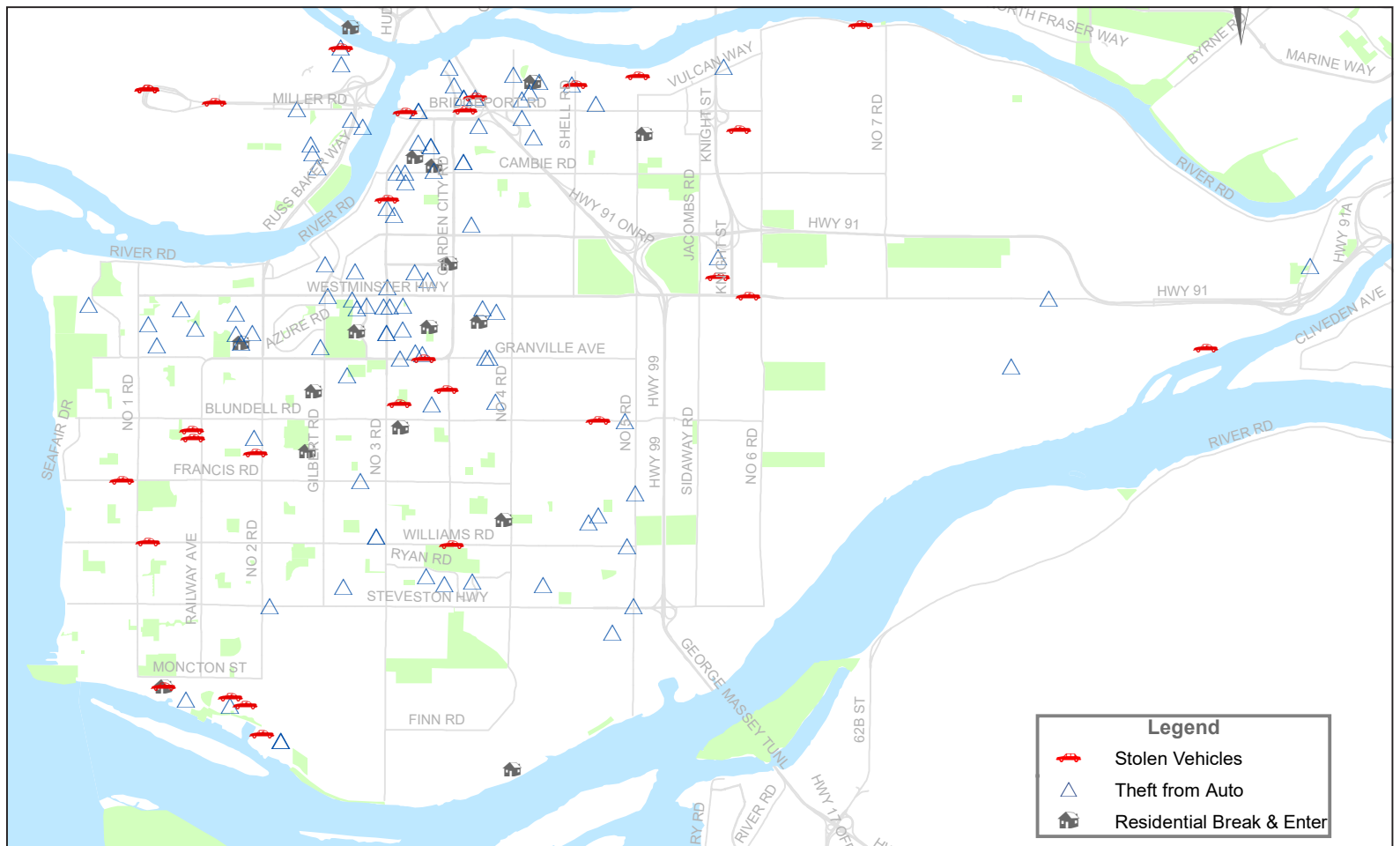
Monkey 9 Brewing is located at 14200 Entertainment Blvd. They are open on Monday 2 to 10 p.m., Tuesday and Wednesday 2 to 11 p.m., Thursday and Friday 2 p.m. to 12 a.m., Saturday 12 p.m. to 12 a.m. and Sunday 12 to 10 p.m.

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RCMP

Crime Map July 1 - 31, 2023



Richmond speed skater wins three medals

By **SAMUEL CHENG**
Reporter

Masters International Short Track Games (MIST) is an international competition for short track athletes around the world ages 30 and above. Passionate short track skaters meet up and come together to compete and enjoy the love of the sport. The MIST Games is held every two years in various cities around the world. The 2023 MIST Games was held in Amsterdam, Netherlands.

Jackie Humber, a resident living in Richmond recently secured three bronze medals for Canada, in the 500 metres, 777 metres and 1000 metres race in women's division age 55 to 59. In the 1000 metres race she set a new personal record of 2 minutes 10 seconds by beating her previous record by more than two seconds.

Humber is currently a member of the Langley Blades Skating Club and the Vancouver Velocity Club. She skates twice a week with Julian Green at the Langley Blades Skating Club, who was previously a British Olympian speed skater. Additionally, she also trains with Coach Jasmine Chase once a week at the Vancouver Velocity Club. On top of it all, Humber also jogs and weightlifts at Thompson Community Centre as part of her training routines.

The 2022 MIST Games in Calgary, which had been rescheduled due to the pandemic, was Humber's first appearance at an international competition. She was encouraged to attend and compete by a fellow member of the British team. When sharing what it is like to compete in the 2023 MIST Games, she said



JACKIE HUMBER

it was an exhilarating experience.

"Skating in Amsterdam was like a dream," says Humber. "The people of Amsterdam left a great impression on me as they seem to have a real joy for life while embracing diversity."

Humber shares several tips for younger athletes that are looking to partake in sports, whether for leisure purposes or professionally. Humber encourages individuals, children, or adults to try out different sports and activities to find the one that you would enjoy the most.

People will be able to find more information related to sports, including speed skating on sportbc.com

As for Humber, she keeps a journal documenting and setting small attainable goals that builds towards a bigger goal down the road.

"I train even on days I feel like doing something else, because that is when an athlete trains," said Humber. Perseverance and persistence go a long way in keeping motivated. "Training with others is helpful for keeping you motivated."

Humber attributes her success to her wonderful team of coaches and trainers. Also, Richmond business Herband played a huge role in supporting Humber throughout her trip to compete in 2023 MIST in Amsterdam.

With January 2024 just around the corner, Humber hopes to attend the Winter World Master Games (WWMG) in Lombardy, Italy as well as the 2025 MIST Games which are expected to be hosted in Drummondville, Quebec. Be sure to cheer her on.

For more information about MIST, visit facebook.com/MISTGames/

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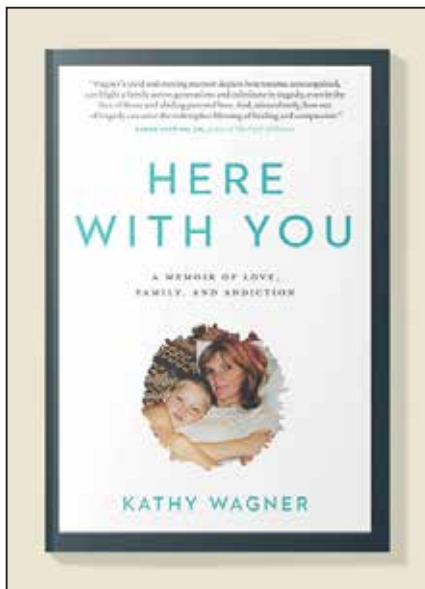


Photo courtesy Douglas & McIntyre

The Summer Read

Here With You: A Memoir of Love, Family and Addiction

by Kathy Wagner

As we near the end of another summer, we offer a touching memoir about a family coping with addiction, trauma and loss. Vancouver author, Kathy Wagner, tells us of her young son, Tristan, who became addicted to drugs by the age of fifteen, started his recovery six years later, but relapsed and died of a fentanyl overdose. There was also another daughter suffering with her own addictions, and Wagner herself and the deep grief she could not escape. This is an honest, emotional read that would certainly help anyone dealing with addiction in their own family.

kwagnerwrites.com

douglas-mcintyre.com



Photo courtesy Poplar Grove

The Summer Cocktail—Fraperol Spritz

As we continue our spotlight on cocktails for the summer season, we offer up a frozen twist on the legendary and very popular "Aperol Spritz" which originated in Italy. The Cactus Club Café's "Fraperol Spritz" is a delicious mixture of aperol, vinho verde, seville orange, and cane sugar, a perfect summer drink to enjoy while lounging on a patio. Look for the Cactus Club Café in the Richmond Centre.

cactusclubcafe.com



Photo courtesy Cactus Club Café

The Summer Wine—Poplar Grove Syrah 2019

It is always a sense of great pride when one of BC's wines receives recognition. Over the last year, awards have been handed out to Poplar Grove, which was founded in 1993, and is one of the five original wineries located on the Naramata Bench, overlooking Penticton. Their Syrah 2019 took home the GOLD medal at the 2023 Wine Align National Wine Awards of Canada (our country's largest wine awards). They won GOLD at the 2022 Los Angeles International Wine Competition and in the U.K., GOLD at the 2022 Drink Business Global Syrah Masters. A big congratulations to Tony and Barb Holler (who purchased the winery in 2007) and their four sons for creating a superb red wine program, including this delicious Syrah.

poplargoove.ca

World famous Italian/Canadian soprano

By JIM GORDON & LEETA LIEPINS
Contributors

Giorgia Fumanti is an Italian artist who was born in the medieval village of Fivizzano in Tuscany. She studied voice at the highly esteemed Music Conservatory of Parma, Italy. She has had many hit records and has worked with some of the biggest names in the world of classical music. Now based in Montreal, Canada, Soprano Giorgia Fumanti has performed all over the world with some of the most prestigious orchestras including the Royal Philharmonic, and has participated in 3 PBS specials.

She works for many charities and orphanages around the world, and in 2019, Fumanti was appointed Ambassador for Peace by the Universal Peace Federation, following a show in Central Park in New York to mark the International Day of Peace as declared by the United Nations. Her latest album, which is also her thirteenth album, is called *Cinema Collections*. This new album is comprised of much-filmed songs and signature theme songs from legendary composers like John Barry, Henry Mancini, and John Williams.

OCT: *You are an incredibly talented singer, and Lang Lang, the famous Chinese virtuoso pianist, stated that you had one of the most beautiful voices in the world. You come from the world of opera, did you find it a challenge to blend the formal discipline world of opera with the loose and unstructured pop and folk genre?*

GF: Actually, my path was very different. First of all, I didn't want to be a singer. When I was a little girl, I discovered my voice in a church choir in Italy where I was born. I discovered the ability to hit the high notes like a soprano, so it was a natural thing for me. I just needed to work around my voice to find the style I wanted. It wasn't that I studied to have a classical voice, it was just my natural sound. I worked many years with my parents in Italy and I worked with children. I also studied law because my parents wanted a normal job for me.

Finally, I found my heart and that was to sing, so I applied to the Conservatory of Music in Parma, Italy and I knew I needed to be free to express myself through my voice and through my instrument. It was not that easy in the beginning to try to be myself. Now after 13 albums, touring many countries, and singing with great orchestras and artists, it's very clear what I want to do. I just want to sing beautiful music and touch everyone's heart with my voice.



Photo courtesy Giorgia Fumanti
Giorgia Fumanti releases new album.

OCT: *It is clear that you have a love and passion for the cinematic songs, and that comes through so well on your newest album. You studied at the Music Conservatory in Parma, Italy. You were born in Tuscany. It is natural that we have to ask, how did you end up in Montreal, Canada?*

GF: When I was in Tuscany, I was studying law and I was finishing at the Conservatory of Music as well as working with children, but I also was studying yoga. At this time, I believed that I wanted to become a teacher of yoga. Finally, I recorded a demo for a very well-known singer in Italy, Zucchero Fornaciari, the composer of *Miserere*. He was the one who discovered Andrea Bocelli. So, I recorded a demo for him and this demo ended up in the hands of a producer in Canada and that's why I ended up in Montreal.

I knew no French and no English with no family or friends just this big dream. That was 19 years ago, and it started from there. I signed with a company in New York and things

moved forward and now thirteen albums later, Canada has become my first home. I am a Canadian citizen, and I married a Canadian. I still feel like a citizen of the world because I have the chance to sing for so many people all over the world, but I love Canada. Especially when I became a mom, I wanted to raise my kids in Canada and now I have four children.

OCT: *We're very lucky to have you in Canada. Now, despite your really busy career you still find time to devote energy to your favourite charitable organizations.*

GF: My first dream as a little girl was to be a good social worker, a good lawyer, and even a missionary. I just wanted to save the world maybe because I needed to save myself. My life wasn't always easy so that was my first passion but then I discovered my voice. At first, I thought that singing music was superficial but now I understand that I actually am able to give back through my music. So, I am very happy when music joins a good cause.

OCT: *We wanted to mention again that the Universal Peace Foundation appointed you their ambassador for peace in 2019. You are very humble about all of the accolades you have received. Congratulations on the very beautiful album that you just released which is called, Cinema collection. A perfect album for the summer. We hope to see you soon in Vancouver on an upcoming tour. For more information: giorgiafumanti.com*



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OUR CITY TONIGHT

Two Richmond guys and the Amazing Race

By FLORENCE GORDON
Contributing writer



Photo courtesy CTV
Derek Gottenbos and Jaspal Sidhu.

The *Richmond Sentinel* as promised continues to report on Richmond's Derek and Jaspal's journey across Canada while continuing to compete for the title of 'Best Duo' in the *Amazing Race Canada*. The six remaining teams left Long Beach, B.C. last week and raced for the first available seat on a flight to Toronto, ON. Three of the six teams were given an express pass which means they can choose not to compete in one of the challenges along the route to the next pit stop. Unfortunately, Derek and Jaspal were one of the three teams that did not have an express pass which puts them at the back of the pack.

When they arrive in Toronto, they must drive to St. Catharines to look for their first clue at the Salem Chapel also known as the Underground Railway that provided safe passage for over 30,000 slaves escaping across the border into Canada in the 19th century. Each team is given their clue to drive to the other side of the Welland Canal and find the St. Catharines Propulsion Plant where one team member must assemble and disassemble a V8 engine head. When the task is correctly completed, the next clue gives each team the option to drive to Welland and to either complete a challenge at a flower distributor or at the international flat-water centre.

Five teams headed to the flower challenge and Derek and Jaspal are the only team to head to the water centre where they must learn how to row a high-performance scull used in competitive rowing. After a quick lesson they must row against a time clock, sounds easy. After several attempts, and falling into the canal they finally get the hang of it and complete the challenge. I don't know what statement from Derek was funnier: "this is a lot harder than a rowing machine at the gym" or "at least my hair looks good" after the third dunk into the canal.

Next challenge, drive to Niagara on the Lake where one team member must drive a harvester machine and fill it with water then carefully manoeuvre the water across the winery where they must fill up two troughs, once completed they receive their next clue. They must drive next to the town, Niagara on the Lake where they have to locate a hotel for the final challenge—to perform the task of a Somali matching wine flavours to key food ingredients using only their sense of smell. Once completed they have to travel by foot to the pit stop.

This is where the competition is off balance, the other 3 teams have an advantage of not having to do one the challenges on this leg of the race so all three teams moved onto the pit stop and a fourth team who completed the last chal-

lenge is also safe at the pit stop. This leaves Derek and Jaspal in the bottom two at the wine challenge when the episode announced—to be continued so we're kept in suspense for a week with only two teams left to fill one spot, or so we think.

Part two, wouldn't you know it there was no elimination on this leg of the race and so all six teams must travel by train to Windsor. The first three teams that arrived last week at the pit stop leave on the first train to Windsor and the remaining three teams which includes Derek and Jaspal had to wait for the second train. Once they arrive in Windsor, they drive to a water park where they must find clues while travelling down the covered water slide on a rubber tube and although Der-

ek and Jaspal are in second last place leaving this challenge they stopped and helped the team in last place, which will come back to haunt them. For the next challenge the teams are given a clue to choose either performing a swing dance routine or building an abstract sculpture. When Derek and Jaspal reached the abstract sculpture challenge, three teams were already there so the challenge was full which required them to travel to the second challenge and learn and perform the swing dance routine.

The next clue gives the teams instructions for a Texas Hold'em Poker game, where two teams for the first time compete against each other. The winner moves on to the final challenge and the loser must face off against the next team as they arrive. The last team number six, is given a time penalty and that was Derek and Jaspal. They maintained their composure and never gave up.

The final challenge was to drive to an energy farm operated by windmills. Here they must calculate the energy each windmill produces and that includes climbing up inside the wind mill for additional calculations. The five teams in the lead decided to help each other to secure the five winning spots, as they knew the last team will be eliminated. When Derek and Jaspal pull up to the last challenge site they believed the team that they helped with clues earlier would help them, but that team snubbed them as they drove by. That was a moment of disappointment. Derek and Jaspal completed the challenge remarkably fast, but would it be fast enough for them to catch the two teams ahead of them.

They did arrive last at the pit stop and Jon Montgomery announced that they were the last team to arrive and were eliminated from the race. Their parting remarks were full of praise and respect for each other. To Derek Gottenbos and Jaspal Sidhu you did Richmond proud, and you restored our belief that 'it's not whether you win or lose but how you play the game.' You may not be the 2023 *Amazing Race* Best Duo but you are an amazing duo.

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The connection between diet and mental well being



**Rika
Mansingh**

The Richmond Sentinel is pleased to welcome Rika Mansingh. She holds a degree in B.Sc.Dietetics, is a registered dietician, and best-selling author of The Empowered Mind Diet Equation, Awaken The Magic Within and Secrets To Living A Happy and Fulfilled Life. Rika also has earned a certification in meditation, NLP master practitioner, a hypnotherapist and a philanthropist.

Get ready to embark on a journey where your plates become the canvas for creating a happier, healthier you! That's right—a healthy mind starts with the food on your plate. When we think about healthy eating, we often focus on its physical benefits—maintaining a healthy weight, supporting vital organs, and preventing chronic diseases. It is also crucial to recognize the substantial positive effect that our diet holds on our mental well-being. Just as our body benefits from optimal nutrition for its functioning, our mind also prospers when nourished with a diet rich in essential nutrients. What we eat and drink isn't just a fleeting indulgence—it's a profound influencer of how we feel.

The connection between our diet, our thoughts, emotions, and actions is gaining momentum, and it's an alliance that transcends age, gender, and even family history. Making improvements to your diet can trigger a cascade of positivity: heightened mood, increased energy, clearer cognition, and improved sleep quality. Bottom line—the mind is our most valuable asset and when we eat well for our mind, we think well, feel well, have more energy to exercise well and we sleep well. The influence of diet on mental health is rooted in the fact that the very framework of our brains is built from the nutrients we consume. Our brain is a composition of 60 per cent fats and proteins, accompanied by amino acids, micronutrients, and glucose. Every element of this nutritional orchestra plays a distinct role in shaping brain function, mood, and vitality.

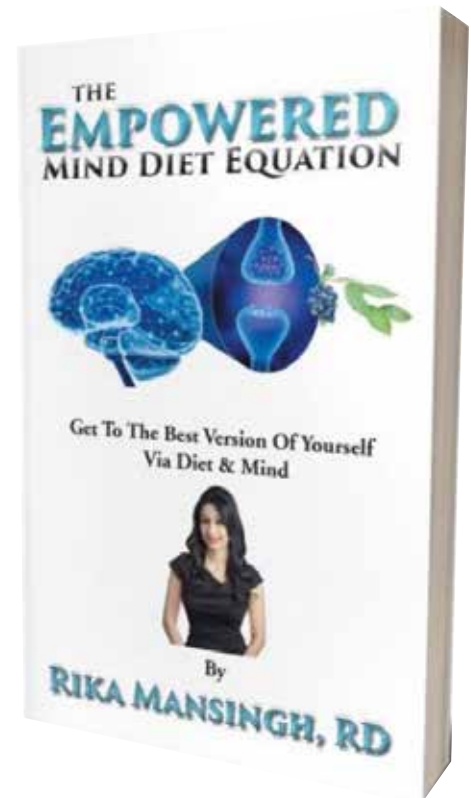
Omega-3 fatty acids, known as the "good fats," are heroes that our body can't manufacture and must be sourced from our diet. These fats are instrumental in constructing and preserving the membranes of brain cells, also known as neurons. Omega-3 fats, found in fish such as salmon, herring, sardines, mackerel, and halibut as well as walnuts and flaxseeds, maintain the fluidity of neuron membranes, ensuring seamless communication between brain cells.

In contrast, the unhealthy fats—trans fats and saturated fats lurking in fried foods and baked goods—intrude on the essential fats in our brain, rendering neuron membranes rigid and impeding vital cell communication. Omega-3 essential fatty acids such as EPA (eicosapentanoic acid) and DHA (docosahexaenoic acid) boost brain cells, enhance brain function and prevent cognitive decline. Omega-3s also reduce stress hormones such as cortisol and research indicate its positive effects in reducing inflammation, improving anxiety and depression. A supplement of 1000 mg per day containing a combination of EPA and DHA would be ideal especially if not consuming fish two to three times per week. Algae is the vegetarian source of omega-3s available in supplement form.

Proteins and amino acids are the architects of how we think and feel. Amino acids are the building blocks of neurotransmitters, the brain's chemical messengers. The intricate symphony of compounds present in our meals can prompt our brain cells to produce powerful neurotransmitters like serotonin, dopamine, and norepinephrine, influencing mood regulation. Serotonin, the "feel-good" neurotransmitter, can be boosted by consuming foods rich in tryptophan, such as turkey, chicken, eggs, nuts, and seeds. Tryptophan is essential for serotonin production, which in turn generates melatonin for restful sleep.

B vitamins, particularly B6, B9 (folate), and B12, are essential for nerve function and the production of neurotransmitters. Antioxidants found in fruits and vegetables, protect brain cells from oxidative stress and inflammation. Berries, leafy greens, nuts, and seeds are excellent sources of antioxidants that promote cognitive function and memory retention.

The gut-brain connection is fascinating exploring the bi-directional communication that occurs via the gut and the brain (the gut-brain axis). The gut, sometimes called the "second brain," has neurons and microbes that affect our mood and mental health. Bottom line, the gut affects the



brain, and the brain affects the gut. About 95 per cent of our serotonin, responsible for our happy feelings, is actually produced in the gut.

Dr. Gomez-Pinilla, professor of Neurosurgery and Psychological Science, who has analyzed more than 160 studies of foods effects on the brain, states in Nature Reviews Neuroscience, "Some foods are like pharmaceutical compounds; their effects are so profound, that the mental health of entire countries may be linked to them." This stresses the importance of becoming mindful of what we eat and how it makes us feel—we should see food as information and really ask ourselves, "What will this food do for me, and how will it affect the way I feel afterwards?"

By nourishing our brain with the right mix of complex carbohydrates, essential fats, amino acids, and micronutrients, we can orchestrate neurotransmitter harmony, safeguard our brain from oxidative stress, and elevate our mood. By incorporating whole foods, gut-friendly choices, and brain-boosting nutrients, we can take a proactive step towards maintaining good mental health.

The next time you sit down for a meal, remember that your plate is more than just a collection of flavors—it's a blueprint for a more resilient, radiant mind. Embrace the power of nourishment, and embark on a journey to eat well, think well, feel well, exercise well and sleep well. Nutrition intervention by a registered dietitian can lead to enhanced food choices, positive alterations in eating habits, decreased nutrition-related side effects of medications, improved cognition and enhanced well-being.





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