



## Michelin Master Chef

Masakazu Ishibashi



2016-2017 Shoukouwa



2016 Ginza Sushi Ichi



2011 - 2012 Ginza Sushi Ichi

Conde Nast Traveller Gold  
Standard Restaurant 9th



Photo courtesy Chef Masa Ishibashi

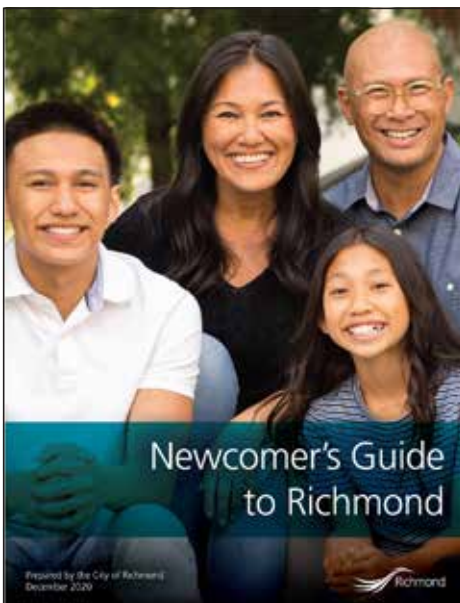
Richmond Sentinel filmed an interview with Michelin Master Chef Masa Ishibashi on location at his new restaurant in Richmond.

# OUR CITY

## Richmond

**'GOOD TO KNOW'**

by Florence Gordon



### Newcomer's Guide to Richmond

Richmond is one of the most culturally and ethnically diverse cities in Canada, with over 60 per cent of its population born outside the country, the highest proportion of any municipality nationwide. There are over 150 ethnic origins represented and 100 languages spoken in Richmond.

Richmond's newcomer communities contribute significantly to community vibrancy and enrichment, which makes it a great place to live, learn, work and play. If you are new to Richmond or planning your move, get started here.

"The City recognizes the unique experiences of newcomers and the ongoing need to strive towards inclusion for all residents," said Mayor Malcolm Brodie. "This informative video series celebrates and highlights the opportunities for newcomers in Richmond". All videos have sub-titles available in English, Traditional and Simplified Chinese, Ukrainian, and Punjabi. Arabic and Farsi will be available soon. [richmond.ca/newcomers](http://richmond.ca/newcomers)

Photo courtesy City of Richmond

### Community Social Development

The Community Social Development (CSD) Department develops social policies, strategies, actions plans, facilities and services to increase social equity in Richmond. The City's Social Development Strategy defines social equity as "Ensuring that all segments of the population have equal opportunity and that their needs are recognized and addressed in a fair manner". Social equity ensures that basic needs (e.g. food, clothing, housing, income), social supports (e.g. education, health care, child care) and community services (e.g. parks, recreation, arts & culture, social services) are available to and accessible by all citizens, regardless of age, gender, ethnicity, income or ability. An equitable society is an inclusive one; participation by all residents is welcomed, encouraged and facilitated.

Social equity is a cornerstone of a sustainable community; the City's Sustainability Policy defines social sustainability as "basic needs are met, wealth and resources are distributed justly, equitable opportunities exist for social enrichment at the individual and community level and resiliency exists to address challenges". Council approved the guiding principles, which will guide the different phases of the Strategy's development. [socialplanning@richmond.ca](mailto:socialplanning@richmond.ca)

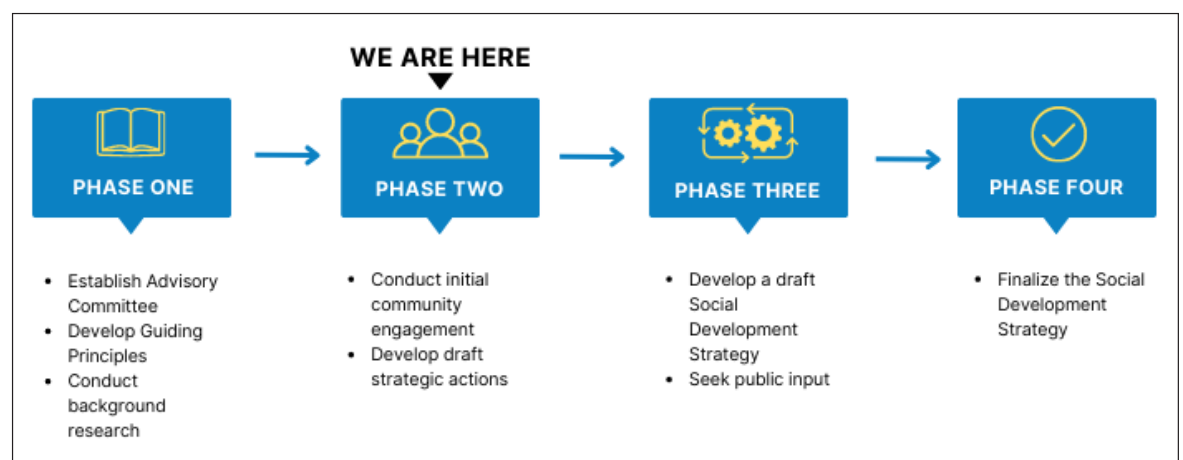


Photo courtesy City of Richmond



# Richmond celebrates businesses

There are many opportunities for businesses that are creative, innovative and strategic during competitive economic times and periods of slowing global growth. This was the overarching message from business leaders at the City of Richmond's 2023 Business and Partner Appreciation Event held Tuesday, September 26 at the River Rock Casino Resort Conference Centre in Richmond.

"Richmond business leaders are innovators," said Mayor Malcolm Brodie, as he welcomed over 100 local companies and partners attending the event. "Through your creativity and hard work, you are building organizations that will help our community thrive well into the future."

Keynote speaker, Jean-François Perrault, Scotiabank's senior vice president and chief economist, noted that while growth is finally starting to slow, both businesses and households have demonstrated an underlying resilience, with default rates near historic lows. He acknowledged that labour shortages remain a top-of-mind issue for many employers – yet increasing employment levels and record population growth could point to a soft landing for the Canadian economy. However, inflation is starting to edge upward again. "This is an environment that forces firms to be as competitive and innovative as they possibly can," Perrault noted.

Panel moderator, Melanie Rupp, senior director, Loans and Advisory Services, WeBC, and City of Richmond Economic Advisory Committee Member, opened the discussion on "Creative Approaches in a Competitive Market" by asking the guest panel of four Richmond business leaders how they

are taking a different approach to business as usual.

"We're putting in more than we take out," said panelist Simran Panatch, managing director of Athiana Acres, a 30-acre regenerative farm. She described their practices that prioritize both soil health and community health, as Athiana Acres is creating a farm and produce purchasing experience in the heart of Richmond that is also a space for the community to gather and connect.

Fellow panelist Jessica Regan, chief executive officer and co-founder of FoodMesh, noted that as a certified B Corporation, they have had to think not just about what they do, but how they structure themselves from a governance perspective and as a healthy organization. "It creates a different kind of wealth," Regan noted. FoodMesh helps businesses divert unusable food away from waste streams and onto people's plates. She described how adapting their value propositions to meet customers' changing priorities and adopting more circularity into FoodMesh's operations (renting or buying second-hand equipment versus new) has proven vital in shifting economic times.

Gary Agnew, chief executive officer and co-founder of Ideon Technologies, noted that everything consumed on Earth is either grown or mined, and explained how his company is offering ground-breaking mining technology—using energy from supernova explosions in space to provide x-ray-like visibility of the ground below. He pointed to innovation in three key areas: their B.C.-developed technology, business model, and company

culture. "We strive to create a passion for solving problems," noted Agnew, "When something seems almost impossible to achieve, that's the time not to give up. It usually isn't too many steps after that there is a breakthrough."

Sonia Strobel, chief executive officer and co-founder of Skipper Otto, a company that directly connects small scale Canadian fishing families to seafood-loving consumers, explained how her business model de-risks the inherent uncertainty in fishing. As a community supported domestic producer, Skipper Otto has also continued to thrive despite trade and supply chain disruptions that have affected others. Their success equates to continued success for partners in the community including businesses that cut and package their fish, as well as the stores and other locations that consumers regularly visit to pick up their orders of the season's catch, and do their other shopping while there. Emphasizing the success of these collaborations, Strobel noted, "we can work together, and we must work together."

Mayor Brodie thanked businesses for their creativity and hard work, acknowledging that their success makes Richmond's economy prosperous and demonstrates that the city is a desirable place to live and work.

The city's Economic Development Office works to grow Richmond's business and employment base and maintain a healthy business environment in the city. For more information, visit [businessinrichmond.ca](http://businessinrichmond.ca), Facebook: @Richmond.EDO, X (Twitter): @RichmondEDO

# Artwork welcomes visitors to animal shelter

Visitors to the Richmond Animal Shelter at 12071 No. 5 Road are now welcomed by the new public art installation, *Leaping Home* by artist Celan Bouillet.

The artwork is inspired by the love and joy that animal friends bring into our lives. Playful laser-cut silhouettes of leaping animals, including cats, dogs, birds and rabbits are woven throughout a series of illustrated and patterned artwork panels, creating a sense of colour, depth and whimsy for passersby. Some animals can be seen leaping towards the Richmond Animal Shelter while others fly, hop and run in the direction of their new forever homes.

*Leaping Home* is both public art and a part of a protective enclosure for the facility's outdoor dog run, acting as a wayfinding device for visitors to the shelter. The expansive artwork panels along the fence line on No. 5 Road are easily visible to pedestrians and vehicles.

This public artwork was the result of an open call to artists with the city receiving 22 applications from artists residing in Metro Vancouver. The artist and art concept was recommended by an arms-length selection panel comprised of artists, arts professionals, community members and a representative from the BC SPCA.

Celan Bouillet is a mixed media painter and installation artist. Her upbringing in the American South influenced her love of spinning a good tale, textiles and sublime landscapes. A graduate of the Maryland Institute College of Art,



*Leaping Home*, the new public art installation at the Richmond Animal Shelter by artist Celan Bouillet.

Photo courtesy City of Richmond

Bouillet is a Vermont Studio Center Fellow, a two-time recipient of the Houston Artist Association Individual Artist Grant, and has work in permanent collections across the US including the Bush Intercontinental Airport and MD Anderson Cancer Center. She currently resides in North Vancouver.

For more information about the Richmond Public Art Program, visit [richmond.ca/culture/publicart/whatsnew.htm](http://richmond.ca/culture/publicart/whatsnew.htm)

# KPU preparing for rare annular solar eclipse

Kwantlen Polytechnic University (KPU) instructors are preparing to celebrate a rare celestial occurrence that will offer Lower Mainland sky-watchers some of the best views in Canada.

On the morning of Oct. 14, an annular solar eclipse will cross North, Central, and South America. Although its path of totality over North America is limited to the U.S.—from Oregon through to Texas—the best views from Canada of the moon as it passes between the Earth and the sun will be in western British Columbia.

To celebrate, KPU Faculty of Science and Horticulture instructors are organizing a free public eclipse viewing event in Richmond beginning at 8 a.m. Guests can safely view the eclipse with telescopes and other equipment, and check out displays and activities about our solar system.

The KPU Solar Eclipse Party 2023 is for everyone—particularly school-aged children in the community, says organizer and physics instructor Laura Flinn.

"Kids may not realize how close science is to them," she says. "This is an event that a large section of North America will be able to see. It's a significant astronomical phenomenon that will give children a sense of how big the universe is."

Between two and five eclipses occur each year, but only those along the path of an eclipse are able to see it. That makes such events rare to see in person. Flinn examined data beginning from the year 1900 and could only find records of partial eclipses visible in the Lower Mainland, events similar to what the region experienced in August 2017.

A complete annular eclipse, however, will occur over our region on Aug. 4, 2111, says Flinn.

"The statistical average for how often a total solar eclipse occurs at one location on the Earth is once every 375 years," says Flinn. "So to see even a



Photo courtesy Kwantlen Polytechnic University

**On the morning of Oct. 14, an annular solar eclipse will cross North, Central, and South America.**

partial eclipse again in six years—with more than 75 per cent of the sun covered—is not too bad, statistically speaking."

An annular solar eclipse occurs when the moon is at or near its farthest point from Earth. As it passes between the Earth and the sun, the moon casts a shadow on the Earth. At maximum eclipse, the moon appears smaller than the sun, so that the outer edges of the sun are visible, creating a ring of light—an annulus—in the sky.

KPU Farm, located next to the university's Richmond campus, will host the viewing event. Flinn says the location is ideal to see the eclipse, which will appear in the Lower Mainland between 8:08 and 10:38 a.m., with approximately 76 per cent of the sun obscured during the period of maximum eclipse at 9:20 a.m.

"We'll be heading into fall, and the sun is close to

the horizon at that time in the morning. From the KPU Farm, when we're looking toward the southeast, we'll get an unobstructed view of the eclipse."

Looking directly at an eclipse without appropriate eye protection can cause serious eye damage, so special solar viewing glasses will be available for the first 250 guests. Additional safe viewing equipment will also be available, and viewers can also bring their own—such as a home-built eclipse projector.

The KPU Solar Eclipse Party 2023 takes place Oct. 14 from 8 to 10:30 a.m. at KPU Farm. Parking will be available nearby at KPU Richmond, 8771 Lansdowne Rd. Rain will move the party inside the university campus, where a livestream will be shown.

Admission is free, but guests are asked to pre-register at [kpu.ca/solareclipse](http://kpu.ca/solareclipse)

## Rotary clubs increase productivity in community service

Local community service and global humanitarian relief which the Rotary clubs of Richmond and South Delta have been providing for decades is now enhanced with new "hybrid" meeting technology thanks to \$33,500 in funding from the Government of Canada. The funding will help the six clubs purchase OWL 3 hybrid meeting units to enable members to meet in person and involve speakers or other members online with a projector and screen at a meeting venue.

The fund has enabled the purchase of OWL 3 systems for

Rotary clubs, applying technology and new ways of doing things to enable members, who might be away or unable to meet when other club members do, to connect with fellow members more quickly and easily as they work together on community service projects. The new systems can also bring to their members—partly in person and, using the OWLs, partly virtual—leaders from Rotary and from business, government and associations across Canada and around the world for learning and productivity in serving our community.

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OUR COMMUNITY NEWS

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# Mid-October is Invisible Disability Awareness Week

By MATTHEW CHEUNG  
Reporter

Oct. 15 to 21 is Invisible Disability Awareness Week, in light of this the Richmond Centre for Disability (RCD) will be organizing events on Oct. 16, 18, and 20 from 11 a.m. to 1 p.m. to raise awareness about invisible disabilities. The theme of the week will be listen, believe, support.

Invisible disabilities are any illnesses or conditions that show no visible evidence of disability but are documented issues for a minimum of six months. "It is basically like any illness or condition where you have a history and documented issues for a minimum of six months. Depending on the condition you may or may not have a diagnosis, the biggest difference is there is often no visible evidence of a disability that most people are accustomed to. The most common are fibromyalgia, Crohn's disease, depression, lupus, and Lyme disease," said David Thomson, community outreach coordinator at the RCD.

The first event, Listen Day, will take place on Oct. 16 with representatives from groups such as Pain BC and Pathways BC attending to listen and engage with participants. Throughout the week, there will also be a Peer Support Articles binder for care-



File photo

**The Richmond Centre for Disability will be organizing events to raise awareness about invisible disabilities.**

givers, partners, and friends.

The second event, Believe Day will take place on Oct. 18. On Believe Day, attendees, peers, and long-time pain warriors will be able to listen and engage with participants. David Langer, a chronic condition patient from Self-Management BC will be present on that day. Langer is also the manager of the Chronic Disease Self-Management in this region. In addition, participants will also be able to partake in the 'Living Well with Chronic Conditions workshop series'.

The final event of Invisible Disability Awareness week will take place on Oct. 20. Support Day will

feature an opportunity to chat with the RCD staff and the founder of BC Disability and creator of the BC Disability Directory, Spencer Van Lotan. Attendees will also be able to find better access to resources they need.

The Richmond Centre for Disability is not-for-profit community-based resource centre that is committed to creating opportunities that empower people of all abilities through providing information, resources, training and support, and public awareness.

"RCD has been doing something to recognize Invisible Illness Awareness since 2012. A group in the U.S. is doing this and we're going along with them, and I can

say as a 24-year invisible illness warrior these three words are what many who live with these illnesses spend years try to attain. It is really hard to get people to LISTEN when they are unable to see a visible disability. Many invisible disabilities have a stigma attached to them therefore, without visible evidence it can be hard for people to BELIEVE. You will get many suggestions, diagnoses, and event demands to do certain therapies but to just get empathy and SUPPORT can be challenging," said Thomson.

For more information, visit [rcdrichmond.org](http://rcdrichmond.org)

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Screen grab from Google Maps  
A poppy engraved road sign of  
Fedoruk Road.



## In honour of our soldiers: William Fedoruk

By **SAMUEL CHENG**  
Reporter

Flight Lieutenant William Fedoruk was born on Feb. 28, 1917 in Foam Lake, Saskatchewan. His family resided in the east, in Fort Frances, Ontario before William's father, Jacob Fedoruk, took on a job with the Canadian Pacific Railway in the 1930s. The new job opportunity brought the family to the west coast of Canada, where they stayed in Richmond.

As a young adult, Fedoruk left Richmond to scout for job opportunities back at Fort Frances. According to the record prior to enlistment, Fedoruk had listed multiple occupations including a track maintenance staff with the Canadian Pacific Railway, a millwright's helper and a steeplejack.

A millwright is highly trained personnel who is responsible for dealing with a wide array of machineries in an industrial and a construction setting in-

cluding installation, maintenance, repair, dismantle and reassemble. The tasks of a millwright's helper are to assist the millwright in prepping the job sites in advance, as well as moving the machineries to the correct locations before the start of work.

A steeplejack on the other hand, is not a job for the weak hearted or someone with acrophobia. A steeplejack is a general term to describe workers that climb tall structures or buildings in order to perform repairs or maintenance work. This can include chimney sweepers, skyscraper window cleaners and more. From the record, Fedoruk excelled at working with extreme heights and took on a job painting a water tower.

On June 1, 1941, Fedoruk was officially enlisted with the Royal Canadian Air Force at Kenora, Ontario. William had four brothers, John, Steve, Peter and Mike, all of which served in various divisions within the Canadian Armed Forces.

Upon enlistment, Fedoruk worked as a wireless operator and an air gunner. Prior to being posted to Penhold, Alberta, Fedoruk received eight months of training as an air gunner at Sunnyside, Prince Edward Island. He was promoted to corporal after a year of his enlistment, and again to Sargent in shortly after a month. It was not until June 1944 when Fedoruk was finally promoted to a Lieutenant.

Seven months after his most recent promotion, Fedoruk was onboard on a Sutherland aircraft that caught on fire and crashed two miles north of Rosshire, Scotland. Fedoruk's body was buried in the Stonefall Cemetery, Harrogate, United Kingdom.

The decision to inaugurate a road under Fedoruk's name was finalized by the City of Richmond on June 21, 1954. Today, the road can be found to the north of Westminster Hwy, between No. 7 and No. 8 Road.

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## Richmond Music Society receives \$100K grant

By **MATTHEW CHEUNG**  
Reporter

Richmond Music School Society (RMS) has announced that they have received a significant grant of \$100,000 from the Government of Canada through the Community Services Recovery Fund (CSRF). The Community Services Recovery Fund is a \$400 million investment made by the Canadian government in response to what community service organizations need as they navigate through the long-term impacts of the COVID-19 pandemic. To date, over five thousand community service organizations have received funding from this fund.

RMS was founded in 1979 by a group of parents who wanted quality music education for their children. Since then, over 10,000 students have received quality music education and displayed their talents to the City of Richmond. The Richmond Music School offers classes to all age groups and musical ability, from classical music to jazz, rock, and pop. Lessons are offered privately or in a class on a weekly basis, directed towards the completion of the Canadian Royal Conservatory of Music exams.

"I am continually impressed by the passion, dedication, and creativity of community service organizations, like Richmond Music School. And I am equally proud the Government of Canada has supported their important work through the Community Services Recovery Fund. By investing

in these organizations, and projects like Richmond Music School, we can help to create a more just and equitable society, where everyone has opportunities to succeed. I look forward to seeing the positive impact of this investment in Richmond over the years to come," said Jenna Suds, minister of families, children and social development.

With this funding the aim for the music society is to enhance their operational framework, allowing them to assess and strengthen their approach to volunteer recruitment, retention, appreciation, and management by creating a new business model given the circumstances of the new normal.

In order to first strengthen their approach to volunteer recruitment and retention, RMS will be looking to streamline volunteer management processes and enhance volunteer engagement in order to combat post-pandemic volunteer retention challenges. As a new school year begins, RMS is excited to introduce a new volunteer program designed to complement its range of activities, from inspiring outreach concerts and community events to the school's daily operations. Richmond Music School Society wholeheartedly invites all members of the community to become an integral part of the volunteer team to contribute towards creating a positive environment driven by music and shared values.

For more information, visit [richmondmusicschool.ca](http://richmondmusicschool.ca)

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# A perfect fall day out in Metro Vancouver

By MATTHEW CHEUNG  
Reporter

The Fall season is upon us and MacArthurGlen Designer Outlet Vancouver is the perfect place to visit for a wonderful fall day out in Metro Vancouver. Only a 10-minute drive from downtown Richmond, the outlet is a perfect destination for those who love shopping, plane-watching, delicious eats, and great deals.

According to Ally Day, senior marketing manager of MacArthurGlen Vancouver outlet, shopping enthusiasts will be able to appreciate over 100 designed brands at significantly reduced deals.

"Consider a visit to Boss, Calvin Klein, Ted Baker, or Levi's for him and explore All Stains, Aritzia, Sandro, Karl Lagerfeld and Club Monaco for the perfect seasonal style to turn heads at Thanksgiving for her," said Day. Despite the rise of inflation to four per cent, MacArthurGlen Vancouver will still be able to provide steep discounts. Shopping enthusiasts can also watch out for the newly re-opened Jimmy Choo, Plenty, Oak+Fort, Versace, La Senza, Psycho Bunny, and many more stores.

A number of dining locations will also be partaking in the fall festivities with fall themed drinks and seasonal treats. Bibò Pizzeria will feature a fall menu,

The Praguery has brought back their famous pumpkin spice cone, while the famous coffee brewery Starbucks brings back the beloved pumpkin spice latte.

The MacArthurGlen Vancouver Outlet will also have some festive areas like a covered playground, and areas for couples to enjoy. The outdoor fall wonderland will feature a playground, gazebo seating areas, aesthetically pleasing outdoor art installations, and puppy-friendly pathways. Guests can bring a date, their family members, or simply enjoy a nice stroll by themselves along the centre's cobblestone pathways. MacArthurGlen Vancouver Outlet's famous giant chrome heart set amongst the winter garden covered with fall foliage will present the perfect background during everyone's favourite golden hour, to capture the beauty of the season's soft, warm, and light enhancing colours.

For more information, visit [mcarthurglen.com](http://mcarthurglen.com)

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**Consider a visit to Boss, Calvin Klein, Ted Baker, or Levi's for him and explore All Stains, Aritzia, Sandro, Karl Lagerfeld and Club Monaco for the perfect seasonal style to turn heads.**

– Ally Day



Photo courtesy MacArthurGlen Designer Outlet Vancouver

Get ready for a perfect fall day out in Metro Vancouver.



City of  
Richmond

## Notice

### 2024 City Grant Programs Open

Applications accepted until 5:00 pm on October 18, 2023

The City of Richmond supports a positive quality of life for all its residents. City Council recognizes that one means of helping to achieve this goal is through City Grant Programs to support the work of community service groups and individuals. The City is currently accepting applications for the following grant programs:

- Arts and Culture
- Child Care
- Health, Social and Safety
- Parks, Recreation and Community Events
- Environmental Enhancement



To access the online application system, as well as Information Session details, Grant Program Guidelines, User Guides and City staff contact information, visit [richmond.ca/CityGrants](http://richmond.ca/CityGrants)

[richmond.ca](http://richmond.ca)



# What is artificial intelligence?



Old typewriter.

Photos via freepik.com

By FLORENCE GORDON  
Contributing writer

The buzz word today has become so popular it's now simply referred to as AI (artificial intelligence). How best to explain the meaning is that it's computer science, building smart machines capable of performing tasks that typically require human intelligence. Artificial intelligence allows machines to model, or even improve upon, the capabilities of the human mind and from today's development of self-driving cars AI is increasingly becoming part of everyday life and, an area that companies across every industry are investing in.

Although my generation usually calls on their 8-year-old grandchild to solve a problem with their laptop or cell phone, we should give credit to our generation that has seen more changes in our lifetime. While trying to be cool, using social media and reading the news on-line we can still remember the journey of how we got here. Today, the ever-changing technology is a given for the Millennials, Z and Alpha generations whereas our learning was self-taught with a desire to learn.

Over a coffee with friends recently, we laughed about all the changes we have lived through concluding—we're pretty savvy. A typewriter was so simple to use, one font with no printer to connect to, typing more than one page required carbon paper between each sheet. If you made a mistake, you needed an eraser (a pencil with a string that you pulled to peel back the wrapping as the eraser wore down).

Eventually the electric typewriter was invented but the sensitive keyboard took getting used to. It came with interchangeable metal balls with letters and numbers in different font styles but still no printer connection. I remember the first time I was introduced to a teletype machine. This super-sensitive keyboard spit out a paper tape and every key

stroke cut a pattern of holes in the tape. The tape was fed back into the teletype machine and the information flowed at high speed across the country but, how was that possible?

I remember the day that I watched a colleague place a document on a glass surface closing the lid, dialing a number, waiting a few seconds, removing the document and that's when I asked, what she was doing. She explained the machine takes a photo of the document and sends it to head office in California—really?

If I remember correctly, it was 1966 when IBM installed a "mainframe" at the company I was working at. It was the first family of computers designed for commercial application. These big machines required a sound-proofed, air-conditioned room because they were massive in size, extremely noisy and produced a lot of heat. The printed reports required another storage room for the volume of paper reports created. Remember there was no iCloud.

In 1981, I was working for a company that owned 7 diversified independently run companies. IBM had just come out with their PC desktop. The president was determined to take us into a new world of technology. There were no courses, no internet to learn from, just a book with instructions. The software was Word Perfect which required learning all the codes to use the keyboard.

Handwritten financial reports and calculators were replaced by a software called Lotus 123. Your work was saved on a floppy disk, the size of a DVD that was inserted into the hard drive (too big to sit on your desk). I remember the vice pres-

ident of finance was still preparing seven financial statements into one master by hand. While he was recovering from major surgery, I drew on the mandatory algebra classes I thought I'd never use and mastered the input of the financial statements from seven companies into one master file. When the vice president returned to work, I presented him with a gift. All the formulas were implemented, all he had to do was key future monthly information. To say he was forever grateful, well let's just say bonus came early that year.

Shortly after that I moved to Vancouver. It was here that I freelanced with a brand-new division that had all the latest technology. I discovered an employee was using a typewriter and her computer



Laptop computer.

was pushed aside. She was translating trial notes and every time there were revisions, she had to start all over again. She was afraid to use her computer, so I volunteered to sit with her while she created her very first document and when she was faced with a lot of revisions, she suddenly appreciated the value of her computer that allowed her to insert revisions. I shall always cherish her joy.

Going forward—we've witnessed so many changes to technology. Mainframe equipment has been replaced with servers and exterior hard drives, oh and let's not forget about the flash drive. I remember when it first came out a colleague was wearing it around his neck. When I asked what it was, he explained all his computer files were stored on this little piece of equipment and the neat thing was he could access his files on any computer anywhere.

We'll leave cell phone technology and the movie and television industry for another day. My generation may have to ask how to set up Facebook or what is X but, we should give ourselves credit for pioneering through so much change. To support this thought, *Golden Years* author Debra Carr, PHD stated that the golden years has a special meaning because they experienced critical life events and transitions.

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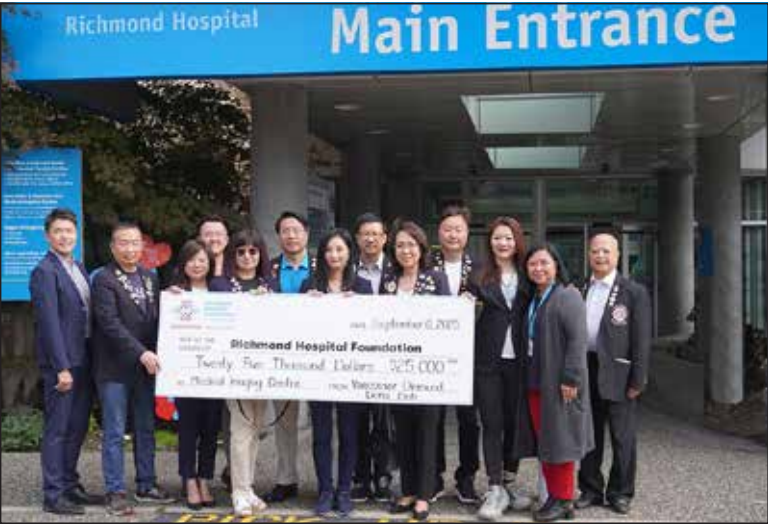


Photo courtesy Richmond Hospital Foundation  
Vivian Chung, president, Vancouver Diamond Lions Club (middle) along with their club members presented a cheque to Spencer Gall, campaign director, Richmond Hospital Foundation (1st from left) and Joanne Poon, senior manager of philanthropy, Richmond Hospital Foundation (2nd from right).

# Lions Club gives \$25K to Medical Imaging Campaign

Living up to its motto to serve and give back to the community, the Vancouver Diamond Lions Club held its 2023-24 installation and charity gala this past July, raising \$25,000 in support of Richmond Hospital Foundation's Medical Imaging Centre Campaign.

"Our members value the role that Richmond Hospital plays in maintaining a healthy community, and we want to help make a positive difference in the lives of individuals and families in need," shares Vivian Chung, president, Vancouver Diamond Lions Club. "We are honoured to support such an important campaign to help ensure Richmond Hospital has the latest medical imaging tools to provide the best care possible."

The Vancouver Diamond Lions Club has been a long-standing supporter of Richmond Hospital Foundation, helping purchase urgently required equipment since 2009.

"We are grateful to the Vancouver Diamond Lions Club for their continuous support over the years," shares Spencer Gall, campaign director, Richmond Hospital Foundation. "Their latest donation towards our Medical Imaging Centre Campaign will help ensure the growing population in Richmond will have access to increased medical imaging services in the new Milan & Maureen Ilich Medical Imaging Centre. Thank you to all club members for giving back to our community."

The new Milan & Maureen Ilich Medical Imaging Centre will be at the heart of the future Yurkovich Family Pavilion, the hospital's new acute care tower, which will also accommodate a new emergency department, an expanded surgical centre, and single-occupancy inpatient rooms with ensuites.

Richmond Hospital Foundation is raising \$25 million to fund the latest imaging technologies that are key for diagnosing, tracking and monitoring medical conditions. These include CT scanners, MRI machines, mammography machines, SPECT machines, X-ray machines, and interventional radiology machines.

Join us on our journey in building a healthier community. To support the new Medical Imaging Centre, visit [richmondhospitalfoundation.com/medical-imaging-centre-campaign/](http://richmondhospitalfoundation.com/medical-imaging-centre-campaign/)

# 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>.

# Richmondites featured in musical comedy *Curtains*

By MATTHEW CHEUNG  
Reporter

Three Richmond residents have been casted in the upcoming musical comedy whodunit *Curtains*. The forgotten musical will run at Arts Umbrella on Granville Island from Oct. 13 to 15. Andrew Wade, Jessica Wong, and Tara Martin, will be making an appearance with the APPLAUSE! Musicals Society. APPLAUSE! is a Canadian company founded in 1997, dedicated to reviving rare and forgotten musicals by beloved musical theater composers.

Andrew Wade, who will play Bobby Pepper, is an award-winning actor as well as the executive director of the Richmond Arts Coalition. Having graduated from the University of Victoria in 2011, he would go on to win the 2011 Vancouver Young Playwright's competition. For Wade, musicals create a magical connection with the audience, they communicate emotions.

"Musicals have a grand and glorious excuse for spectacle and empathic connection. I adore the magical aspects of musicals, not just in creating moments that could never occur in real life, but also how they get to use music to communicate with the audience. I also enjoy an opportunity to get to share a stage with so many other wonderful performers," said Wade.

Wade's journey into musicals started at a young age when he was casted into his first school play *The Littlest Christmas Tree* at Westwin Elementary at the age of seven. He was awarded the lead role after the audition and the rest was history. Since then Wade has written and performed his own original works in 27 festivals across Canada, including *The Most Honest Man in the World*, *The Hatter*, *William vs. The World*, and *Hullaboo* and



Photos courtesy Applause! Musicals Society  
**Andrew Wade will be playing Bobby Pepper in the upcoming musical 'Curtains'.**

*The End of Everything.*

"The first performance of that show was the formative moment for me that embedded a love of musicals into my soul. There was the catharsis of playing a bullied Christmas Tree as other kids circled and called him names. Getting to live out the dream of surpassing obstacles and saving the day, and then after seeing all the grade seven kids applaud, having them offer high fives to me as I left the auditorium, I was hooked," said Wade.

Jessica Wong, who will be playing Bambi Bernet', will be making her APPLAUSE! debut. The emerging theatre performer, producer, and voice actor has performed in a few notable productions now including *Before they cut down our tree*, *The Prom*, *The Treadmill*, and *Light Rapid Transit*. The Richmond resident is also co-founder of Bramble Theatre Collective, a way for her



**Jessica Wong will be playing Bambi Bernet' in the upcoming *Curtains* musical.**

to nurture a love of theatre for artists who, may have struggled to find their place and hopes to invite a more diverse range of artists to join the theatre world.

Wong stumbled upon her love for musicals by chance when she and her neighbourhood friends had put on musicals as children but it wasn't until her family moved to Richmond and her mother enrolled her into classes at Gateway Theatre that she discovered her love for musicals.

"I absolutely love the emotions elicited through musicals, musicals are so beautiful, when someone sings a song that makes you feel something, it's unmatched. It's almost funny how often I tear up during opening numbers because I just love it so much, it's the beauty of telling stories through song and expressing emotions that you can't get out of with just words that inspires me to keep coming back," said Wong.



**Tara Martin will be playing Peg Prentice in the upcoming *Curtains* musical.**

Tara Martin returns to APPLAUSE! as Peg Prentice after a 15-year musical hiatus. Trained in voice and piano at the Western Conservatory of Music, she has performed with the Fraser Valley Gilbert and Sullivan Society, Broadway Chorus, and UBC Arts Staff Choir. Her musicals journey started when a friend suggested auditioning for a local show.

The trio from Richmond is excited for their upcoming shows and offers some words of inspiration for those who wish to participate in musicals.

"One element that comes to mind to help remove hesitation is that musicals are safe places for a newer actor to hide in a particular scene or song that doesn't quite work yet with your skillset. A good director, choreographer, music director, works with those in the cast so they can shine in all the right moments. A musical is a grand collaboration, and everyone wants everyone else to succeed," said Wade.

"You are the only you that exists in the world, and you have things to offer that no one else can. When I was starting out, I could never pursue acting full-time, I thought there were so many people further along than me that I could never catch up. What I've learned is the most important thing is the fact that you are unique—no one will play a character the way you can and that's such an amazing thing to offer the world. Don't hide the stories and characters you can create because you're afraid you're not good enough," said Wong.

"Be brave and give it a try—you might surprise yourself, and you might become hooked," said Martin.

For more information, visit [applausemusicals.com/](http://applausemusicals.com/)

•[matthewc@richmondsentinel.ca](mailto:matthewc@richmondsentinel.ca)



# Sugar freedom, seize control of your blood sugar



Rika  
Mansingh

Rika Mansingh is a registered dietitian, clinical consultant of media, certified meditation and NLP master practitioner, hypnotherapist, philanthropist, podcaster and a best-selling author. The *Richmond Sentinel* sat down with Rika in a filmed interview and the following article is a summary of that discussion on ‘sugar’. Healthy eating has continued to be a concern for people of all ages and that’s why the *Richmond Sentinel* is running this series on health and wellness.

In the realm of healthcare, I frequently encounter patients who are unaware of the remarkable possibility of reversing Type 2 Diabetes. Controlling your blood sugars through diet is a journey well worth embarking on. By making mindful dietary choices and grasping the concept of the glycemic index one can control energy levels, appetite, cravings, mood and potentially reverse Type 2 Diabetes. Type 2 Diabetes often stems from excess weight, making it challenging to manage blood sugars. Understanding the connection between weight, insulin (a hormone secreted by the pancreas to control blood sugars) and blood sugar control is pivotal to reversing Type 2 Diabetes and attaining a healthier, medication-free life.

• The significance of weight in Type 2 Diabetes:

When we eat a high carbohydrate meal, our blood sugar levels rise, prompting the release of insulin to regulate them. However, in overweight individuals, the body’s insulin response may become insufficient or ineffective, resulting in elevated blood sugar levels. The good news is that as individuals shed excess weight, exercise, and manage their diet, insulin begins to work more effectively,

leading to better blood sugar control. Many people can achieve normal blood sugar levels, reduce their reliance on medication and sometimes eliminate medication completely.

• Dietary choices matter:

One crucial aspect of managing Type 2 Diabetes is making informed dietary choices. While it’s tempting to turn to sweeteners like honey or artificial sweeteners, it’s essential to be cautious. Honey, though natural, can elevate blood sugar levels due to its fructose and glucose content. The bittersweet truth about artificial sweeteners such as aspartame, saccharin, and sucralose are that they can disrupt gut bacteria, affecting digestion, metabolism, mood and cognition. Instead, opt for natural sweeteners like Stevia, flavor with cinnamon or surrender the sweetness completely by adding turmeric or ginger to your tea.

Fruit-packed smoothies can be nutritious but are often high in natural sugars so best to be mindful of your fruit portions. To keep blood sugars in check, choose fruit with fiber such as apples and

berries, consider adding more green leafy vegetables to your smoothies and a protein source such as Greek yogurt or a protein powder. Beware of sugary fruit juices and alcohol’s effects on blood sugar. Dilute fruit juices with water or opt for sugar-free alternatives. When consuming alcohol, pair it with high-fiber snacks to maintain stable blood sugar levels. Additionally, stay hydrated with water and replenish B vitamins, as alcohol depletes them and can alter mood and memory.

• Navigating the glycemic index:

Understanding the glycemic index (GI) of foods can be a game-changer for managing blood sugar levels. The GI of a food measures how rapidly a food boosts blood sugars after consuming it. High GI foods such as white bread, white rice, pasta, potato, corn and french fries, cause rapid sugar spikes and subsequent crashes in blood sugars, leading to mood swings, energy fluctuations, and increased cravings. On the other hand, low GI foods such as whole grains, legumes, brown and wild rice, sweet potato are digested slowly, providing sustained energy and more stable blood sugar levels. Not all bread is detrimental. Multigrain, sprouted grain, and whole grain breads with ample fiber content can serve as healthier alternatives to refined white bread. Having smaller meals and combining carbohydrates with fiber and protein can further enhance blood sugar control.

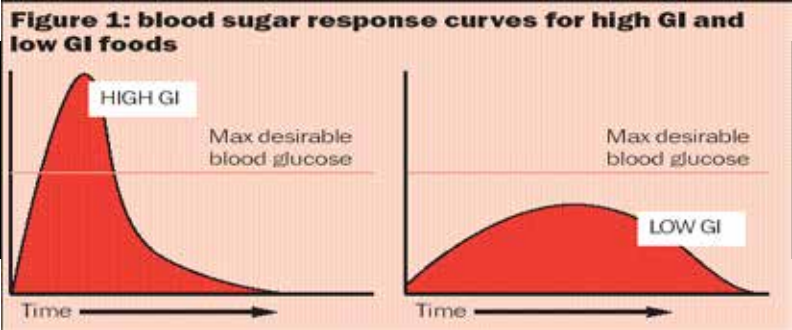
The journey towards optimal health and blood sugar management is an ongoing process that thrives on the diverse, moderate, and balanced choices we make each day. The power to seize control of your blood sugars and transform your life for the better rests in your hands, and it all starts with the choices you make today. 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. To watch the entire interview on video go to [richmondsentinel.ca/videos](https://richmondsentinel.ca/videos)

Contact Rika Mansingh: [rikadiet4wellness.com](mailto:rikadiet4wellness.com) and [info@rikadiet4wellness.com](mailto:info@rikadiet4wellness.com)



Photo via freepik.com

HIGH GI	LOW GI
white bread	multigrain bread
cornflakes	steel cut oats
baked/mashed potato	sweet potato
french fries	yam fries
corn	peas
white rice	brown & wild rice



Charts provided by Rika Mansingh

Utilizing the glycemic index as your guide, opt for the intelligent choice of transitioning from high GI to low GI options.

# From the Bachelor's Kitchen

By **SAMUEL CHENG**  
Reporter

The subject of food and drinks have been a universal language across cultures and nations around the world. Today I'm going to share a recipe prepared in my kitchen, caramel flan.

First here are the utensils required:

- 7-inch mold
- Baking pan
- A pot
- A sifter
- A butter knife
- A whisk (non-electric one is sufficient)
- Mixing bowls
- Aluminum foil
- A toothpick or paper towel

Ingredients:

Caramel sauce

- Granulated sugar: 100 grams
- Water: 30 mL/cc

Flan

- Eggs: 5
- Milk: 450 mL/cc
- Heavy cream: 50 mL/cc (can be substituted with milk)
- Granulated sugar: 125 grams

Miscellaneous:

- A bowl or a pan of ice
- Hot water

Steps:

• To begin making the caramel component of the flan, pour in the 100 grams of sugar in an empty pot. Proceed by adding just enough water so that it covers all the sugar. (Note: This is not the 30 mL/cc water that will be used later.)

• Turn the heat on to low. Be sure to keep the pot level and to not shake or stir the mixture.

• As the color of the mixture starts to become darker from outer edge, slowly and carefully tilt the pot from side to side to ensure that the color is consistent throughout the mixture.

• When the mixture has turned brown or caramel in colour, add in 30 mL/cc of water into the pot. (Note: The mixture is extremely hot and it may splash when + cold water is added to it. Gloves are advised. Please proceed with this step with caution.)

• Slowly pour the hot caramel into a 7-inch mold. Tilt the mold if necessary to make sure that the caramel covers the bottom of the mold.

• Set the mold aside in a bowl or a pan of ice to cool.

• To begin making the flan recipe, start by adding in 5 eggs into the mixing bowl. Use a whisk to mix the eggs together. Be sure to sift the egg mixture to ensure a smooth and silky texture.

• Add in 125 grams of white granulated sugar into the egg mixture and stir. Set aside when done.

• In an empty pot, add in 450 mL/cc of milk and 50 mL/cc of heavy cream and stir to a boil point.



Photo courtesy MASA's Cooking ABC

**This caramel flan recipe is perfect for every occasion.**

Slowly pour the milk and cream mixture into the eggs and sugar mixture and stir well.

• Sift the flan mixture before slowly pouring it into the mold. (Note:

Please be sure that the caramel has hardened before pouring the flan mixture. Otherwise the caramel and the flan will be mixed together as one.

• Use a toothpick or paper towel to lightly get rid of any bubbles.

• Place a sheet of aluminum foil over the top of mold. It does not need to be sealed. This is to prevent the surface of the flan from becoming dry.

• Preheat the oven to 300 degrees Fahrenheit (150 degrees Celsius)

• Lightly place the mold in a baking pan. Add hot water to the baking pan until it has reached the halfway mark of the mold.

• Place the mold along with the pan of hot water into the oven. Let it bake for 40 minutes. (Note: The baking pan will be extremely hot. Please use baking gloves and ask for assistance if needed.)

• After 40 minutes, before taking the mold out of the oven, use a fork to lightly tap on the side of the mold to check to see if the flan is still runny at the center. If it is, let it bake for 5 more minutes.

• Once the center of the flan has solidified, carefully take the mold out of the oven and let it cool in a pan of cold water and ice.

• When it is cooled, the flan is now ready to be served. (Note: The flan can be refrigerated overnight before serving.)

• To properly remove the flan from the mold, carefully run a butter knife around the rim of the mold to separate the flan.

• Cover the mold with a large enough plate before flipping it upside down.

• Carefully remove the mold.

Voila! A delicious caramel flan is ready for you to share with family and friends.

The history of flan, also known as crème caramel, can be traced all the way back to the Roman Empire. The word flan itself came from a French word "flaon", which is derived from the Latin word "fladon", which originated from the Old High German word "flado" meaning flat cake.

Upon the fall of the Roman Empire in 476 A.D., flan was one of the many things that survived and passed to today. Flan was initially a savory dish, made from common poultry and fish. It was the Spaniards who had taken the century-old recipe and put a twist on it by adding caramel sauce.

The Europeans brought many treasures with them, including flan, when they first discovered America. Throughout the years, the recipes of the flan have mostly remained the same with egg, cream and sugar being the core ingredients of the dish. Today, flan is known to be the custard-based dessert topped off with caramel sauce. Many variations such as chocolate flan and mango flan are used. This flan caramel version was baked by me as take from youtube.com/watch?v=PIA09FSd22E

•taic@richmondsentinel.ca



# Explore Japan's historic Edomae cuisine

By FLORENCE GORDON  
Contributing writer

Who is Masa Ishibashi? He is a Michelin Star Master Chef. Born and raised in Japan to a father that was a chef, it was only natural that Masa would develop an interest in food at the early age of ten. At eighteen, he moved to San Diego to further his education only to return to Japan to pursue his chosen profession and the well-earned recognition of a 'Michelin Star Master Chef'. To do his title justice, here's the history behind his journey.

In the early 1900's Michelin Corporation in Paris created the Michelin Star Guide (and yes, this is the same Michelin that manufactures automotive tires). As with all great creations that changed the course of history, the Michelin Guide didn't start out as the iconic dining guide as known today. The Michelin Guide's roots started in Clermont-Ferrand (a small French town) in 1889, when brothers Andre and Edouard Michelin founded their world-famous tire company and wanted car owners to travel offering a guide with travel tips.

In the 1920s, the Michelin Guide included a list of hotels and restaurants in Paris. Acknowledging the growing influence of the guide's restaurant section, the Michelin brothers recruited a team of mystery diners—or restaurant media food reviewers, as we better know them today—to visit and review restaurants anonymously. In 1926, the guide began to award stars to fine dining establishments and in 1936, the criteria for the starred rankings were published. Eventually the distinguished Michelin Star Award expanded to Asia, USA and relatively new to Canada in 2022.

For a Chef to be recognized with this award, is to gain immense prestige, exposure and honour based on: master of technique, quality of the ingredients, harmony of flavours and personality expressed through their cuisine. Chef Masa, holds the honour of this award in Thailand, Jakarta, Malaysia, Tokyo and Singapore "I share the culture and the history with other countries".

Michelin Star Master Chef Masa Ishibashi has launched a new experience here in the city of Richmond. In a filmed interview with the Richmond Sentinel, Chef Masa took us on a journey into his culture's history of food preparation starting with Richmond's restaurant 'Masa Ishibashi' and the meaning of Edomae cuisine and Omakase style.

The art of Edomae cuisine dates back to the 1600's during Japan's Edo period. The area around the Imperial Edo Castle built for the royal family is called Edomae and seafood from Edo Bay (now called Tokyo Bay) are the ingredients for recipes created and called Edomae cuisine. Japanese Master Chefs who carry on the tradition of Edomae cuisine adhere to the highest standards and using only fresh ingredients which are airlifted from Japan's fish markets. Omakase on the other hand, means the customer does not select from a menu, the Chef selects the menu based on availability and freshness of in-



Edomae cuisine. Photos courtesy Masa Ishibashi

gredients and the client and the Chef interact during the preparation experience.

As we enter the Masa Ishibashi restaurant, we're impressed by the warmth of the architecture designed by a famous architect from Tokyo. He incorporated priceless wood into the design throughout the restaurant, also a product imported from Japan called Hinoki. In the private dining rooms customers sit in front of the Chef at countertops also made from Hinoki wood and because of this valuable wood, Chef may ask customers to remove wrist jewelry to protect the integrity of the wood.

Today, the Chef Masato is demonstrating the art of making sushi from all fresh ingredients flown in from Japan. Chef's choice is Bluefin Tuna and a Golden Eye Snapper. He cuts the large (roast-size) tuna into three slabs, explaining the lean portion is red in colour while the medium and fatty portion is pink in colour. He demonstrates the art of cutting very thin slices from all three slabs of tuna and then from the snapper and carefully placing each slice on a board. Master Chef Masa explains it can take five to ten years to master this procedure.

The next step, Chef took raw wasabi and rubbed it in a circular motion on a shark skin grinding plate until it's a soft paste. The third step is setting up two bowls of rice (one white rice for white fish and red rice for red fish). The final step is Chef demonstrates the art of placing a thin slice of tuna in the palm of his hand, adding a touch of Wasabi and a small ball of rice and with his fingers Chef skillfully creates the finished product. Throughout the entire process Chef ensures food temperature is maintained not in a refrigerator but in an icebox. He explained the icebox ensures the seafood remains moist.

Following the sushi demonstration, we sat down with Master Chef Masa in the cozy lounge with a fully stocked bar of sake, whiskey, champagne and wine from Japan. When asked if customers were welcome to

drop in for a cocktail, because the restaurant is connected to a hotel, Chef Masa assured us they would be welcome to do so. In summarizing today's demonstration, Chef Masa explained that he likes to use a little influence of western culture by introducing appetizers to his Canadian customers while also introducing them to his many Japanese-styled recipes. He is not complacent in his menu vision; he likes to create new items based on available fresh ingredients.

Masa Ishibashi restaurant comes with a wonderful story backed by centuries of history. One can't help but get drawn into the passion and the stories aligned with a culture when we live in a multi-culture community. They say a picture is worth a thousand words, please go to [richmondsentinel.ca/videos](https://richmondsentinel.ca/videos) and watch this interview in full, then you will understand why I used the word "passion".

Contact Masa Ishibashi restaurant [masaishibashi.ca](https://masaishibashi.ca) or call 604-821-3366.

[florenceg@richmondsentinel.ca](mailto:florenceg@richmondsentinel.ca)

# OUR CITY *tonight*

## SPOTLIGHT ON MOVIES AND A NOVEL

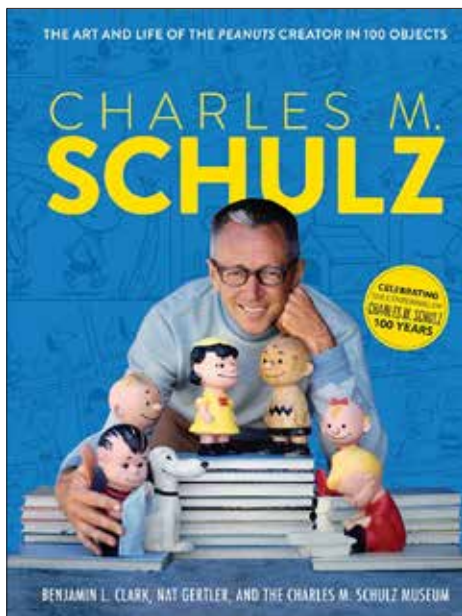


Photo courtesy Charles M. Schulz Museum

### Charles M. Schulz: *The Art & Life of the Peanuts Creator in 100 Objects*

Charles M Schulz was, simply put, the best in his field. Like what Johnny Carson did for late night TV, or Louis Armstrong for jazz, there is a “before” and “after” when discussing Schulz, the creative force behind nearly 50 years of Charlie Brown and the Peanuts Gang. He changed and elevated the genre and his influence was and still is, everywhere in the world of comics. Recently we welcomed author and Charles M. Schulz Museum and Research Centre curator, Benjamin L. Clark on *Our City Tonight* to talk about a recent book he co-wrote that involves 100 objects that were a part of Schulz’s life (he died in 2000, the night before his last comic strip ran in the Sunday edition). It is a cross section of objects dating back to his childhood up to the end. It is a fascinating look into one man’s life.

### Miranda’s Victim

If you are a regular viewer of “police procedural” dramas (the dozen *Law & Order* shows tend to be the most popular), you have probably heard the phrase, “read ‘em their Miranda Rights”. But where does that law/phrase come from? The powerful, new film, available for home

viewing as of Oct. 6, answers that question. *Miranda’s Victim* is based on a true 1963 event involving a 18 year old Trish Weir, who was kidnapped and sexually assaulted. Her assailant, Ernesto Miranda confessed, but the police neglected to provide legal representation. What followed would change the legal system forever. The cast is outstanding, including Abigail Breslin, Ryan Phillippe, Luke Wilson, Mireille Enos, Kyle MacLachlan, Andy Garcia and Donald Sutherland.



Photo courtesy Vertical Entertainment

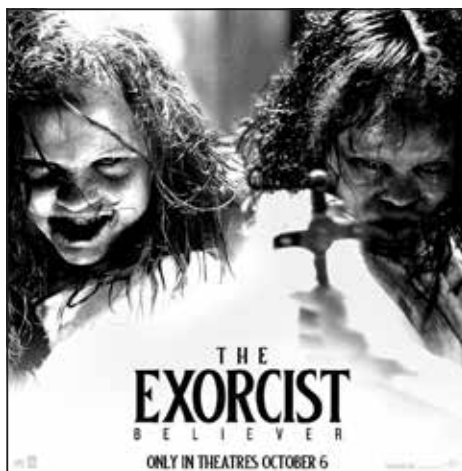


Photo courtesy Universal Pictures

### The Exorcist: *Believer*

50 years ago this fall, one of the greatest horror films ever made was released to the public on movie screens around the world, frightening a generation of movie fans—and the later generations who saw it on VHS and DVD. *The Exorcist* was a landmark film in the horror genre, which benefitted from a chilling story, a gifted director (the late William Friedkin), and a superb cast which included Oscar-winning actress, Ellen Burstyn. Now comes *The Exorcist: Believer* and with it, the return of Burstyn and her iconic character Chris MacNeil for the first time since 1973. The film also stars Emmy winner, Ann Dowd, two-time Tony winner, Leo Butz, and Grammy winner Jennifer Nettles. *The Exorcist: Believer* hits theatres Oct. 6.



# Vancouver born actress achieves international fame

By JIM GORDON & LEETA LIEPINS  
Contributors

**O**ur City Tonight (OCT) sat down to talk with Emmanuelle Vaugier (EV) who was born and raised in Vancouver and is an award-winning movie and television actress, singer, and model. She is best known for her role as Charlie Sheen's ex-fiancée on CBS comedy *Two and a Half Men* and her role as detective Jessica Angel on *CSI NY*.

**OCT: Let's start by talking about your new film *Big Sky River: The Bridal Path*, filmed here in Vancouver and can be seen on 'W' Network around the country. Tell us about your role in this film.**

EV: It's a follow up to the first film we did last year and it's about the blending of two families. I've now settled into the fictional town of Parable, Montana, and my step-daughter and my fiancé's two sons are part of blending two families. At this point, we're planning to get married and the film is about all the challenges of planning a wedding, finding a new home as well as getting the families to sync together and all the things that come with that the stress and the joy.

**OCT: You've been around the industry a long time, Vancouver has certainly grown up in terms of productions internationally and in Canada. Hallmark is a giant entity in the city in terms of production. Talk about your involvement over the years with Hallmark.**

EV: This will be my fourth project with Hallmark. The first two being with Carrie Fisher, I did a Christmas movie, and I did one with Luke Perry called *Love in Paradise*. What I love about Hallmark is the wholesome family-friendly programming. It's nice to be part of something that I can tell everyone about. And the movies always have a positive message and I think we need more of that these days.

**OCT: One of the things that is admirable about you, having interviewed you several times, is that you do a great variety of work. You've certainly spent a lot of time as a regular on many shows over the last two decades like *Supernatural*.**

**How have you managed to do this, is it a matter of just taking chances or getting people to let you take chances? Hollywood, film, and TV usually want to put you in a box as a particular character. When I look at your body of work over the years and having seen your work, you really do a great variety of film projects.**

EV: I think I've been very fortunate that I have been able to do that. I have



Photo courtesy The Promotion People

Emmanuelle Vaugier.

jumped into different genres, but I think it's a mixture of luck and opportunity. A lot of times it's what presents itself and often you don't think something is going to be what it is, and it turns into something that is really great even though I would never have considered it. Sitcoms were never something I thought I'd be involved in, in my career. In fact, it's not something we're exposed to. Vancouver really is all about science fiction and serious drama stuff. When you're exposed to sitcoms, you realize how much fun it is to do.

**OCT: You were on *Two and a Half Men* for some time, were you initially brought in for a one or two episode character for the episode arc and then did it happen that they really liked what you were doing and so you stayed on?**

EV: Yes, it was originally for 2 to 3 episode or that's what they were saying and no, they did not want to commit because if it really was bad, they didn't want to keep that character on. And then it turned into many more episodes, and I kept coming back every year to do something. It was a really great experience.

**OCT: What things would you like to do and have yet to do on TV and film? What have you not checked off your list as an actress?**

EV: I want to do an old-fashioned western. I think that would be a lot of fun and I haven't done that yet. It's obvious in the movies I have done, that I love working with horses. I would really love to do that in a larger capacity. More riding, more horses.

**OCT: It is known that you are an avid animal lover, tell us more about the Fluff Ball.**

EV: The Fluff Ball is my foundation and what we do is raise money and awareness for any given charity that we choose over the years. There is a select group of charities, and we raise money and awareness for them and try to help them in any way that we can. Recently, we chose a new charity called Horses N Heroes that is located in Florida. What they do is take in retired show horses and match them with young girls who live below the poverty line and have challenging home lives. They provide a horsemanship program for the girls to take part in. This ultimately helps them with their home life. The families might need help with things like gas, a car, food, and the basics. All the girls that have gone through the program and completed it have graduated from high school and then gone on to accomplish other things.

To view the video interview in full [richmondsentinel.ca/videos](http://richmondsentinel.ca/videos)  
Emmanuelle's new movie is called *Big Sky River: The Bridal Path*.



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