



SENIORS KEEPING ACTIVE



**Activities around
Richmond for those 55+**

06



*Beautiful smiles
created by the artisans
at Esthetics Denture
Studio*



ADVANTAGES & BENEFITS

OF BEING AN ESTHETICS DENTURE STUDIO PATIENT

- Alex Hupka has 26 years of experience as a registered dental technician and 22 years of experience as a registered denturist.
- A Combined experience of 48 years in the dental field produces results of esthetic beauty with unparalleled accuracy in all our products.
- Natural beauty esthetics and function, immaculate attention to detail.
- We provide integrated treatment planning with your dentist or surgeon.
- Implant-supported and retained denture treatment planning and engineering.
- Highest quality dental materials available with no compromise.
- We have an in-house laboratory to maintain product and quality control for all your needs.
- 5-year warranty against breakage during eating.
- Free home care kit, including professional denture cleaner with new cosmetic and partial dentures for the lifetime of being our patient.

COSMETIC PRECISION DENTURE SYSTEM

- Premium quality Cosmetic Precision Dentures instill confidence and provide optimum function while eating, speaking, and laughing. Sophisticated instrumentation records facial and anatomical information to recreate your natural smile and the youthful facial contours of your lips and cheeks.
- Our premium quality teeth duplicate natural teeth. Our premium teeth contours are designed to match your skeletal type with feminine and masculine characteristics to accentuate your appeal.



Esthetics

Created with natural nuances so you can confidently speak, smile, and laugh.



Contours

Naturally sculpted tissue surfaces make Cosmetic Precision Dentures almost indistinguishable from natural tissues.



Health

Eat virtually any food efficiently to improve digestion. Strength and Fit – extremely dense materials provide a strong, secure, non-irritating, comfortable fit.



Biocompatibility

Dense equalized materials aid in preventing stain and odour buildup.

**ALEX
HUPKA**
RD, RDT,
Denturist.



No referral needed, call to book your **free consultation**

604-279-9151 **bcdenturist.ca**



#240 – 3671 Westminster Hwy,
Richmond, BC V7C 5V2
2nd floor of Terra Nova Shopping Centre

Richmond unveils street banners for display in 2024

The Richmond City Council meeting on Monday, March 11 was a colourful, art-filled affair as 10 local artists saw their banner designs unveiled as the winners of the annual Street Banner contest.

The 10 banners were selected from 360 submissions and will decorate street light poles throughout Richmond this month.

"Richmond is proud to support a robust and active artistic community. This annual contest is yet another way of sharing that creativity on our streets," said Mayor Malcolm Brodie. "Community engagement and the arts are important to Council and this contest helps to connect residents with the many beautiful elements that make our city a go-to destination."

Submissions for the 2024 Street Banner Contest opened in August 2023. The judging panel, which was made up of community members, shortened the entries to 20, with the public then voting on the 10 eventual winners. Voting took place on the city's "Let's Talk Richmond" website with more than 6,600 votes cast over a two week voting



Photo courtesy City of Richmond

The 2024 Street Banner Contest winners (from left to right, top to bottom:) Lisa Craker, Brett Whitelaw, Kaiden Bjerke, Lisa Toffolo, Clare Scott, Chan-Ann Fu, Haihua Su, Yanqiu Cheng, Lihong Zhang (on behalf of Fifi Zhao) and Allisa Ritchie.

period. All entries reflected one of the following 10 themes: Active Living Community, Connection, Culture and Heritage, Island City, Nature, Sustainability, The Arts, Urban Landscape and Wildlife.

All 360 submissions are available for viewing on the city's street banner website (richmond.ca/banners) with the 10 winning banners on display in the atrium at Richmond City Hall now through May 31.

Street banners and reusable banner bags from previous years can be purchased from the Richmond Nature Park (11851 Westminster Highway) daily from 9 a.m. to 5 p.m.

The City of Richmond Street Banner Program is an initiative of Partners for Beautification, a community engagement program that encourages

Richmond residents to become actively involved in creating a vibrant and beautiful community.

For more information on the Street Banner Program and to view the winning designs, visit richmond.ca/banners

Eighty new affordable homes on the way in Richmond

More families and individuals living in Richmond will soon have access to affordable housing as construction begins on the Pathways Clubhouse building.

"Our Homes for People action plan is delivering more affordable housing options for families and individuals, so they have a safe and secure place to live," said Ravi Kahlon, minister of housing. "The Pathways Clubhouse building is a perfect example of this work in action—these units will be a welcome addition to this growing community, supporting more families and providing options for everyone."

The project at 5491 No. 2 Rd. is the result of a partnership between BC Housing, the City of Richmond and Pathways Clubhouse Society of Richmond. This building will provide a mix of housing options, including 24 studios, 36 one-bedroom units, 15 two-bedroom units and five three-bedroom units. Five per cent of the units will be fully accessible for people living with disabilities.

Construction is expected to be complete in late 2025.

"This housing project demonstrates how partnerships between government and non-governmental agencies can create much-needed affordable, rental and special needs housing in the community," said Malcolm Brodie, mayor of Richmond. "These 80 units will provide rental homes for Richmond residents at various income levels and accommodate single people, families and seniors. It is yet another



Screen grab from Google Maps

Construction on the Pathways Clubhouse building has begun, bringing in eighty new affordable homes in Richmond.

example of the city's Affordable Housing Strategy in action. We look forward to seeing even more housing opportunities developed for Richmond residents in the coming months."

The building will be conveniently located in the heart of Richmond, close to Richmond General Hospital, Dover Neighbourhood Park and dyke trails, as well as schools and other community amenities, such as the Richmond Olympic Oval.

"Our community in Richmond is growing fast and with this new development, more families and in-

dividuals will have access to housing that is within their budget," said Henry Yao, MLA for Richmond South Centre. "The Pathways Clubhouse building will be an additional support for people who are struggling with the cost of living, while also lowering barriers for people living with disabilities."

This project is part of a \$19-billion housing investment by the B.C. government. Since 2017, the province has nearly 78,000 homes that have been delivered or are underway, including more than 350 homes in Richmond.

Richmond's pride and joy: the Blue Heron

By MATTHEW CHEUNG
Contributing writer

The Great Blue Heron, also known as *Ardea Herodias*, is one of the largest birds in Canada, and is symbolic with the City of Richmond as seen on the city's logo. Many types of Great Blue Heron are commonly found mostly in North and Central America, from Alaska to Mexico. Richmond's *Ardea Herodias*, is known as the *Ardea Herodias fannini*, a subspecies of blue heron that is smaller in size and darker in colour compared to other Great Blue Heron.

Nesting depends on the Great Blue Herons as they nest singly or in small groups, in the Lower Mainland, nests are created large to protect against predators like the bald eagle. The breeding process normally takes place late February, early March, where males will claim a nest and try to court females that arrive a week later, through a variety of calls and the clacking of their bills. Once the male has successfully courted a female, the female will lay out the nest. Between two to five eggs are laid, followed by an incubation period of 27 days, once eggs have hatched adults will head off to look for food. By the 60th day, baby herons will leave their nest and accompany their parents to look for food.

Heron feed on small marine creatures like gunnels, sculpins, and shiner perch, a type of fish that is easily accessible for herons. They also eat smaller crustaceans, frogs, snakes, and small mammals. During the colder months, they hunt during the night as that is when tides are lower. Richmond's species of *Ardea Herodias*, do not migrate south during the winter, but instead they can be found at Iona Beach Regional Park and along the arms of the Fraser River, foraging alongside the shore in shallow water. They are classified by the province as vulnerable as they've experienced an increase in predation by Bald Eagles and a loss of habitat due to the expansion of the population of the Lower Mainland. Increase in the lower mainland population means more landfills are needed for the waste generated, indirectly increasing Bald Eagle population because they tend to scavenge in landfills.

In 1879, the City of Richmond was incorporated as a municipality, a logo with the name Corporation of Richmond, incorporated in 1879 around a cornucopia was used as the official mark of the city until 1979, when the city adopted the Coat of Arms as the new, permanent official mark of the city.

The Coat of Arms is made up of a dove rising with a bough in its beak to symbolize the rising of the land from water, a crown of maple leaves and dogwood flowers relating Richmond to the province and nation. Below is a gold shield, with a wavy pale bar in blue and three Pacific salmon in silver. The blue rep-



Photo via Flickr

The *Ardea Herodias*, is symbolic with the City of Richmond and has influenced the city's change in official marks.

resents the waters that surround Richmond, the salmon represents the most common species in the waters and their strong relation to the fishing history of the city. On each side of the shield, is the goddess Fortuna, bearer of prosperity, also known to be associated with bounty of soil and fruitfulness of women. A cornucopia is pictured to be held by one of the supporters, symbolizing the city's strong farm use of the land and the key role it plays in agriculture. Finally, a badge signifies the importance of the fishing industry, the sea, and Richmond's farming background.

In 2000, the Richmond's official mark was changed to a Heron logo accompanied by the tagline "Island City by Nature". Additional guidelines were developed, outlining the logo's use as per the following:

- Formalized and standardized the use of logos, colours and type styles in all city documents.
- Emphasized corporate city identity rather than the identity of any department, section, or facility.
- Required the Heron Logo and "Island City by Nature" tagline be used, in conjunction with the Corporate Coat of Arms, in city brochures, signage, and any other less formal publications.
- Required city partners, associations and sponsored organizations to use approved city identifiers on all publications, web pages, and signage, etc.

In 2003, in an attempt to market the city to people looking for a place to immigrate to, the tagline was changed to "Better in Every Way". By 2008, the city commissioned a new official mark, resulting in a new logo that featured a multi-colour graphic representation of the Great Blue Heron, discontinuation of the tagline "Better in Every Way", and new typeface and colour palette. To this day, the new official mark with the multi-coloured Heron followed by the name of the city has been used as the city's official mark. The Coat of Arms is no longer used for less formal matters but is reserved only for official communication and publications.

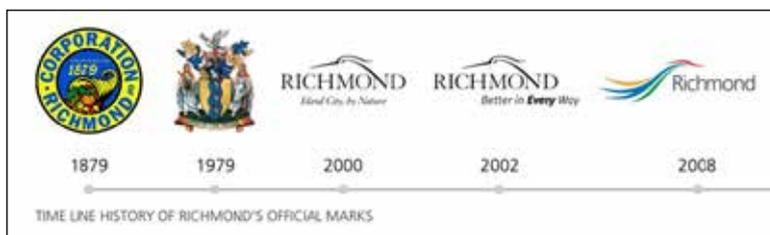


Photo courtesy City of Richmond

City of Richmond's official logos throughout history.

•matthewc@richmondsentinel.ca



Published by
RICHMOND SENTINEL NEWS INC.
200-3071 No. 5 Road,
Richmond, B.C., V6X 2T4

Advertising & Sponsorship
marketing@richmondsentinel.ca
778-325-1297

Newsroom
newsroom@richmondsentinel.ca
778-297-5005



Download our app
from the
App Store or
Google Play Store.

richmondsentinel.ca
 /TheRichmondSentinel
 @TheRichmondSentinel
 @RmdSentinel
 @RmdSentinel

In honour of our soldiers: Frederick John Hall

By **SAMUEL CHENG**
Contributing writer

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

Frederick John Hall was born in Kamloops, B.C. on Jan. 16, 1897. Hall and his parents moved to an area in Richmond called Eburne. As a young adult Hall worked as a mechanic.

Hall enlisted when he turned 18 and joined the 47th Battalion of the Canadian Expeditionary Force. Prior to being formally enlisted, Hall was a member of the 72nd Seaforth Highlanders Cadets.

Unlike most of the previous brave soldiers we have introduced earlier in this series, Hall received his military training in England. He arrived on Nov. 23, 1915.

After less than ten months of training, Hall was sent to France on a mission. Hall was caught in a crossfire and was wounded. He went on to spend seven weeks in a field hospital in Boulogne, France. Hall returned to the base on January 9th, 1917 before embarking on another mission.

Hall was killed in action two months later on March 29, 1917. To commemorate the valiant sacrifices of our soldier, the Canadian government



A poppy engraved road sign of Hall Avenue.

Screen grab from Google Maps

has awarded the memorial cross to Hall's mother Anna as well as a plaque and scroll to his father who was is also named Frederick.

On Jan. 22, 1990, the City of Richmond Council

decided to adopt two roads in memory of Hall. Today, the roads can be located to the east of No. 4 Road and to the north of Odlin Road.

taic@richmondsentinel.ca

BLUNDELL CENTRE

Celebrate the Easter Season

at Blundell Centre
42 stores for everything you need
Located at Blundell & No 2 Road

OUR CITY *Richmond*

'GOOD TO KNOW'

by Florence Gordon

I knew our city was creative when it came to supporting our citizens to become actively involved to create a healthy and well-informed community. Out of curiosity I checked the city's website to see what programs were available for senior's. The following is a brief summary of some 27 pages offered.



Get connected through the community e-newsletter richmond.ca/enews

The city and partners are proud to offer high-quality and social programs and services for those 55+ years at eight community facilities, including the Seniors Centre at the Minoru Centre for Active Living.

City Seniors' Programs you can register

Online: richmond.ca/register

Phone: 604-276-4300

In person: At any community centre

Dance	Dance for beginners to intermediate <ul style="list-style-type: none"> • Ballet, Ballroom, Jazz, Line dancing • Modern & Conditioning 	Cooking	Cooking experience <ul style="list-style-type: none"> • Cultural Recipes, Social • Tea Party, Chef's Dinner
Perform	Perform for beginners <ul style="list-style-type: none"> • Improv 	Fitness	Fitness for Seniors <ul style="list-style-type: none"> • Muscle Strengthening • Cardiovascular
Music	Music for beginners <ul style="list-style-type: none"> • Guitar, Piano, Drums, Ukulele 	Health & Well-ness	Health & Wellness <ul style="list-style-type: none"> • Diabetes, Medications • Dementia, Chronic Pain
Visual	Visual for beginners <ul style="list-style-type: none"> • Acrylic Painting, Watercolour • Sketching, Calligraphy 	Sports	Sports for Seniors <ul style="list-style-type: none"> • Pickleball • Golf, BOCCE
Technology	Technology for beginners <ul style="list-style-type: none"> • Apps, Smart Phone • Tablet, Laptop, Social Media 	Trips	Trips for Seniors <ul style="list-style-type: none"> • Nearby Excursions • Day Outing



Community Leisure Transportation

This important service ensures youth, seniors, persons with disabilities and all other Richmond residents to have transportation to community programs, services and special events. CLT is an affordable transportation option for community organizations and offers a fleet of buses that can accommodate 16 to 22 passengers.



Online Services

For senior residents that are unable to participate at nearby community centres, you can register online for available programs at richmond.ca/register

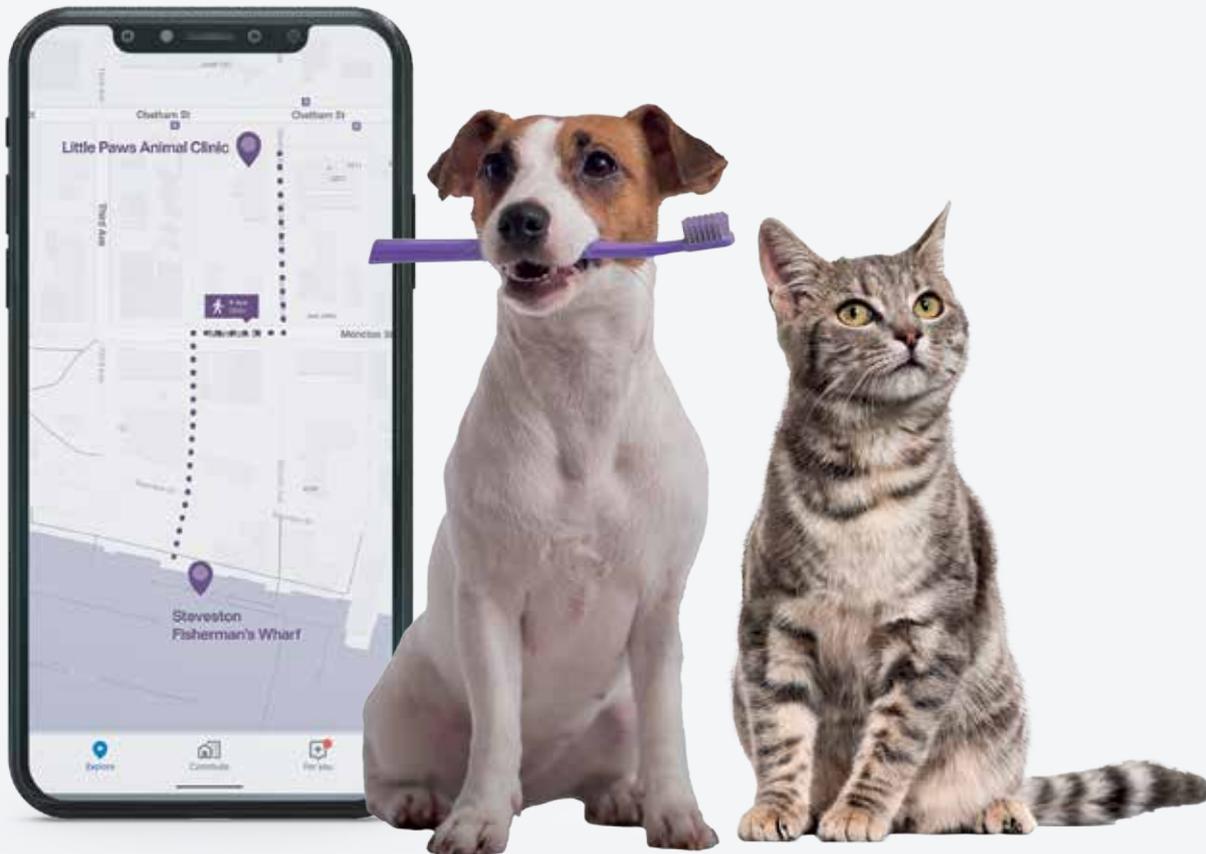


30% off most dental services.¹ Now that's a treat.

Save on your pet's dental care and help them feel their best. Plus, new patients get their **first vet exam free**² in addition to **30% off most dental services.**

Call **604-241-7387** to fetch this special offer.

Book by April 30, 2024



 **Little Paws Animal Clinic**
12011 Second Ave #130, Richmond, BC, V7E 3L6

littlepawsvet.com

¹ Restrictions apply, does not include extractions. ² One (1) complimentary exam, regular price \$91.30 plus tax. Appointment must be booked by April 30, 2024. Offer subject to change without notice. Limited time offer for new clients only. Can only be redeemed once per client. Offer excludes emergency consultations and prescriptions. Subject to availability. Not open on stat holidays and Sundays. Screen image is simulated. The Little Paws Animal Clinic veterinarians are working in affiliation with TELUS Health. TELUS, TELUS Health MyPet and the TELUS Health logo are trademarks of TELUS Corporation, used under license. All copyrights of images, artwork and trademarks are the property of their respective owners. © 2024 TELUS

17th annual Lulu Series: Art in the City

Richmond's popular Lulu Series: Art in the City returns for another season starting on Thursday, March 28. This three-part free speaker series hosts acclaimed guest presenters and explores the relationship between art and our urban environment.

Anyone interested in the life and form of cities from across Metro Vancouver is invited to attend these inspirational evening talks in Richmond, free of charge. All events happen at 7 p.m. at Richmond City Hall, Council Chambers.

Thursday, March 28: Puya Khalili and Charlotte Wall

Typha: Placemaking Through Public Art

Puya Khalili and Charlotte Wall will delve into the story of Typha, a large-scale artwork located at the terminus of Hollybridge Way, near the Fraser River. The talk will cover the artists' initial approach and concept, design and fabrication process, and the role that projects such as Typha can play in placemaking and influencing community engagement. This talk will be preceded by a musical performance by Elisa Thorn.

Thursday, April 25: Alanna Quock

Remembering Home, Finding Ground: Reflections on creating a practice of healing through emergent process, direct engagement and embodied experience

Alanna Quock will ponder the essential question of what it means to dwell: in a place and in a body. In relationship with other bodies, she will share the stories of her ancestors, her journey, and the projects and places she has been invited into along the way. This talk will be preceded by a musical performance by Sam Davidson.

Thursday, May 30: Charo Neville

Expanding the White Cube: The Kamloops Art Gallery's outdoor video projection biennale

The curator of the Kamloops Art Gallery will discuss Luminocity, a week-long



Photo by Jaana Björk

Typha, the public artwork by artists Charlotte Wall and Puya Khalili.

exhibition that showcases video projects by local, national and international artists in unexpected public spaces throughout the downtown core of Kamloops. As an off-site Gallery initiative, the project brings recent video projects typically presented in gallery settings into the outdoors. This talk will be preceded by a performance by Lindi Nolte.

Since 2003, The Lulu Series: Art in the City program has presented international, national and regional speakers including acclaimed artists, architects, urban planners and other cultural leaders. For more information and to reserve seats, visit richmond.ca/LuluSeries

Minimum wage increases to \$17.40 an hour on June 1

B.C.'s lowest-paid workers will get a pay raise when the general minimum wage increases from \$16.75 to \$17.40 per hour on June 1, 2024.

This represents a 3.9 per cent increase, consistent with B.C.'s average rate of inflation in 2023.

The alternate minimum rates, for residential caretakers, live-in home-support workers and camp leaders, will receive the same 3.9 per cent increase on June 1. On Dec. 31, 2024, the minimum piece rates for 15 hand-harvested crops will also increase by the same percentage.

"B.C. has gone from having one of the lowest minimum wages in the country to the highest of all the provinces. We made a commitment to tie minimum-wage increases to the rate of inflation to prevent B.C.'s lowest-paid workers from falling behind," said Harry Bains, Minister of Labour. "And today, we are enshrining that commitment into law."

With the amendments in Bill 2, future



Photo via Flickr.ca

On June 1, 2024 B.C.'s lowest-paid workers will get a pay raise when the general minimum wage increases from \$16.75 to \$17.40 an hour.

increases to all minimum rates will be automatically determined by the previous year's average inflation rate for B.C. This will provide certainty and predictability for workers and employers. Minimum-wage earners will be able to count on increases every year.

Most wage rates will increase on June 1 of each year, except for agricultural piece rates that will increase on Dec. 31 of each year to ensure crop producers will not have to adjust wages in the middle of the harvesting season.

"As a fast-food worker earning minimum wage, I welcome the government's rule to increase wages with inflation annually, providing much-needed financial stability to cope with the rising cost of living," said Carmen Velasco in Richmond.

The changes align with government priorities to help lift more people out of poverty, make life more affordable and build a strong and fair economy for B.C.

500 new public EV charging stations for BC

British Columbia's electric highway will get a supercharge this year with \$30 million from Budget 2024 to add more than 500 public charging stations to more than 5,000 already available across the province.

"Making the switch to an electric vehicle (EV) means less pollution, cleaner and healthy communities, and savings on fuel costs. We know that British Columbians want to have confidence they will be able to charge up easily when travelling across the province," said Josie Osborne, minister of energy, mines and low carbon Innovation. "That's why we are working with BC Hydro and other partners to expand B.C.'s public charging infrastructure and build an economy powered by clean, affordable electricity."

In order to ensure that every community in B.C. has access to a fast-charging station, the CleanBC Go Electric Public Charger Program is prioritizing applications for projects that fill geographic gaps in B.C.'s charging network, that are located in rural, northern and First Nation communities, or that are located in urban areas with high EV uptake. The program will also prioritize applications for locations highly accessible to the public, including community and recreation centres, libraries, highway rest stops and park-and-ride stations.

"Transportation accounts for 40 per cent of B.C.'s emissions. That's why it's so important that



Photo by Jaana Björk

More than 500 public charging stations will be added across the province this year.

we make it easier and affordable for people to drive zero-emission vehicles," said George Heyman, Minister of Environment and Climate Change Strategy. "In addition to rebates, we're investing in the charging infrastructure people and businesses need to switch to low-carbon and more affordable travel options, as we work to build a clean and sustainable future for all British Columbians."

The program provides as much as 50 per cent of the cost of equipment and installation, and a maximum of \$80,000 per fast-charging station for communities and companies in B.C. Increased rebates up to 90 per cent of projects costs to a maximum of \$130,000 per station are also available for Indigenous-owned fast-charging stations.

B.C. has one of the largest public charging networks in Canada. At the end of 2023, there were approximately 5,000 public charging stations in B.C., an increase from approximately 1,500 stations in 2018. The province is on track to complete B.C.'s electric highway in summer 2024 with coverage along all highways and major roads and also working toward an overall target of 10,000 public charging stations by 2030.

CleanBC's Go Electric EV Charger Rebate program offers rebates for as much as \$2,000 per charger (as much as 50 per cent of costs) toward the cost of buying and installing eligible EV charging stations for multi-unit residential buildings (condominiums and apartments) and workplaces.

British Columbians are already adopting EVs at high rates across all regions of the province. The province's suite of Go Electric programs are exceeding original targets and B.C. has the highest rate of EV adoption in the country. In 2023, approximately 23 per cent of light-duty vehicle sales were EVs, an increase from 18 per cent of sales in 2022.

Happy Easter

WISHING YOU AND YOUR FAMILY
PEACE AND LOVE

from your Richmond Members of the Legislative Assembly

Aman Singh, MLA

Richmond-Queensborough
Aman.Singh.MLA@leg.bc.ca
604-664-0700

Kelly Greene, MLA

Richmond-Steveston
Kelly.Greene.MLA@leg.bc.ca
604-241-8452

Henry Yao, MLA

Richmond South Centre
Henry.Yao.MLA@leg.bc.ca
604-775-0891



From the Bachelor's kitchen: steak & mashed potatoes

By **SAMUEL CHENG**
Contributing writer

The subject of food and drinks have been a universal language across cultures and nations around the world. The *Richmond Sentinel* shares delicious food and drink recipes that anyone can make in the convenience of their own home through the experience of a young bachelor, who is searching and trying recipes that are achievable for the inexperienced chef before sharing with you.

Today, we share the recipe of steak and mashed potatoes.

Utensils:

- a knife
- a cutting board
- a large bowl
- 2 large pots
- 1 large frying pan
- a large serving dish
- a pair of tongs
- a spoon
- a colander
- a potato ricer (optional)

Ingredients (steak):

- sirloin steak: 2 pieces
- olive oil
- garlic: 6 cloves
- thyme: 10 stems
- unsalted butter: 3 slices
- salt and pepper

Ingredients (mashed potatoes, serves 4):

- Yukon Gold potatoes: 1 kilogram
- unsalted butter: 75 grams
- whole milk: 100 cc
- whipping cream: 100 cc
- garlic: 2 cloves
- woody herbs: 2 tablespoons (ex. Rosemary, thyme, sage etc.)



Photo via Flickr

Recreate the classic meal in the comfort of your own home.

- soft herbs: 2 tablespoons (ex. Parsley, chives, dill etc.)
- salt and pepper

Steps (steak):

1. Leave your steak out at room temperature 20 minutes before cooking. Frozen steaks will be cooked unevenly as it will be overcooked on the outside and still frozen in the middle.
2. Lay the steaks down on a cutting board and sprinkle generous amount of salt and pepper on both sides of the steak to season it. Pick up the steak and really rub in the salt and pepper on both sides.
3. In a hot pan, drizzle adequate amount of olive oil and lightly swirl evenly around the base of the pan.
4. Lay the steaks down in the pan. (Note: The steak should be sizzling when you place them in the pan)
5. After 30 seconds, use the pair of tongs and flip the steaks over.
6. After another 30 seconds, tilt the pan at an angle and use the pair of tongs to pick up the steaks letting the fatty-side of the steaks rest on the frying pan allowing the fatty strip to render out the fat with the oil.
7. Return the steak to its side and add in 6 crushed cloves of garlic. The amount of garlic can be adjusted to personal preference. (Note: The garlic can be cooked with peel on)
8. Flip the steak every minute to ensure it's got a nice and even sear.
9. Add 10 stems of thyme. The amount of thyme can be adjusted to personal preference. Thyme adds a nice fragrant smell to the steak.
10. Add a bit more olive oil to the pan.
11. Cut up 3 slices of unsalted butter and add it into the pan. The melted butter will create a nice, thin crispy crust on the steak.
12. Tilt the pan at an angle and use a spoon to scoop and drizzle the melted butter onto the steak.
13. Use the pair of tongs to pick up the pieces of garlic and thyme and rub them against the steak.

14. Take the steak out and rest them on a clean cutting board. (Note: The instructions above are for cooking a medium-rare steak. Feel free to cook the steak longer to achieve your desired texture)

15. Cut the steak into slices and serve.

Steps (mashed potatoes):

1. Peel and cut the potatoes into 1 cm cubes.
2. Bring a pot of water to a boil and add salt.
3. Add in the cubed potatoes and cook for 15 minutes with the lid on.
4. While the potatoes are cooking in a separate sauce pan, melt 75 grams of unsalted butter.
5. Peel and crush 2 cloves of garlic and add garlic and woody herbs to the melted butter and cook for 2 to 3 minutes.
6. Add in 100 cc of whole milk and 100 cc of whipping cream and bring it to a simmer.

7. Add the soft herbs and cook for another 2 to 3 minutes.

8. Check with a fork if potatoes are tender, then drain the potatoes in a colander.

9. Put the cooked potatoes through a potato ricer and add them to a clean pot. (Note: A fork can be substituted to mash the potatoes if a potato ricer is not available).

10. Pour the cream sauce slowly on the mashed potatoes and stir well.

11. Season with salt and pepper and serve.

Voila! A delicious plate of steak and mashed potatoes is ready for you to share with family and friends.

The iconic steak and mashed potatoes duo are one that can withstand the test of time. It is the perfect meal for family and friends' gatherings or a candlelight date night.

The two recipes shared in this story are both from the world-famous chef Gordon Ramsay. It may sound terrifying or difficult at first to the thought of recreating Ramsay's iconic dishes. However, through practice and trial and error, it is possible to assemble the classic dishes with a touch of your own.

The beauty of the recipes lies within the flexibility of the flavors. The amount of garlic, thyme, butter, salt and pepper etc. can be personalized based on your tastes. It is the defining factor that distinguishes Ramsay's dish from your very own creation.

If you're not a fan of steak, it can be easily substituted for chicken or seafood. Likewise, if potatoes are not your thing, it can be swapped with other side dishes like roasted asparagus or French fries. The combinations are truly endless.

For the full steak recipe, please visit [youtube.com/watch?v=AmC9SmCBUj4](https://www.youtube.com/watch?v=AmC9SmCBUj4)

For the full mashed potatoes recipe, please visit [gordonramsayrestaurants.com/recipes/decadent-mashed-potatoes-with-three-variations/#](https://www.gordonramsayrestaurants.com/recipes/decadent-mashed-potatoes-with-three-variations/#)

•taic@richmondsentinel.ca

REPAIRERS LIEN ACT NOTICE of SALE

Steveston Harbour Authority Asserts
a Lien on
"Pathfinder III", No.330583
14.84m Vessel Owned by
Jerzy Lubisz

For Debt \$1,611.90 CAD

Sale to Occur April 9, 2024
8:00 a.m.
at
12740 Trites Road
Richmond, British Columbia



Joe Biz — by Joe Leary

Stu Jeffries 'Still Rockin'

In the halcyon days when music videos ruled the television airwaves, the personalities who presented these visual depictions set to music were often as big as the songs they introduced.

In fact, the video hosts—or VJ's as they became branded—were instrumental in setting up the music clips and introducing the concept of video and the artists behind them, to an ever-engaging and curious public.

Chief among them was Stu Jeffries; who soared to prominence as the host of the CBC nationally televised show, *Good Rockin' Tonight*. What you may not know is that the Stu Jeffries' story begins, right here on the West Coast.

"I lived on Aintree and Ainsworth Crescent in Richmond when I was but a baby," he recalls. "I had to consult my mother on this one as my parents divorced when I was four and my mother gathered up my two brothers, my one sister and me, and we took the train to Winnipeg, where I would spend the next fifteen years. We lived in a tiny two-bedroom apartment and it was there that I remember being fascinated with radio".

Stu's love affair for broadcasting came from those early days. "As a young kid, my seat at the breakfast table was right next to a tiny black transistor radio that my mother would put on at a low volume while she got us fed. I remember being fascinated by the voice in the box, one that was talking to me, being a part of our morning routine and yet I couldn't see him. I also remember wondering how they fit all the artists in the studio to perform their songs. I was six—give me a break!"

Early bouts of bronchitis would render him bed-ridden for periods of time but it was here that his early love of the craft would be nurtured. "I had my brother's radio by my side the whole time and radio became my friend," he acknowledges. "I knew



1950's radio.

Stu Jeffries in studio.

Photo courtesy Joe Leary

all the announcers and followed the music charts religiously. I never really thought I would ever work in it, though. I thought it was for special people".

Sure, enough it was for him and Jeffries landed his first broadcast gig in Yorkton, Saskatchewan in 1979. "My initial plan was to stay in Yorkton for a few months and then return to Winnipeg and work at my favourite station, CFRW and be a legend in my hometown. After sending out air checks with a healthy six weeks of experience on the overnight show, I began to realize that I was indeed, not good and that harder work and lots of learning was required".

It was a few years later that he would secure the hosting position of the CBC-TV video hits program, *Good Rockin' Tonight*. It was here that Stu Jeffries gained national attention and prominence. "The transition came easy to me and I chock that up to just being too young and dumb to be nervous and I was getting the hang of 'fake-it-til-you-make-it,'" he says of the gig that he held for eight years.

"I really loved the job and the national exposure was fun but also a bit weird. To go to a place in this country that you've never been and have people recognize you is pretty surreal. To this day I'm very thankful social media wasn't a thing in the 80s or I'd have been ripped to shreds".

Jeffries poise and ease on television, was evident

early on but the radio bug is a hard thing to shake as many will attest. And, as is often the case, radio folk move from market to market until they land the right position and find that perfect fit.

Eventually Stu returned home to the West Coast. "I started at LG73 around the time *Good Rockin' Tonight* was cancelled, I think around 1993. They were experimenting with a talk format and I co-hosted a midday show with Erin Davis. That format was short-lived as they transitioned back to music. I moved into the afternoon drive slot and then mornings with Stu McCallister. *Two Stus in the Morning* was a ton of fun, even though maybe four people were listening to us. I stayed until 1997".

Stu Jeffries currently holds down the morning show playing 'Classic Hits' on Toronto's 'Boom 97.3 FM'. And while Ontario has become his longtime address, one never actually replaces their original home base and that time spent in the mid-90's years back in the Lower Mainland proved rather nostalgic for the affable host.

"It was great to be back home," says Jeffries. "It was also strange in that I remembered very little about it so it was like starting from scratch. I'll always have the fondest memories of my time there. It was ten years of growth, opportunities and understanding what it takes to survive in this industry".

X:@reallyjoeleary • Instagram@joeleary

In their own words...

Grants and partnerships that make it all possible



Laura Gillanders
Councillor

This is my second year on Council and I'm continually learning about the benefits grants and partnership opportunities with senior levels of government bring to our City. They really make it possible to help us do things that we need to get done, while keeping tax increases low.

A few examples come to mind that have been relevant in recent months related to big projects that will change our city forever, and for the better.

The first is the Active Transportation Infrastructure Grant from the Province of BC. We recently received a grant towards Phase 2 of the Steveston Highway Multi-Use pathway which will run from Number 2 Road east to Mortfield Gate. Phase 1 is currently in construction from Mortfield Gate east to Shell Road and I'm sure everyone has seen the exciting progress.

The next one that comes to mind is the Rapid Housing Initiative, delivered through Canada Mortgage and Housing on behalf of the Government of Canada. The City

applied for this fund and was approved. It will allow us to build much needed affordable housing on Steveston Highway, starting soon.

Another important grant is the 2021 Homelessness Action Plan provided by the Provincial and Federal governments and administered by the Union of BC Municipalities (UBCM). In the fall/winter of 2023, an encampment formed in the Richmond City Centre in Brighthouse Park. As part of the budget process for 2024, Council directed staff to look for ways we could keep our emergency warming shelters open every night of the week for use by those experiencing homelessness, instead of only activating them during extreme weather. Our staff, acting on this direction, used the grant funding from UBCM to open these shelters every night to give those in need a solid, though temporary, roof over their heads this winter. We were able to accomplish this within our approved operating budget because of this grant.

We are actively seeking solutions from all levels of government to ensure we get the support necessary to expand shelter



space for Richmond residents experiencing homelessness on a long term basis.

We have more affordable housing projects and partnerships coming up and are continuously seeking funding for other important Richmond initiatives. Regular and reliable funding from the Government of Canada for dredging in the Fraser River is just one example.

These are just a few instances where various grants and partnerships from other levels of government are supporting our City. Through responsible financial management and sound governance, Council continues to work with our partners to make Richmond a strong, vibrant community.

City of Richmond Council Meetings Calendar

The City of Richmond Council and Committee Meetings are available online. Watch live or view previous meetings by visiting richmond.ca/WatchOnline.

For further information, meeting schedules and assistance in participating either virtually or in person, please visit richmond.ca/CityHall or contact the City Clerk's Office at 604-276-4007 or CityClerk@richmond.ca.

Mar 27 | 3:30pm
Development Permit Panel

Apr 2 | 4:00pm
General Purposes Committee followed by Finance Committee

Apr 3 | 4:00pm
Planning Committee

Apr 8 | 7:00pm
Council Meeting

Apr 9 | 4:00pm
Community Safety Committee

Apr 10 | 3:30pm
Development Permit Panel

Apr 15 | 4:00pm
General Purposes Committee

Apr 15 | 7:00pm
Public Hearing

Apr 16 | 4:00pm
Planning Committee

Apr 17 | 4:00pm
Public Works & Transportation Committee

Apr 22 | 7:00pm
Council Meeting

Apr 23 | 7:00pm
Parks, Recreation & Cultural Services

For meeting agendas and reports, visit richmond.ca/CityHall. Meeting schedule subject to change

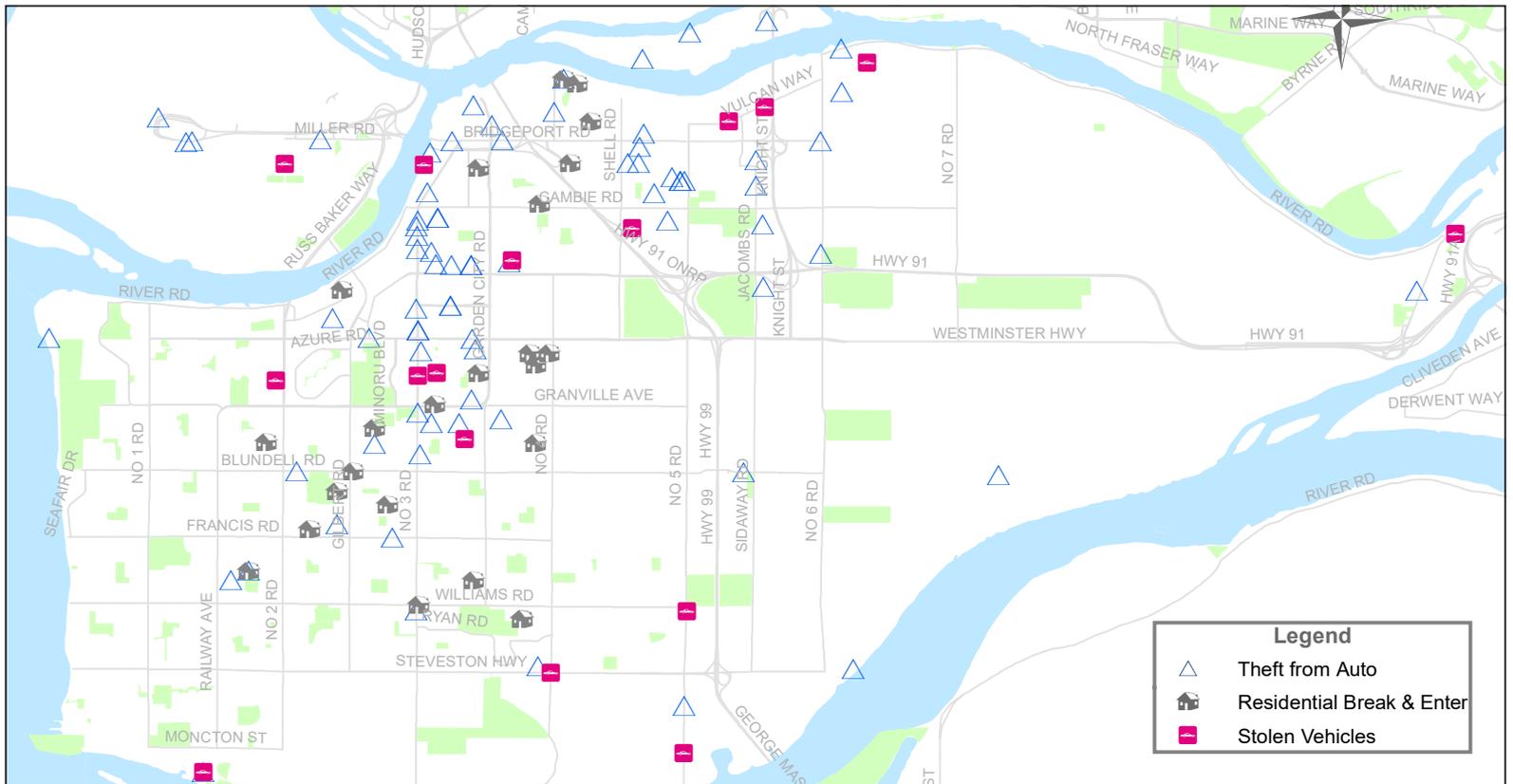
Visit richmond.ca/WatchOnline to link to live streaming or watch archived video.





RCMP

Crime Map Feb. 1 - 29, 2024





“

It's friends we meet along the way that help us appreciate the journey.



THE MAPLE RESIDENCES
Independent Living in Steveston

604-277-4519 • themapleresidences.com

OUR CITY *Tonight*

SPOTLIGHT ON

HOME VIEWING, GIFTED

MUSICIAN & A SPRING COCKTAIL



Photo via Netflix

The Home View #1 – Ripley

The tagline for Ripley says it all: "He's a liar. It's his profession." Premiering on Netflix starting April 4, this eight episode series follows the life of Tom Ripley (played by the always superb actor, Andrew Scott), a grifter who is trying to carve out an existence in New York of the 1960's. But his luck changes when he's hired by a wealthy businessman to travel to Italy to convince the man's "trust fund" son to return home. This is where Ripley's talents come to very good use in the form of deceit, fraud and murder. The strong supporting cast includes Dakota Fanning, Johnny Flynn and John Malkovich. The drama series is written and directed by Academy Award winner Steven Zaillian (*Schindler's List*, *Gangs of New York*, *The Irishman*) and is based on Patricia Highsmith's bestselling Tom Ripley novels. netflix.com/ca/

The Musician – Lenny Pallerstein

Recently, while filming *Our City Tonight* at an event, we were introduced to the musical talents of Lenny Pallerstein, a gifted "fingerstyle" guitarist who spent the better part of the evening wandering around the event, wowing the guests (including our group) with his re-imagining of popular songs. It was the perfect fit for the evening, and we can see why that perfect fit is in demand at events, weddings, and restaurants in the lower mainland. It's remarkable that Pallerstein only took up the guitar at age twelve out of boredom. "As I got older, I felt more and more drawn to the instrument until suddenly I was practicing four hours a day," he tells us, "and that's when I knew it was more than a passion and that I wanted it to be my career." Five years ago he began to challenge himself with "fingerstyle" guitar, which is what first caught our attention and he reminded us of *Our City Tonight* guest, legendary guitarist, Tommy Emmanuel—who, we're happy to say, Pallerstein worships. lennypallersteinguitar.com



Photo courtesy Our City Tonight

The Sip – Bourbon Cherry Lemonade

You can feel spring in the air (well, some of the time), and with that our interest in cocktails for the upcoming warmer weather. We ventured once again to one of Richmond's culinary gems—*Free Bird Table and Bar*. General Manager Steve Lobsinger had the perfect suggestion for the first of hopefully many cocktails for upcoming spring and summer. "I chose the *Bourbon Cherry Lemonade*," Lobsinger tells us, "because it's not too sweet, not too sour and who doesn't love a good lemonade." He also tells us that it's the smokiness of the bourbon which really adds to the experience. Our thoughts? Delicious and we can see why this is one of their most popular cocktails. If you are trying this at home:

- .5oz Cointreau
- 1.0oz Cherry Syrup
- 1.5oz Evan Williams Bourbon
- 1.0oz Fresh Lemon Juice
- .5oz simple Syrup

Then shake with ice and strain into ice filled Mason Jar—top with soda or sparkling water. Garnish with fresh lemon wheel, fresh orange wheel and cherries.

Free Bird Table and Bar is at 5991 Alderbridge Way thefreebird.ca



Photo courtesy Timothy Nguyen

New TV documentary showcases a media icon

Malcolm Parry has been part of the media and cultural landscape of Vancouver for over 50 years. He has taken photos, written about and documented the comings and goings of this city and the people who made Vancouver what it was and is today.

Now comes a long-overdue tribute called *The Society Page*. This documentary, which will begin airing on Knowledge Network starting on March 17 and will stream across Canada indefinitely, gives us a look at the life of this long-time journalist who really is the last of his kind. *The Society Page* is directed by award-winning filmmaker, Kevin Eastwood.

Born in Walsall, England, Parry immigrated to Vancouver in 1957 and in July of that year, joined the B.C. Engineering Co, a division of the B.C. Electric Co. (now BC Hydro) as a soil inspector on what was later named the Terzaghi Dam after its designer, Karl Terzaghi. Parry was soon named photographer for that hydro-electric project. He left the firm after completion of the development in late 1960.

By the early 1970's he was freelancing as a photographer for the now-defunct *Vancouver Life*, *Pacific Yachting* and other magazines, and also photographed numerous theatrical productions. He entered the magazine publishing field full-time in June of 1971. He and two partners founded *B.C. Affairs* magazine and *B.C. Industry Reports* magazine, of which he was editor and publisher.

In early 1994, he became editor of a local monthly and turned it into *Vancouver Magazine*, which continues its publication today. He was editor for 16 years and publisher for one of them. He was also executive editor of Calgary and Edmonton magazines, and of the Vancouver-based business magazine, *Equity*.

In 1991, Parry became a columnist at the *Vancouver Sun*. He remained so for 30 years, during which he wrote hundreds of thousands of words and took tens of thousands of photographs.

Our City Tonight (OCT) recently sat down with Malcolm Parry (MP) and director/producer Kevin



Photo courtesy Optic Nerve Films

Malcolm Parry writer, journalist, photographer.

Eastwood (KE) to talk about a newly released documentary *The Society Page*.

OCT: Malcolm, talk about your first impression of our city back when you arrived in the mid-1950's.

MP: I arrived on a Thursday afternoon from Britain after two days in the air flying and stayed at a place at 10th and Burrard. I went downtown, filled up with lager at the St. Regis, filled up on Cantonese food at the Bamboo Terrace, staggered over the Granville Bridge and threw up the whole thing! Went home, slept like a baby, and got a job the next morning—a good paying job—and have been working ever since.

OCT: You didn't start in media in this town but through your photography work, you kind of eased into it until you were writing and even co-founding publications.

MP: That's right. I was a photographer—I studied to be a civil engineer in Britain—then came here and became a photographer for BC Electric, which then I sort of morphed into media, thanks in part to the father of Kevin Eastwood, producer/director of *The Society Page*.

Kevin's father gave me my first paying gig. It was a cover for *Vancouver Life* magazine, and oddly enough it has a connection to what I'm doing now. It was a story written by *The Vancouver Sun* columnist, Allan Fotheringham, under his pseudonym, James Holt, and it was about the "hoi polloi",

in town. You know, the people with the money and the influence, and the good jobs living in the nicest areas. And although most were only second-generation Canadians, they used to be called "the old money". So, I did the photography for that story.

Kevin Eastwood joins us.

OCT: Kevin, tell us about this documentary, *The Social Page* that will be airing on the Knowledge Network this month.

KE: It's a film about Mac and his work. He's taken more photos of the people of Vancouver than, arguably, anyone. There are predecessors of great photographers in this town that we think of like Foncie Pulice, a street photographer or Yucho Chow, who had his portrait studio in Chinatown.

That was the beginning of the 20th century to the middle of the 20th century and now we have Mac. I truly think he is a successor to those legacies because he's taken photos of people in this town for 40+ years. In this film Douglas Copeland even says—I think no joke—that Mac has taken over 1 million photos, and I don't think he's too far off.

MP: Can I add something?

OCT: Of course, this is your story.

MP: I thought about something as you were talking about me photographing over the years, various people and activities, I thought about an analogy that goes back to when I was a teenager and I had my own band. You would play some rock 'n roll, you would play some jazz, some ballroom dancing quick-steps, and waltzes.

Sometimes, you would see a group of people in the crowd who looked like they weren't having a good time, so you would play a polka. Suddenly these people would jump out of their chairs and whirl around the floor and have a good time. I think that affected my feelings about what I do in the broader sense: that you always have to play a polka! That's really what it is, just a big mix.

OCT: That is a great analogy, always have to play a polka.

To view the video interview in full go to richmondsentinel.ca/videos



RICHMOND SENTINEL SPONSORS

OUR CITY TONIGHT
JIM GORDON & LEETA LIEPINS

airing on CHEK TV Sundays | Novus Entertainment

at 10:30 | DAILY



OUR CITY TONIGHT



RICHMOND'S NEWEST SENIOR LIVING COMMUNITY



Independent Living, Assisted Living and Full Care Suites available

MOVE IN TODAY!

Call our Sales & Leasing Team at **604.214.5700** or sales@hhsr.ca

Exceptional Senior Living

hhsr.ca
23100 Garripie Avenue, Richmond B.C. V6V 0B9