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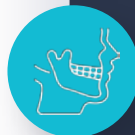
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2nd floor of Terra Nova Shopping Centre

2024 ParticipAction Community Challenge

The City of Richmond is once again encouraging everyone to get up, get out, and get active for the 2024 ParticipACTION Community Challenge.

Throughout the month of June, anyone who lives, works or plays in Richmond is invited to take part in more than 65 free or low-cost activities for all ages as the city aims to become "Canada's Most Active Community".

After winning the title of British Columbia's Most Active Community in 2022, and placing among the top 50 finalists in Canada in 2023, Richmond is striving to go one better by being Canada's Most Active Community in 2024. To help the city achieve this

coveted title, organizations and individuals of all ages and abilities are encouraged to participate in the Challenge.

Among the 65+ free or low cost activities offered by the City of Richmond and its community partners in June are:

- A Public Art Scavenger Hunt at Minoru Park and Richmond City Hall
- Walking Soccer at South Arm Community Centre
- A Nordic Poling workshop at Minoru Centre for Active Living
- Drop-in Climbing at the Richmond Olympic Oval
- A Fitness Marathon at Thompson Community Centre
- A Fun Run at Cambie Community Centre
- Walk Richmond guided walks at King George Park, Shell Road Trail and Finn Slough
- A Dance Combo class for preschoolers at South Arm Community Centre



Photo courtesy City of Richmond

Get active with the ParticipACTION Community Challenge, the nationwide initiative that encourages communities to be physically active throughout the month of June.

In addition to participating in the programs and activities available at Richmond community facilities, residents, organizations and businesses can show their support and contribute to the city's quest to becoming Canada's Most Active Community in other ways:

- Individuals can sign up for the Challenge and take the pledge to be active on the ParticipACTION website participaction.com, as well as participate in ParticipACTION challenges through the Optimity app (myoptimity.com/) during the month of June.

- Richmond-based organizations, community

groups and businesses can register and track organized physical activity programs and events delivered between June 1 and 30 on the ParticipACTION website.

In addition to being eligible for weekly prizes, participation from Richmond-based individuals and organizations will count towards the city's total score in the quest to become Canada's Most Active Community. The national ParticipACTION Community Challenge, presented by Novo Nordisk, encourages Canadians to get active throughout the month of June, ultimately recognizing Canada's Most Active Community and supporting local physical activity and sport initiatives.

For a full listing of ParticipACTION Community Challenge activities and instructions for how to register as an individual or organization, visit richmond.ca/participaction

New regulations help close strata loopholes

Strata owners will soon have more certainty and consistency around the repair and maintenance of common property with new regulations to close a loophole that allowed strata corporations to indefinitely defer depreciation reports.

"No one wants to be surprised by a sudden special levy to cover repairs that should have been planned for," said Ravi Kahlon, minister of housing. "These regulations will help protect strata owners by ensuring depreciation reports are obtained regularly, providing them with the information and predictability they need to plan for future costs."

Depreciation reports help estimate the long-term repair and replacement costs of a strata corporation's shared property and assets, giving strata owners the ability to contribute to contin-

gency reserve funds as required. Obtaining these reports could previously be deferred repeatedly as long as three-quarters of a strata corporation's owners voted annually in favour of a deferral.

Updated regulations that take effect July 1, 2024, will close this loophole and require existing strata corporations with five or more strata lots to obtain depreciation reports on a five-year cycle, instead of a three-year cycle. This change aligns B.C. with other jurisdictions, including Alberta and Ontario.

Effective July 1, 2025, all strata corporations must also obtain their depreciation reports from a list of qualified professions, including engineers, certified reserve planners, architects, appraisers, applied science technologists and quantity surveyors.

To support new strata corporations with five or more strata lots, effective July 1, 2027, owner-developers will be required to contribute funds toward the cost of obtaining a first depreciation report: a minimum of \$5,000, plus \$200 per strata lot, up to a maximum of \$30,000.

Strata corporations with four or fewer lots will continue to be exempt from being required to obtain depreciation reports.

These regulations were developed in consultation with strata stakeholders, homeowner associations, strata lawyers and insurance representatives. They follow amendments to the Strata Property Act passed in August 2020 to mitigate the costs of strata insurance. Those changes included updating depreciation report regulations and closing the annual three-quarter vote loophole.

Photo courtesy City of Richmond

This year's BC Seniors Week theme is "Active Aging", focusing on the benefits of maintaining a healthy lifestyle by encouraging those 55+ to participate in over 25 free or low cost physical and wellness activities.



Get active: celebrating BC Seniors Week in Richmond

Timing is everything. Not knowing the *Richmond Sentinel* would receive the press release below (one week later) I was invited to tour the Minoru Senior Centre and I must say I was blown away at the number of seniors that packed the facility. From lunch in the cafeteria, to the swimming pool, to the many activity rooms, to the lobby where seniors could relax while being entertained by a pianist, the Centre does not lack members.

Since we are honouring BC Seniors week in Richmond why not take a tour.

Florence Gordon

Join the celebration with the City of Richmond and its community partners for BC Seniors Week from Monday, June 3 to Sunday, June 9. This year's Seniors Week theme, "Active Aging" focuses on the benefits of maintaining a healthy lifestyle by encouraging those 55+ years to participate in over 25 free or low cost physical and wellness activities.

BC Seniors Week opened with an Opening Event at the Richmond Olympic Oval on Monday, June 3, with remarks by Mayor Malcolm Brodie, followed by keynote presentations and tours of the Richmond Olympic Experience.

Pre-registration is required for most Seniors Week activities as space is limited. A full list of ac-

tivities and registration information can be found at richmond.ca/SeniorsWeek. A printed brochure can also be picked up from any Richmond Community Services facility.

Highlights of Seniors Week include:

2. Tuesday, June 4, 9 to 11:30 a.m. and 11:45 a.m. to 2:15 p.m. – Pickleball 2.0 Jamboree – West Richmond Community Centre (9180 No. 1 Road)

Play in a fun tournament for beginners. Tournament play, refreshments and snacks included.

3. Tuesday, June 4, 11:15 a.m. to 12:15 p.m. – Hawaiian Hula Dancing – Hamilton Community Centre (5140 Smith Drive)

Learn the basic techniques and rhythmic patterns of this graceful and expressive form of cultural dance that engages the body, mind and spirit.

4 Wednesday, June 5, 11:30 a.m. to 12:30 p.m. – Walking Basketball – South Arm Community Centre (8880 Williams Road)

Walk instead of running while playing this well-loved sport. Get a great workout that is easy on the joints and have fun in non-competitive games.

5. Friday, June 7, 2 to 3:30 p.m. – Outdoor Games – Thompson Community Centre (5151 Granville Avenue)

Play bocce, frisbee golf and croquet with others

in a lively atmosphere. Equipment provided. Refreshments included.

6. Friday, June 7, 2:30 to 4:30 p.m. – Swim, Splash and Relax – Minoru Centre for Active Living (7191 Granville Avenue)

Join this facilitated swimming pool orientation and have fun splashing around in the leisure pool, relaxing in the hot tub and recharging with a dip in the cold plunge pool.

7. Saturday, June 8, 11 to 11:30 a.m. and 2 to 2:30 p.m. – Seniors Tours – Richmond Public Library – Brighthouse Branch (100-7700 Minoru Gate)

Learn about the wide range of services available for seniors at the library, from a behind-the-scenes look at item circulation, to digital resource access and a catalogue overview.

Celebrated across Canada, BC Seniors Week is held each year during the first week of June to commend and recognize the contributions seniors make to their community.

The City of Richmond is an age-friendly community that is committed to supporting healthy aging for all residents. Throughout the year, a variety of programs and activities are available for seniors. Seasonal 55+ Program Guides can be found online at richmond.ca/seniors or at any Richmond Community Services facility.

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In honour of our soldiers: George and Reginald Lemon

By MATTHEW CHEUNG
Contributing writer

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

Reginald Lemon was born on June 17, 1890 in London, England to Annie Lemon and John George Lemon, a wharfinger at Woodward's Landings. Reginald's younger brother, George Lemon was born on Feb. 15, 1894.

Reginald was married to Lillie Susan, living at 2177 West 13th Avenue, Vancouver, and worked as a policeman. Two weeks after George enlisted in Vernon, Reginald would do the same, bringing with him the experience he had garnered while serving in the British Army, where he spent a majority of his time with the 5th East Surrey Regiment. Upon enlistment both George and Reginald joined the 62nd (Overseas) Battalion of the Canadian Expeditionary Force, who boarded the S.S. Baltic that arrived in England on April 10, 1916.

Prior to their arrival, Reginald was promoted to acting Sergeant rank and transferred to the 3rd Pioneer Battalion on July 28, 1916. His rank was confirmed on Aug. 20, 1916 and was transferred again on May 8, 1917. Amidst this time, George was transferred to the 29th Battalion and promoted to Corporal.



A poppy engraved road sign of Lemon Avenue.

Screen grab from Google Maps

Tragedy would strike the Lemon family, as both George and Reginald would be killed in action in August 1917. Reginald, just three months after his transfer, would be killed in action, on Aug. 15, 1917, his younger brother's death would follow just six days after, but the cause of death is not confirmed.

Reginald was survived by his wife Lillie, during this time, who had been residing in Wimbledon. She would receive a war gratuity of \$100, a memorial cross, plaque and scroll. Annie Lemon, the mother of George and Reginald, received the me-

memorial cross from the Canadian government. The Memorial Cross was awarded to mothers and widows of Canadian soldiers who died on active duty or whose death was consequentially attributed to such duty.

On Jan. 8, 1990, the City of Richmond honoured the Lemon family and their contributions to the city and war, by naming a road after them. Today, Lemon Avenue, can be found in the Hamilton area located in East Richmond.

•matthewwc@richmondsentinel.ca

BLUNDELL CENTRE

HAPPY Father's Day

from Blundell Centre

42 stores to appreciate your father
Located at Blundell & No 2 Road

Explore Richmond at the 2024 Island City, by Bike Tour

Richmond is one of the region's most popular outdoor locations thanks to its water vistas, extensive pathways and numerous nature trails. But have you explored it on a bike? On Sunday, June 9 grab a bicycle and helmet for the City of Richmond's 22nd Island City, by Bike Tour. This free event is led by experienced and knowledgeable tour guides and is perfect for solo cyclists, as well as friends and family cyclists wanting to enjoy the scenic outdoors and explore Richmond on two wheels. Registration is required.

Bike riders have the option of cycling along one of two routes that both start and end at Britannia Shipyards National Historic Site (5180 Westwater Drive):

- 10 a.m. — extended route: consists of 25-kilometres of on- and off-street biking. This route will feature the South Dyke Trail, Steveston Highway multi-use pathway, Shell Road Trail, Ash Street

Neighbourhood Bikeway, Garden City Road, Capstan Way, Middle Arm Dyke Trail and the Railway Greenway.

- 11 a.m. — short route: a scenic, 8-kilometre ride that will take approximately one hour. It consists of on- and off-street biking along the South Dyke Trail, Princess Lane Trail, No. 2 Road multi-use pathway, Kittiwake Drive, McMath trail, a portion of Crabapple Ridge Neighbourhood Bikeway and Steveston Imperial Landing.

Pre-ride bike and helmet safety checks will be offered for participants before the tours (9:30 to 10:45 a.m.) and the Richmond RCMP will be on-site promoting bike registration as part of its anti-theft initiative. Richmond's pilot e-scooter program ambassadors will also be on-site to demonstrate and inform the public about e-scooters and e-bikes in the city.

After the tours, at approximately 12:30pm, par-

ticipants can reconvene at Britannia Shipyards National Historic Site to enjoy a BBQ, refreshments and draws for raffle prizes.

Bike tour participants arriving by vehicle are requested to park at the Britannia Shipyards gravel parking lot or along Westwater Drive.

Register for the 2024 Island City, by Bike Tour by visiting richmond.ca/register, calling the City's Registration Call Centre at 604-276-4300 (press 2 at the prompt) from Monday to Friday, 8:30 a.m. to 5:30 p.m., or at any community centre during business hours. Use Event ID #00310909 when registering.

The Island City, by Bike Tour is presented by the City of Richmond and the Richmond Active Transportation Committee.

For more information, including a route map and event schedule, visit richmond.ca/CyclingEvents

June is National Indigenous History Month

June is National Indigenous History Month and the City of Richmond encourages the community to recognize and honour the rich heritage, diverse cultures and significant contributions of Indigenous Peoples.

Throughout the month, as well as on National Indigenous Peoples Day on Friday, June 21, a variety of events and activities will be hosted across Richmond to educate and celebrate the vibrant cultures, languages, and traditions of Indigenous communities. Residents of all ages are invited to participate in these engaging and educational activities including the following:

Cedar – Tree of Life Workshop

Saturday, June 8 and Sunday, June 9, various times

Richmond Museum - Richmond Cultural Centre Annex

Join Musqueam weaver Vivian Mearns Notaro for a hands-on cedar weaving workshop where participants can create a twined cedar bark bracelet. Free workshop for participants ages 6 to 12 years.

Transform You through Writing: A Writing Workshop with Brandon Reid

Saturday, June 8, 1:30 to 3 p.m.

Richmond Public Library - Brighthouse

Practice and share your own writing in this workshop with local author Brandon Reid. Participants will learn practical tips for long-form writing suitable for novels and practice transforming real-life experiences into fiction. Free workshop for adult participants.

Wild Moccasin Dancers Workshop

Friday, June 14, 1:30 to 2:30 p.m.



Coast Salish cedar bracelet weaving workshop.

Photo courtesy City of Richmond

Richmond Public Library - Brighthouse

Join the Wild Moccasin Dancers for a performance and workshop. Participants will learn about the importance of dance in Indigenous culture and how it is used as a means of storytelling. Free workshop for students grades 3 to 5.

Cedar: Tree Of Life Take-Home Activity Kit

Friday, June 14 to Friday, June 21

Richmond Museum

Celebrate National Indigenous Peoples Day with a family-friendly take-home activity kit from the Richmond Museum. Learn all about the cedar tree and its

significance for many First Peoples. Special access to video content created by Musqueam weaver Vivian Mearns Notaro will help you weave your own cedar twined bracelet with materials provided. Activity kits are for participants ages 6 to 12 years; free with advanced registration.

Cedar Weaving Basket Workshop

Saturday, June 15, 11 a.m. to 2:30 p.m.

Richmond Arts Centre, presented in partnership with Community Cultural Development

Join Musqueam artists Rita Kompst and Zoe Kompst to learn traditional techniques of Coast Salish cedar weaving and, using locally harvested cedar prepared by the artists, create a unique basket to take home. The workshop is for participants ages 19+ and requires a fee.

For a complete list of activities and events, visit richmond.ca/NIHM

For more information about National Indigenous History Month and National Indigenous Peoples Day, visit the Government of Canada website.

Richmond Hospital Foundation receives \$24K donation

Koinonia Evangelical Church continues its commitment to community with a generous contribution of \$24,300 to Richmond Hospital Foundation's Medical Imaging Centre Campaign. Rooted in its core values of compassion and service, the church continues to prioritize supporting health care in the Richmond community.

Since 2017, Koinonia Evangelical Church has demonstrated its dedication to enriching the lives of others through its ongoing support of Richmond Hospital Foundation. Over the years, the church has been a champion of important health care advancements at Richmond Hospital. From the Yurkovich Family Pavilion—new acute care tower—and COVID-19 Relief Fund to the Surgical Restart Campaign and now Medical Imaging Centre Campaign, their contributions have made an impact on many individuals and families in the community.

Driven by its ethos of "loving your neighbour as yourself", members of Koinonia Evangelical Church raise funds annually towards causes important to the community. "We are honoured to support Richmond Hospital Foundation's Medical Imaging Centre Campaign to improve our growing population's access to imaging technology," expresses Haines Lee, deacon, Koinonia Evangelical Church. "At Koinonia, we believe in the transformative power of compassion and service. By investing in health



Photo courtesy Richmond Hospital Foundation

From left to right: Spencer Gall, campaign director, Richmond Hospital Foundation; Haines Lee, deacon, Koinonia Evangelical Church; Jamie Lee, deacon, Koinonia Evangelical Church.

care, we not only support our values but also assist individuals and families to lead healthier, more fulfilling lives."

"We are so grateful to Koinonia Evangelical Church and its members for their advocacy and commitment towards community health," shares Spencer Gall, campaign director, Richmond Hospital Foundation. "The church and their congregation's generosity has been vital in improving access

to health care services for countless individuals in our community. Together, we are building a healthier, more resilient Richmond."

Richmond Hospital Foundation is at 96 per cent of its target in raising \$25 million to fund technologies in the new, expanded Medical Imaging Centre. To learn more and support the Medical Imaging Centre Campaign, visit richmondhospitalfoundation.com/medical-imaging-centre-campaign



“

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



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Richmond development wins three Georgie Awards

On Saturday, May 25, 2024, the Hyatt Regency Hotel in Vancouver was transformed into the world of Willy Wonka for the 32nd edition of the Georgie Awards, honouring BC's best homebuilders, renovators, designers and real estate industry professionals.

The Charlie and the Chocolate Factory themed gala was a night to remember, as the Georgie Awards received a record number of entries for 52 awards which are grouped into six focus areas: Residential Construction—New; Residential Construction—Renovation; Interior Design, Merchandising and Landscaping; Sales and Marketing; Special Achievement Awards; and the Grand Georgie Awards.

"Each year, we marvel at the projects that are finalists in the Georgie Awards, and this year is no exception. The homes that were finalists and winners are a testament to the innovation and creativity that go into each project," said Neil Moody, chief executive officer, Canadian Home Builders' Association BC (CHBA BC). "Everyone involved in building these homes, from conception to completion, must be commended for their outstanding work."

To be eligible for a Georgie Award, the company must be a CHBA BC member, and the submitted project must have been built, renovated, developed, created, and marketed from Jan. 1, 2022 to Oct. 31, 2023. The finalists and winners are selected by a judging panel of out-of-province industry professionals and the results are verified by an independent account firm.



Photo courtesy Everglade Development

Richmond-based development company Everglade Development was the recipient of three Georgie Awards honouring BC's best homebuilders, renovators, designers, and real estate professionals.

Real estate developer, Everglade, was the recipient for three Georgie Awards, for their Oakhaus Townhome project. The Richmond-based company was named Best Corporate / Project Website, Best Project Identity, and Best Advertising Campaign. Everglade Development was founded in 2016, and have completed two multi-family townhomes in Richmond. They are nearing completion for their award-winning townhome—Oakhaus in Vancouver West and is looking towards other cities like Coquitlam and Surrey in the future.

The 2024 Georgie Awards also received a record

number of supporting sponsors whose contributions guarantee the gala remains an unforgettable evening dedicated to honour the excellence within B.C.'s homebuilding industry. CHBA BC is proud to partner with BC Housing, Telus, LIVAB, Home Depot, and Freedom Capital as Platinum sponsors. A full list of sponsors is available at georgieawards.ca/?page_id=61

The CHBA BC extends its sincere appreciation to all attendees, sponsors, and partners for their continued support in making the 2024 Georgie Awards winners and finalists.

Athiana Acres season farm market opens June 15

Athiana Acres is pleased to announce it will officially open its seasonal farm market on Saturday, June 15, from 9 a.m. to 4 p.m. Located in Richmond, Athiana Acres is a vibrant 30-acre regenerative farm that grows an abundance of vegetables, fruits, herbs and flowers. Athiana Acres, which just received its organic certification in May 2024, has established itself as a go-to farm destination in the community for high-quality, fresh produce and florals. The market, which will run from June 15 until November, will offer an ever-changing variety of freshly harvested products. Additionally, Athiana Acres will welcome several local businesses and restaurants to the market for unique collaborations throughout the season.

Visitors of Athiana Acres will have three opportunities during the week to shop the farm market as they will be open on Wednesdays, Saturdays and Sundays. Since the growing season has only recently started, the market will have a small selection of produce to start and slowly more produce will be added as the season continues. Visitors can expect delights like beets, radishes, herbs and other greens at the beginning of June with more goodies added as the season progresses. Visitors are encouraged to keep an eye on Athiana's website and social media for weekly harvest updates.

In addition to the market, Athiana Acres has an exciting lineup of events and activities planned throughout the season. The first community market will take place on June 15 and June 16, featuring local vendors such as The Juice Truck, Heritage Baking and The Workshop. Athiana Acres will offer walking farm tours every Saturday and Sunday from 10 to 10:45 a.m. The interactive tour will guide guests through the farm, offering a behind-the-

scenes look at produce and flower production while providing education on organic and regenerative farming practices.

Commencing biweekly from June 5 until Aug. 28, on Wednesday evenings at 5 p.m., Athiana Acres has partnered with True Yoga to offer yoga on the farm allowing participants to stretch and unwind amidst the farm's natural beauty. From June to November, a number of educational workshops will be offered ranging from an introduction to regenerative farming to bouquet arranging. For more details on dates, times, costs and to book please visit athianaacres.com/pages/farm-events

Lastly, Athiana Acres is thrilled to host additional engaging community events this upcoming season which will be announced on their website and social media. The farm is also available for private and corporate gatherings such as birthdays, weddings, baby showers or private group workshops. For those unable to attend the market, Athiana Acres encourages following their social media for updates on pop-up markets throughout Metro Vancouver and features on local restaurants serving their fresh produce.

With so much to offer, Athiana Acres is poised to be a must-visit destination for anyone passionate about fresh, sustainable agriculture. Don't miss the chance to experience the vibrancy and abundance of this local gem starting June 15.

Farm market hours: Wednesday: 2 to 7 p.m.; Saturday and Sunday: 9 a.m. to 4 p.m. Farm tours: Saturday and Sunday: 10 to 10:45 a.m. Address: 12800 No. 2 Road, Richmond.



Screen grab from Google Maps

RC. Talmey Elementary School will receive six new classrooms by fall 2025.

More student spaces coming to Richmond schools

A Richmond elementary school will soon have room for 150 more students, as part of the provincial government’s plan to expand schools quicker in growing communities.

“With record population growth, our government continues to invest in schools as more cities like Richmond welcome new students to their classrooms” said Rachna Singh, minister of education and child care. “Our government is taking action by using innovative solutions like prefabricated designs, which are a faster way to bring the services people need, like schools, to growing communities.”

Recognizing the recent increase of young families living within the Richmond School District, RC. Talmey Elementary school will have six bright, spacious new classrooms added to the school that will offer comfortable learning environments with their own HVAC systems. All the classrooms will be connected by corridors and students will also have storage for personal belongings.

With \$9 million provided by the province, the new addition is expected to be ready for students by fall 2025. This expansion is in addition to two other elementary schools in Richmond that have prefabricated additions under construction. They are on track to welcome nearly 300 more students this September.

Government has provided more than \$174 million for 13 seismic upgrades and partial seismic replacement projects in the Richmond School District over the past seven years. This includes projects at James Whiteside Elementary, William Bridge Elementary and Howard DeBeck Elementary, providing more than 6,000 students with safe places to learn.

“We are thankful for the Province’s investment in our schools as we continue to address the demands of our increasing student population,” said Heather Larson, board chair, Richmond School District. “The additional classrooms at RC. Talmey Elementary will help us take an important step toward providing the space and facilities our students deserve.”

This announcement is the 16th prefabricated school addition to be announced by the province in eight months and is one of many new projects on the way that will benefit families throughout B.C. for many years.

Since September 2017, the B.C. government has provided more than \$4 billion for new and improved schools, and land purchases for future schools throughout the province. This has created more than 25,000 new student spaces and more than 35,000 seismically safe seats at B.C. schools.

Budget 2024 includes \$3.75 billion for school capital projects over the next three years, including new and expanded schools, seismic upgrades and replacements, and land purchases for schools.

Asphalt Paving Advisory

April 20 to November 30, 2024

The City of Richmond has contracted Save On Black Top Ltd. to grind and pave the following locations in Richmond **from April 20 to November 30, 2024.**

PROPOSED 2024 PAVING LOCATION DETAILS
No. 6 Road (Bridgeport Road to Cambie Road)—Bridgeport Road intersection not included. Cambie Road Intersection included
Cambie Road (Shell Road to No. 5 Road)—Intersections included
Bridgeport Road (Viking Way to Sweden Way)—Intersections included
No. 4 Road and Alderbridge Way Intersection
Westminster Highway (Gilbert Road to No. 3 Road)—Intersections included
Beckwith Road (Sexsmith Road to Smith Street)—Intersections included
Blundell Road—(No. 4 Road to No. 5 Road)—No. 4 Road Intersection included
No. 1 Road (Francis Road to Blundell Road)—Intersections included
No. 1 Road (Westminster Highway to Granville Avenue)—Intersections included
No. 6 Road (Bridgeport Road to Vulcan Way)—Intersections included
Shell Road (Steveston Highway to Williams Road)—Intersections included
Vulcan Way (No. 5 Road to No. 6 Road)—Intersections included
Garden City Road (Cambie Road to Bridgeport Road) —Intersections included
No. 5 Road (Seacliff Road to Kingsbridge Drive)—Intersections included
No. 3 Road (Alderbridge Way to Capstan Way)—Intersections included
Burkeville Subdivision includes Catalina Crescent, Douglas Crescent, Hudson Avenue, Boeing Avenue
Kwantlen Street (Alderbridge Way to Alexandra Road)—Alexandra Road Intersection included
Machrina Way (Horseshoe Way to No. 5 Road)
22000 Block Westminster Highway (MOTI—McLean Avenue) including McLean Avenue Intersection
Knight Street (Southbound Lanes from Bridge Deck to 50m South)
Knight Street South Bound On and Off Ramps at Bridgeport Road
Steveston Highway (Westbound Lanes from Shell Road to No. 5 Road)—Intersections included
Shell Road (Bridgeport Road to River Drive)—Intersections included
Shell Road (Hammersmith Gate to Steveston Highway)
Jacombs Rd (Cambie Road—Bathgate Way)—Intersections included
Bathgate Way (Sweden Way—Jacombs Road) Intersections included
Hammersmith Gate (Shell Road to Hammersmith Way) Intersections included
Leonard Road (Ryan Road to Williams Road)—Intersections included
Maddocks Road (Aintree Crescent to Shell Road)—Intersections included
Boundary Road (Thompson Gate to Westminster Highway) including Thompson Gate intersection
Blundell Road (Sidaway Road to No. 6 Road)—Intersections included

Work hours will be 7:00am to 10:00pm on weekdays, and 7:00am to 8:00pm on weekends. Night time work hours will be from 7:00pm to 5:00am. (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.

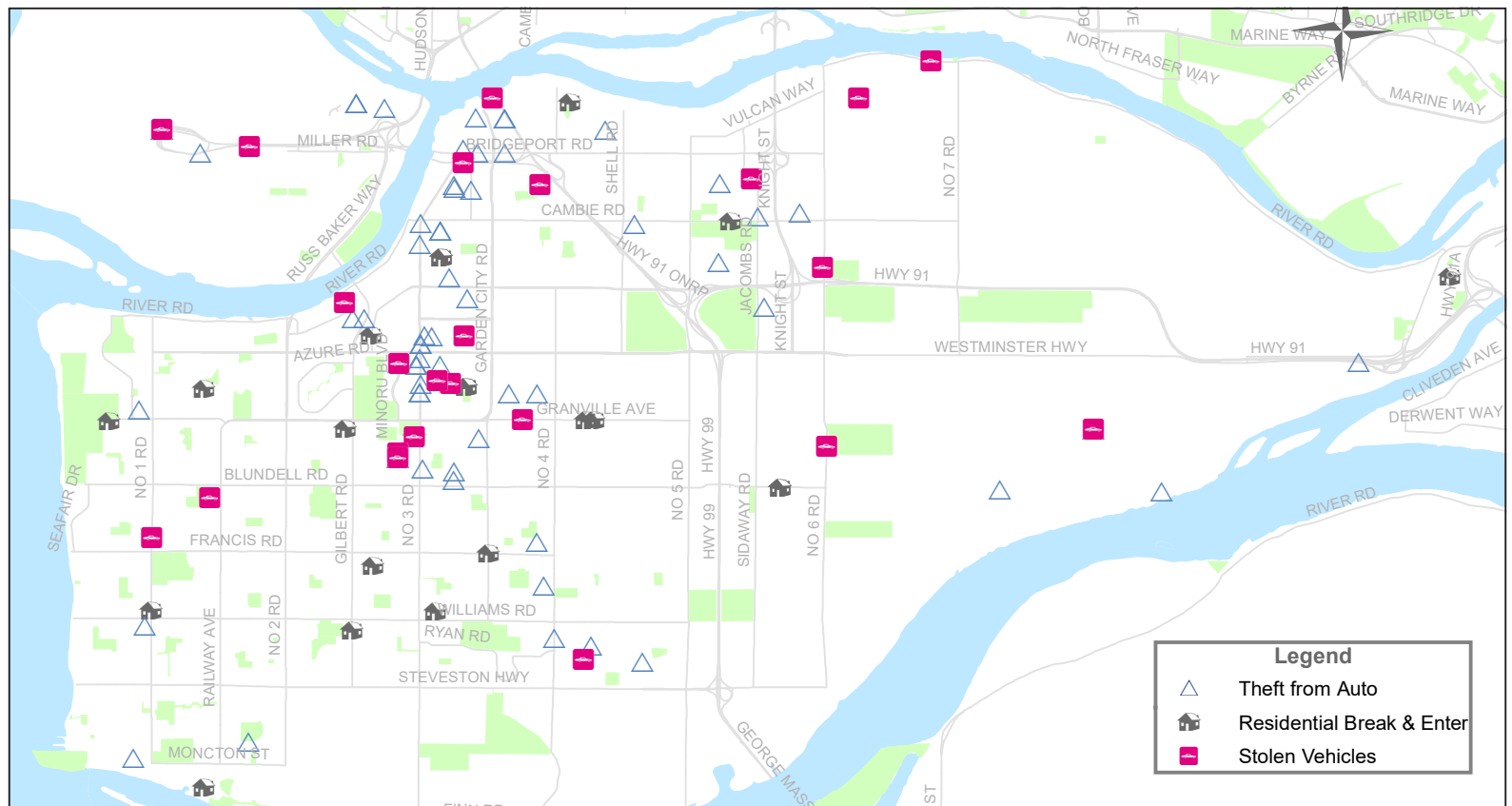
The scope of the advertised work may be adjusted or cancelled in line with available funding.

Questions may be directed to Wasim Memon, Supervisor, Engineering Inspections, at **604-276-4189**, or visit the City’s paving program web page at **richmond.ca/paving**.



RCMP

Crime Map April 1 - 30, 2024



Parking lot collisions

Following increase in reports, Richmond RCMP educating public on how to avoid parking lot collisions and what to do if you are involved in one.

"We are seeing an increase in calls for service for low speed parking lot collisions due to an apparent gap in knowledge around requirements for drivers involved in collisions," says Sargent Eric Baskette, NCO-in-Charge of Richmond RCMP Road Safety Units, "In the vast majority of cases police attendance could have been avoided if drivers simply exchanged their drivers licence and vehicle insurance information which is a requirement under the Motor Vehicle Act."

The requirements for drivers involved in a collision Under Section 68 of the BC Motor Vehicle Act include;

- Remain at or immediately return to the scene of a collision;
- Render all reasonable assistance.

In addition, the driver must produce in writing to any other driver involved in the collision and to anyone sustaining injury and, on request, to a witness;

- The name and address of the driver, operator or other person in charge of the vehicle;
- The name and address of the registered owner of the vehicle;
- The licence number of the vehicle, and;
- Particulars of the motor vehicle liability insurance card or financial responsibility card.

If the collision involves an unoccupied vehicle, the driver must:

- Locate and notify in writing the person in charge of or the owner of the unattended vehicle and provide them with the same information stated above.

To learn more information about your requirements under the BC Motor Vehicle Act visit the BC Government website.

In BC there are on average 234 parking lot crashes every day. The majority of which could have easily been avoided. Some safety tips include:

- When driving in parking lots pay extra attention, slow down and back into



Screen grab from Google Maps

The entrance to Aberdeen Centre parking lot.

parking spots;

- Backing into a parking spot provides a greater field of vision for you to see other vehicles and pedestrians when exiting a stall;
- Remember when entering or exiting the parking lot, to watch out for pedestrians on sidewalks and cyclists in bike lanes;
- Obey all posted signs. Follow the rules of the road and all traffic sign in parking lots;
- Don't rely on a back-up camera. Use your mirrors and shoulder check to confirm and monitor your surroundings.

For more tips on how to avoid parking lot collisions visit icbc.com



Joe Biz — *by Joe Leary*

Adam Hurstfield

You can certainly tell a lot about a musician's career by the amount of Gold Records that adorn the walls of their home.

Walking into the Richmond penthouse/studio that Adam Hurstfield shares with his family, it's evident that he has seen and done a lot with some powerful names in the recording industry including Ludacris, Rick Ross, Snoop Dogg, DJ Khaled, Super Junior, Girls Generation and Lee Hyori to name just a few.

Originating as an artist while in his teens; the mega-talented creator, composer and producer heads up XOXO Entertainment. It's his multi-tiered business venture that began in 2011.

His love of music was carved into his DNA in his childhood. "When I was a kid I was a huge Loverboy fan," he says. "I remember getting a vinyl copy of their album and playing it on repeat."

"I used to slide around my parent's house like Tom Cruise in *Risky Business* singing 'The Kid Is Hot Tonight' at the top of my lungs."

"I was terrible but it didn't matter because the song was so good."

"Mike Reno's voice was epic and Paul Dean's guitars were so driving."

"There was something magical about that song and that production that got me hooked on music."

Oddly enough growing up, Adam lived just two blocks from lead Loverboy singer, Mike Reno's house. "I remember trying to get the courage to knock on his door to try and get an autograph but I always chickened out."

"Cut to a bunch of years later and I actually got to produce an album for Loverboy and signed them to our Record Label. It's funny how life works."

Originally launching as a recording artist in a group called NRG, Adam H's first ever solo single was called 'Feel Good'. "Like every naive artist I thought the label going to be released, was my first single and it was going to be a huge hit. I could not have been more wrong and had no idea what it ac-



Adam Hurstfield in recording studio.

Photo provided by Adam Hurstfield

tually took to break a song.

"At the time I don't think my team did either but luckily my manager believed in me and he also managed the famous 70's soul and R&B group, The Manhattans."

"I had this idea to try and rewrite an interpretation of their hit single, 'Shining Star'; which was crazy to assume they'd even be interested in working with me."

"I was living in New York at the time and I remember flying home to Vancouver to visit my family, and that's when I wrote it."

"I had no approvals or anything and was very afraid to even ask, however when I returned to NYC I was in the studio with The Manhattans and their leader, the legendary Sonny Bivins; casually said to me 'Hey, we should do a song together. Maybe we can remake 'Shining Star'."

"I was freaking out because I was too afraid to even suggest it. I tried to play it cool meanwhile I had already rewritten it."

"That song opened up a lot of doors for me and I got to tour opening up for some massive groups at the time, but it still didn't blow up like I hoped, so being the OCD kinda guy that I am I was determined to learn every job in the industry and figure out how to properly break a record."

Hurstfield has certainly expanded his producing and songwriting portfolio exponentially along with artist management and conquering foreign markets.

His wife, pop star Elise Estrada is one such exam-

ple. Hurstfield said "Elise was the first Asian Pop Artist to go #1 on Billboard and when we first signed her no major label was interested. So we released her independently on our label and out of all the artists I've worked with in my life, no one has blown up as fast as Elise did. It was crazy."

"Within weeks she had her first #1 and was performing in stadiums with Rihanna."

"The major record labels were wrong because Asian artists were incredibly underrepresented in North America and when Elise broke out and became a star; Asian kids in North America finally got to see themselves as a mainstream artist. It was a beautiful thing which not only brought us success, it taught us a lot about what was missing in this business."

While working in all aspects of the entertainment business, Adam H continues to expand his global brand, sourcing out new talent in new markets.

"One of the things that the early part of my career taught me is that it really is a big, amazing world," he says. So I've always tried to connect the dots between as many countries as possible."

"My company, XOXO Entertainment Corp. has made it a priority over the years to expand into several strategic markets, so we heavily focus on many countries, in Asia as well as Europe, and North America."

"It's a great excuse to get to travel and immerse myself in other cultures."

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Richmond Stories: Nitika



Photo courtesy Richmond Sentinel

2023 Co-op Student of the Year to discuss her experience.

By MATTHEW CHEUNG
Contributing writer

In this edition of Richmond Stories, *Richmond Sentinel* host Jim Gordon (JG) sat down with fourth-year co-op student Nitika (N) to discuss her experience as a Co-op student and her recent recognition as Langara college's 2023 Co-op Student of the Year.

JG: Co-operative Education and Work-Integrated Learning or CEWIL, partner with post-secondary institutions, community members, employers, government, and students to champion work integrated education and learning in a workplace. Today's interview is with a young woman, who's a resident of Richmond, a fourth-year student and the recipient of Langara College's 2023 Co-op Student of the Year Award. She will soon graduate with a Co-op designation as part of her Bachelor of Business Administration in business management and has already landed a full-time position when she graduates. The young woman I was talking about is Nitika.

You were featured in a recent edition of the Richmond Sentinel, let's talk about your young career so far. You're attending, and about to graduate Langara College, and, you'll be graduating with a university acknowledged degree, how does that work?

Nitika (N): Langara is a college, it has various programs, but it also offers bachelor programs and degrees. I myself am doing a BBA, so I'm graduating with a bachelor's degree in business administration, so it does offer the full four-year programs.

JG: For our viewers out there and high school students would you recommend Langara as a college to go to?

N: Absolutely, for me since I was working part

time while doing my courses, it allowed me to attend programs in the morning or afternoons. So, you can work accordingly, with a flexible schedule.

JG: Let's talk about your schedule when you were in school, and managing your time in all the years that you were there? How much did you study academics of business administration and how much was involved in the co-op program and onsite training experience? How was that all incorporated together to make it suitable for your lifestyle and schedule?

N: With the co-op program, you can take it any time throughout the four-year program, you have to do one pre-requisite course which is basically teaching you how to build your portfolio, resume, how to conduct interviews. Afterwards, you have three years to take your co-op program anytime, it's a semester-based program so you can do it solo as its own thing or even work with a couple courses your taking along with that.

JG: Do you get to choose which company you want to do the co-op program with or does the school place you in accordance with what you're studying?

N: The school allows you to take the opportunity to apply to a company of your choosing and to manage the whole process of applying to interviews, knowing about a company you're interested in, taking the interview, and being employed by them.

JG: Your first co-op experience was as an event assistant, at a non-profit, talk a bit about that.

N: My first co-op program, was last year in 2023, in early spring with Latincoover, a non-profit organization. There I got to work with mentors who have been in the industry for many years, the organization has been doing programs for the past 15 plus years. I got to curate different programs and do them from scratch, from ordering tents, the very ba-

sics, to talking to the city, to understanding rules, regulations and the policies you need to follow to organize different events.

JG: It's interesting, I cover a lot of events but often people don't realize the minutia in putting this event on and making sure it's safe and properly regulated. Was it everything you'd had hoped it to be?

N: Absolutely, I never thought I would be doing events because that's not my background. Through co-op, I got to try a new industry, a new type of work lifestyle, that was something unexpected but the best experience of my life.

JG: Are co-op students reimbursed for the hours that they work?

N: We have paid internships, different companies offer different wages, mine was paid.

JG: Are there a lot of companies involved, offering positions in different areas?

N: Absolutely, there are a lot of companies looking to hire new students which requires being patient with them, teach them something new, and in the future possibly offer opportunities to work.

JG: Was there enough time for you in this experience, in terms of the length of the co-op itself?

N: My first program, the first co-op I did was with Latincoover, initially the contract was just four months. I don't think that was enough, but I was lucky enough to be extended for another four months, so it became a two-term co-op program for me. From that, in the eight months I got to learn quite a bit.

JG: Are there other things, recommendations you'd give to the school or parents out there on how it could improve this co-op?

N: No, personally it was four months and then it got extended to eight months. There are opportunities like that where people can extend their co-op terms. People who feel they've accomplished what they wanted; they can stop. There are people who want to learn more, they feel they can expand more, so sometimes they can extend it.

JG: Let's talk about what's next for you, you've done this, is this an area you'd like to return to, or was it one you said 'I'm glad I experienced it because it'll add to my resume, I want to try something new'.

N: It goes both ways, it's definitely something I loved and enjoyed and would love to go back to but, it's also something that builds on my resume and now I get to explore different things that I can use as a transferrable skill.

JG: You graduate soon, are you going to take some time off this summer or will you jump right into the business world?

N: I'm currently with my last co-op, it was a full-time job. I will be extending it and will be continuing it and will see where it goes from there.

For the full video interview, visit richmondsentinel.ca/videos

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Chicken from mamma's kitchen

By DINA BOUCHER
Contributing writer

Continuing the series on affordable and easy to prepare recipes for seniors to manage, here is another menu idea that creates several meals in fact I tested it and produced 12 individual meals just to see how far I could stretch the servings.

On the weekend I bought a roasted chicken economically priced at \$7.99. Here is how far I was able to stretch my budget. From lessons learned from my parents who I shared with you prior, both came from families of 8 brothers and sisters, these recipes from mamma's kitchen can also work for families on a budget as well as for seniors. Once again, a recipe can be stretched by adding lots of vegetables fresh or frozen.

Meal 1: Sliced roasted chicken and whole cranberry sauce served with potatoes and a vegetable of choice makes a dinner for two. As taught by my parents how to create meals from leftovers the following are examples.

Meal 2: If you like chicken pot pie but find pastry a challenge the following recipe is easy and creates enough for 8 servings.

- Step #1, You need one large pot
- Add 1 can cream of chicken soup
 - Add ½ cup of water, ½ cup of milk
 - Mix well and add

• 2 cups of leftover chicken cut up into small bite size

- 1 cup of sliced celery
- 2 cups of frozen peas, carrots and corn niblets
- ½ cup of chopped onion
- 2 small potatoes cut into bite size pieces
- Boil until semi-tender (drain water)
- ½ cup macaroni noodles
- Boil until semi-tender (rinse & drain)
- Add all vegetables into pot (stir)
- Season to your taste with salt & pepper
- Simmer one hour over low temperature
- Sir often letting flavours blend

Step #2 – Two Kaiser Buns

- Cut an opening across top/centre of the bun
- Use a fork to pack down bread inside
- Warm buns in the micro wave 30 seconds
- Place each bun on a dinner plate
- Scoop the chicken vegetable filling into the bun

Step #3 – Cabbage salad side dish

- Two cups of shredded cabbage
- ½ cup of moist dried cranberries (craisins)
- One slice of onion finely chopped
- One celery stem finely chopped
- Mix with coleslaw dressing
- Sprinkle paprika on top

Meal 3, Chicken cranberry sliders

- 6 dinner buns (don't separate)
- Cut buns from side to side



Photo courtesy Dina Boucher

Chicken cranberry sliders.

- Cut only 90 per cent across
- Open like a book
- Butter both of the insides
- Evenly place leftover chicken on one side
- Sprinkle with a little salt and pepper
- Mix 6 tbsp. whole cranberry sauce
- With 2 tbsp. miracle whip and blend
- Spread on opposite side over butter
- Close buns like a closing a book
- Warm in micro wave 30 seconds
- Cut and serve as mini sandwiches

Imagine 12 meals from a \$7.99 roasted chicken. These recipes are not gourmet servings, they are easy to prepare for a mother who has to prepare family meals after working all day or for seniors who love the flavour of home cooked meals but have limited resources.

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OUR CITY *tonight*

SPOTLIGHT ON
A COCKTAIL,
A FILM & A BOOK



Photo courtesy Mongrel Media

THE SUMMER FILM – *Longing*

A wealthy New York bachelor named Daniel (Richard Gere) meets up with an ex-girlfriend from decades ago and she drops a bombshell: she gave birth to his son shortly after they broke up. Daniel tries to take it all in – he has a son who would be 19. But then the next reveal: their son has died recently. What follows is Daniel's journey to know his late son; how he lived, who he knew and loved. There are a number of twists and turns in *Longing*, along with a great cast including Suzanne Clements and Diane Kruger as the late son's French teacher. The film, which is based on the 2017 award-winning foreign film *Ga'agua* (aka *Longing*), was written and directed by Savi Gabizon and shot in Hamilton Kitchener and Cambridge, Ontario. *Longing* opens in Vancouver June 7. mongrelmedia.ca

THE SUMMER SIP – *Ibisco Flower*

Another cocktail offering for the summer season, but this is something different: a non-alcoholic entrée. We turned to one of our experts to suggest something that's delicious and an alternative to alcohol cocktails. Sam Batt, bartender/cocktail creator at Italian Kitchen, has just what we need: an *Ibisco Flower*. "This is a refreshing and delicious summer mocktail to kickoff patio season and beach hangouts," Batt tells us, "and the floral and sweet working together to keep you cool on those hot summer days." You can enjoy this mocktail at Italian Kitchen or, like all our expert suggestions, easily make it at home. Start with .75 oz hibiscus syrup, .75 oz grapefruit juice, .5 oz cranberry juice, .5 oz lime juice, then shaken on ice, topped with soda and or Sprite, garnished with hibiscus flowers. glowbalgroup.com



Photo courtesy Sam Batt

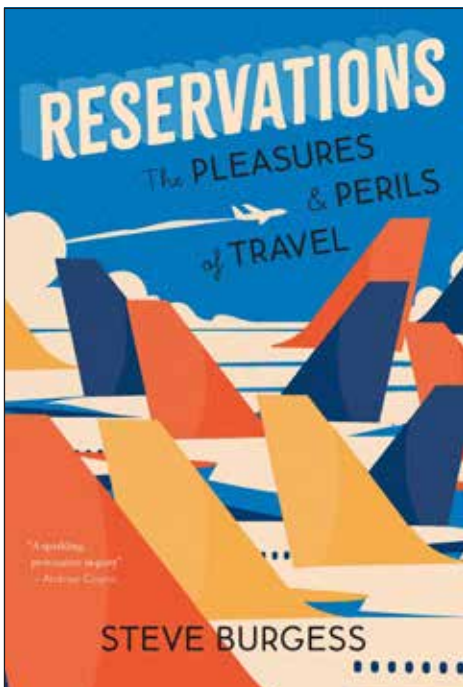


Photo courtesy Douglas & McIntyre

THE SUMMER READ RESERVATIONS – *The Pleasures & Perils of Travel* by Steve Burgess

Steve Burgess is a writer and broadcaster whose honours include two Canadian National Magazine awards. He is a contributing editor of *The Tyee*, and an award winning documentary director. He is also the author of a new book called *Reservations: The Pleasures & Perils of Travel*. Burgess, who makes Vancouver his home, does the kind of traveling we wish we could do: no carved-in-stone itineraries, no schedules to be met, no places you *must* see. When he arrives at a destination (take Italy, for example, one of his favourites), the first act after checking into his favourite, cozy hotel in Rome, might be nothing more than sipping espresso in a nearby café. As he quotes Lao Tzu, "a good traveller has no fixed plans, and is not intent on arriving." This wonderful collection of stories and experiences comes from this talented writer's decades of traveling the world. There are observations about mass travel to hot spots around the world and the damage it can inflict (the deterioration of beautiful Maya Beach in Thailand is a perfect example), as well as unexpected encounters with little-known tourist stops (the giant, neglected Buddha statue in Ashibetsu, Japan, is a great example of how the thinking "build it and they will come" is not always a guarantee for tourism success), and even some romance thrown into this wonderful read. douglas-mcintyre.com

Canada's fastest family tells all in a new book

By JIM GORDON & LEETA LIEPINS
Contributors

Her book is called *RACES, the Trials and Triumphs of Canada's Fastest Family*. She is an activist, a speaker, a teacher, a politician, and athlete hailing from Vancouver. She is also the granddaughter of Canada's first Black Olympian, John Army Howard and she is a champion in her own right. She became the Canadian senior women's champion in sprints and in long jump at the age of fifteen.

In 1959, she went on to represent Canada at the 1960 Rome Olympics, the Commonwealth Games, and the Pan-American Games where she won a bronze medal in the 4 x 100 relay competing alongside her brother. You might recognize this name. Her brother is Harry Jerome. *Our City Tonight* (OCT) sat down with Valerie Jerome (VJ) to talk about her new book and her life.

OCT: Valerie, I could not put your book down and it is fascinating that I was reading this book when I was visiting my mother who actually competed at the same time. You and your brother are both famous in your own right, both of you being Olympians. I have heard and read the reviews on your book. It is so compelling in fact, David Suzuki says every single Canadian needs to read this book and I must agree. Tell us all about what it took to write such a personal and compelling book.

VJ: Well, I wrote it some years ago when I actually started interviewing Harry's friends and I went to Ottawa where he had worked at one time, and I interviewed the people there. I did those interviews back in 1983 and 1984 but I wrote this manuscript in 1991. It has been a struggle, not so much to write it because it just poured out of me. Once I started writing what I wanted to do was expunge myself, not from all of them, but certainly many of the unhappy memories. The struggle really has been to get a publisher and I spoke with many publishers. It was not until George Floyd was murdered and was shown on television that Canadian publishing noticed my book. Canadian publishing has published books by Black authors before, but the books were mainly written about Haiti, Jamaica, West Africa, or the American Civil War and the slave trade. They did not really pay attention to writing that was about Black Canadians who were here for generations.



Photo courtesy Goose Lane Editions
Valerie Jerome.

OCT: It is fascinating reading your book and that most Canadians think we were not part of the racism that was happening in the 1950s and the 1960s and even into the 1970s and continuing but you definitely dispel that myth in a very heart wrenching way. It is a very honest accounting about what your family went through when they lived in Canada, and in particular, North Vancouver.

I brought along an assortment of my mom's old track and field books for this interview and your name is found throughout them. You are an incredible athlete, and in your book, you describe many of your trials of being a Black woman in athletics. Even as a champion, as well as your famous brother, Harry Jerome, you both still endured so many challenges within that arena.

VJ: Yes, it is ironic that even though I was actually the only Black women running in Canada, Harry and I at our first national championships in 1959 and 1960 we were basically the only Black people there. It is vastly different from what the start lines look like these days at national championships. Track and field competition did provide us with a fabu-

lous home. Not just a physical home of the place at Brockton Oval in beautiful Stanley Park, but also a community, a family of like-minded friends.

We all trained together in that glorious setting at Brockton Oval. And the running allowed us to be free and to be able to shed all the concerns of the day and just find that space that existed nowhere else. It didn't exist at our home, it didn't exist at school, and it certainly didn't exist in the larger community. So, the sport of track and field truly was a gift.

OCT: We found it interesting as you mentioned in your book that perhaps a lot of Black families at least found solace within their own family during these challenging times. Unfortunately, you and Harry did not even have that. You, in fact, had to go to foster homes and had to endure that as well. This book is incredibly honest, it is searing as reviewers have said, and of course, highly recommended reading.

VJ: The trouble is, when making changes in society, if people are not aware of what is going on, how are they going to change it—how are they going to address it? I think the number one goal of my writing this book is that I would like to shine a light on something that is not discussed at all in Canada. We think we are saints; we were the northern terminus of the underground railway and welcomed the slaves.

I would like to mention there is a fabulous program available on television now called *Black Life*, and it is incredible. It's broken down into many segments, including settlements, sports, and it is fabulous. I do believe the more we know, and as hard as it is to process, the more likely we are going to change.

OCT: Valerie, as an activist you're out there speaking to help facilitate this positive change. I have to say you are an amazing woman, and we are incredibly grateful as I'm sure the rest of Canada will be as well that you have written this book for everyone. And that Vancouver has a beautiful reminder of your champion late brother, Harry Jerome with the beautiful statue that was erected in Stanley Park in his honour.

RACES, The Trials & Triumphs of Canada's Fastest Family author Valerie Jerome, published by Goose Lane Editions, 2023.



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