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06

Photo by Takuya Suzuki, Richmond Sentinel

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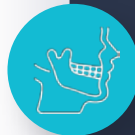
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OUR CITY

Richmond

GOOD TO KNOW

by Florence Gordon

The project is divided into three phases:



Richmond is updating its current Official Community Plan (OCP). We encourage you to learn more and provide input on this long term vision shaping the future of Richmond. Several engagement opportunities are being offered through November in Phase one. Further engagement opportunities will be announced in Phases two and three.

Why are we updating?

Richmond is launching an update of the Official Community Plan (OCP) that will guide the city's growth for the next 25+ years. The current OCP was approved in 2012. Since then, Richmond's population and economy has grown and various challenges have intensified over the years. These include but are not limited to housing affordability and climate change, with vulnerable populations experiencing the most impacts. To prepare an updated OCP, community members will be invited to get involved to help shape the future of Richmond.

What is an Official Community Plan (OCP)?

Under the provincial legislation's *Local Government Act* (LGA), the Official Community Plan (OCP):

- Is a very comprehensive policy that outlines the long-term goals and objectives of a City
- Enables the city to plan, coordinate and manage its environment, social, and economic land use interests over the long term
- Must include a Regional Context Statement that aligns with Metro Vancouver region's *Regional Growth Strategy, Metro 2050*
- Reflects the dreams and aspirations of Richmond community members.

Council has endorsed a proposed scope and process to update the OCP.

The proposed overarching themes to guide the OCP update included "Resiliency, Equity and Adaptation" with the six targeted areas to include:

- Housing Affordability
- Community Equity
- Environmental Protection & Enhancement
- Climate Mitigation & Adaptation
- Long-Term Planning for Emerging Trends & Transformational Technologies
- Administrative Updates

The City of Richmond held in-person open houses during the month of November in 4 districts: Steveston Community Centre, Brighthouse Public Library, Thompson Community Centre and East Richmond Community Centre where members of the community learned about the Official Community Plan and shared their thoughts, ideas and photos. We will keep you posted when Phase 2 becomes available. In the meantime, if you have any questions email CommunityPlanning@Richmond.ca or Let'sTalkRichmond.ca/ocp2050

If you have any questions about the OCP update, please email CommunityPlanning@richmond.ca

Richmond seeks input on Community Wayfinding

The City of Richmond is getting closer to completing its long-term Wayfinding Strategy, which will help residents and visitors navigate through Richmond with ease—by foot, on wheels or via public transit. The draft Community Wayfinding Strategy is now ready, and the public is invited to learn more and provide feedback from now until Wednesday, December 18.

"The draft Community Wayfinding Strategy, including its guiding principles, strategic recommendations and the design framework, was created based on valuable public feedback," said Mayor Malcolm Brodie. "We are now asking the Richmond community to provide their feedback on the draft Strategy to help shape this important work that will benefit everyone who lives in Richmond and those who come to visit, for many years to come."

Wayfinding connects people to their surroundings and helps them find their way—for example, through directional signage and visual landmarks. Wayfinding can also highlight attractions, places of special interest and the best routes for moving through the city.

Having a Community Wayfinding Strategy means that future wayfinding in Richmond will be visually consistent, will contribute to pride in our community, and will meet accessibility standards, ensuring that wayfinding is for everyone.

The public can participate in the following ways:



Photo courtesy City of Richmond

The City of Richmond is inviting all residents and visitors to provide feedback on the draft Community Wayfinding Strategy.

- Visit LetsTalkRichmond.ca/Richmond-wayfinding to learn more, ask questions and complete the online survey.

- Request a printed survey by emailing economicdev@richmond.ca or calling 604-276-4103.

- The survey will be open until 11:59 p.m. on Wednesday, Dec. 18, 2024.

The input from this public engagement will in-

form the final Community Wayfinding Strategy, including the framework to roll out the strategy for future wayfinding over the coming years. The final Strategy is anticipated to be completed in late winter 2025.

For more information, visit LetsTalkRichmond.ca or contact the City of Richmond Economic Development Office at economicdev@richmond.ca

Preparation is essential for safe driving in winter

The arrival of a significant storm to the south coast of British Columbia is a reminder to drivers that weather conditions can change quickly at this time of year, and to be prepared for the onset of winter road conditions.

If snow or freezing temperatures are in the forecast, people should check DriveBC before setting out, so they know what road conditions they will face. Drivers should stay off the road should conditions worsen and ensure their vehicle is properly equipped with snow tires should they need to travel.

Drivers can help maintenance crews by moving over safely when they see a vehicle with an amber light approaching. This will allow crews to clear snow and improve road conditions to reduce hazards for drivers and help them get to where they're going safely.

With any winter weather event, road and bridge conditions can be unpredictable and can change quickly. The Ministry of Transportation and Transit's contractors monitor the weather closely and will apply anti-icing brine to road surfaces when freezing temperatures are forecast.

As well, the Port Mann and Alex Fraser bridges are equipped with a cable collar system to remove ice and snow from the cables. Advanced weather data means crews are better prepared and can activate the systems sooner to remove snow in bad weather as quickly as possible.

In certain conditions, a partial or full closure of the bridges and roads may be necessary to ensure driver safety. The ministry will update people as quickly as possible about any closure via DriveBC and its social media channels, and through other methods such as signage and traffic advisories to local media.

RICHMOND SENTINEL
OUR COMMUNITY NEWS

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

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marketing@richmondsentinel.ca
778-325-1297

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In honour of our soldiers: Ian Thomas Myron

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 Pilot Officer, Air Gunner, Ian Thomas Myron.

Ian Thomas Myron was born on June 10, 1925 in Moose Jaw, Saskatchewan. At the age of 12, he and his family moved to Richmond, where he would attend Richmond High School. During that same time, Ian delivered provincial newspapers on Sea Island. In 1942, he graduated from

Richmond High School and joined printing business called Less Homer of Vancouver, as an apprentice. He also drove a truck for the Canadian Cannery Ltd.

With experience as a member of the active militia, serving with the Seaforth Cadets and 39th Field Royal Canadian Army in Vancouver, Ian would join the Royal Canadian Air Force and be posted in Alberta and Quebec. On May 19, 1944, he would embark on a journey for England, he trained as an Air Gunner and was promoted to Pilot Officer Air Gunner.

During a mission on Dec. 5, 1944, #426 Thun-

derbird Squadron, a squadron he was part of, took off en route to Soest, Germany. Tragically, the #426 aircraft was involved in a mid-air collision with a Lancaster bomber from the #428 squadron near Rugby, England. Both aircrafts exploded on impact and crashed, killing all on board.

On Feb. 4, 1946 the City of Richmond made the decision to honour Ian Thomas Myron by naming a road after him. Myron Court is located near the intersection of No. 4 and Blundell Road, beside the Garden City Elementary School.



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Richmond's youth are Talent Award winners

Organized by Fairchild Radio, the 2024 Little Sunshine Talent Search was held at Aberdeen Centre on Saturday, Nov. 16 and Richmond kids Victoria Liu and William Ji won three awards in front of a cheering crowd. Victoria Liu (aged 12) was crowned the Champion while William Ji (aged 11) took home the Second Runner-up as well as the People's Choice Award. First Runner-up went to Lunar Tan (aged 10) while the Talent Award went to Leah Choy (aged 12).

First organized in 2010, Little Sunshine is an annual talent search for Chinese speaking kids between the ages of 4 and 12. The 2024 event kicked off at the beginning of September and six girls and two boys aged between 6 and 12 were selected to compete in the final contest held in front of audience today. For the past six weeks, these eight finalists underwent a series of training and rehearsals, learning how to talk, walk and dance on stage, and having their personal talent sharpened for public performance.

The final contest was consisted of four segments: opening dance, talent show, self-introduction and formal wear fashion show. While the fashion show offered glamour and flair, the talent show was best in reflecting the individuality and creativity of each kid. Musical instrument performance, hip-hop dance, singing, gymnastics, martial art and Broadway-style musical were just a few of the talent these kids have, and many kids combined two or even three types of talent for a fascinating performance, leaving the audience in awe.

The winners and finalists of the 2024 Little Sunshine will be appointed the Goodwill Ambassadors of the Winter Warm Wave campaign, an annual



Photo courtesy Fairchild Radio

From left to right: Talent Award winner Leah Choy, First Runner-up Lunar Tan, Champion Victoria Liu, Second Runner-up and People's Choice winner William Ji.

clothing drive to benefit the Salvation Army. They will appear at Aberdeen Centre on Saturday, December 14 between 12 to 4 p.m. to receive clothing donations from the general public. Come support the Little Sunshine and the Winter Warm Wave by taking the clothes, books and toys you no longer need to Aberdeen Centre on December 14. A small souvenir will be given to you as a token of appreciation.

A member of the nationwide media conglomerate Fairchild Media Group, Fairchild Radio is a multicultural radio station with operations in Toronto (AM1430 & FM88.9), Calgary (FM94.7) and Vancouver

(AM1470 & FM96.1). On top of being Canada's number one Chinese radio station, Fairchild also provides quality radio programming in over 40 languages and acts as the hub of news, information, music and entertainment for the numerous yet affluent ethnic communities in these three cities.

Fairchild Media Group also owns Fairchild Television, Talentvision and Popular Lifestyle & Entertainment Magazine.

For more information about Little Sunshine and Fairchild Radio, please contact Seme Ho, promotion director of Fairchild Radio Vancouver at 604-295-1230 or semeho@am1470.com

Experience the magic of the holiday season

The 23rd edition of Winter Wonderland, presented by the Rotary Club of Richmond Sunset, returns to Richmond City Hall (6911 No. 3 Road) on November 30. Celebrate the season with a stunning display of festive cheer, featuring a dazzling array of beautifully decorated indoor and outdoor Christmas trees.

This year's Winter Wonderland features two displays, sponsored by local businesses and organizations. The decorating was done by Rotary Interactors of Hugh Boyd Secondary School and Steveston-London Secondary School, as well as community volunteers.

- **Indoor Galleria Trees:** Stroll through the Galleria inside Richmond City Hall to admire a collection of uniquely decorated trees, sponsored by local businesses and organizations. The trees will be available for viewing on weekdays from 8:15 a.m. to 5 p.m. December 1-24.

- **Outdoor Twinkling Trees:** On the North Plaza, discover live trees sparkling with lights, available for viewing from November 30-December 31. After the event, these live trees will be replanted in Richmond's parks, contributing to the local community's greenery.

As you take in the festive sights, snap a few photos and vote for the most beautifully decorated tree. Visitors are encouraged to bring a non-perishable food item to donate to Richmond's local food bank and help support

those in need this holiday season.

The public can also enjoy the following musical matinee concerts set against the events wintery backdrop:

November 30

12 p.m.: Dr. Libby Yu Piano Studio

2 p.m.: BC Registered Music Teachers' Association

3:30 p.m.: Interact Clubs – Shaung Music School

December 7

2 p.m.: Pacific Chamber Music Academy

3:30 p.m.: Richmond Music School

December 14

2 p.m.: Richmond Emmanuel Music School

3:30 p.m.: Sound Direction School of Music

Winter Wonderland is supported by Aspac Developments (Event Sponsor), Concord Pacific (Gold Sponsor), as well as 24 companies and individuals. Tom Lee Music provided sponsorship of the piano for the Winter Wonderland concerts. The event is also supported by the *Richmond News*, *Richmond Sentinel* and the City of Richmond.

For more information on sponsoring a tree or supporting Rotary programs, please visit richmondsunsetrotary.org

Saint Germain raises over \$12K for Richmond Hospital

On October 6, Saint Germain Bakery at Aberdeen Centre raised more than \$12,000 towards Richmond Hospital Foundation for the Emergency Department.

"Richmond Hospital's Emergency Department is an important place the community relies on for urgent health care needs," shares Mickey Zhao, chief executive officer, Saint Germain Bakery. "A well-resourced department is crucial for helping patients access the care they need quickly and efficiently. By working together, we are able to make a meaningful contribution towards the hospital and our community. We look forward to more opportunities to give back and benefit more people in the future."

The award-winning Saint Germain Bakery was founded in Richmond in 1986, and now has locations throughout the Greater Vancouver area and Ontario. Over the years, the bakery has supported Richmond Hospital Foundation by donating baked goods for events and most recently, hosting a charity sale where all proceeds from the day were donated.

Richmond Hospital's Emergency Department is open 24 hours a day, 7 days a week and sees between 150 to 200 patients a day. An essential resource for urgent medical care, the department provides immediate attention to a diverse range of health issues, from severe injuries to sudden illnesses. Its round-the-clock availability in the community ensures that individuals can access life-saving services whenever they need it.

"We wish to thank Saint Germain Bakery for their generous donation," shares Spencer Gall, chief philanthropy officer for Richmond Hospital Foundation. "The Emergency Department is a place where many turn to when seeking urgent health care for physical and mental ailments. Thanks to Saint Germain Bakery's contribution, as well as everyone who participated in the



Photo courtesy Richmond Hospital Foundation

Mickey Zhao, chief executive officer at Saint Germain Bakery (back row, 3rd from right); Spencer Gall, chief philanthropy officer, Richmond Hospital Foundation (back row, 2nd from right); and staff of Aberdeen Centre's Saint Germain Bakery store.

charity sale, their support and generosity will help improve care and efficiency in the Emergency Department, allowing health care teams to provide the best possible outcomes for patients."

To learn more about Richmond Hospital Foundation and to lend your support for health care in Richmond, visit: richmondhospitalfoundation.com



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Celebrating 50 years of women in the RCMP

By **MATTHEW CHEUNG**

Contributing writer

Since the creation of the RCMP over 150 years ago, women have played a key part in aiding in the success and survival of the force. Often times, they depended on First Nations, Métis, and Inuit women for survival in harsh and unfamiliar environments. In the 1890s, women would become more involved in the operations of the RCMP, being employed as matrons to guard women in police custody, and escorts when female prisoners were being moved from one place to another. As the world advanced, so did the level of duties of women in the RCMP, by 1974, women had taken up roles in the organization as stenographers, typists, and even took on technical and scientific roles in the RCMP. A notable example can be found between 1922 and 1942, Dr. Frances McGill who was recognized as director of Saskatchewan forensic identification lab. On Sept. 16, 1974, Troop 17, a group of 32 women who became RCMP officers completed their training after a year and spread out across the country.

In 2024, the RCMP celebrated its 50th anniversary of women joining their agency. The Richmond RCMP proudly celebrated this anniversary by featuring a series of profiles of RCMP members serving in Richmond, briefly introducing their diverse ranks, roles, and backgrounds. In an interview conducted by the Richmond RCMP, the *Richmond Sentinel* wanted to highlight answers to the following questions that were asked:

1. What inspired you to join the RCMP?
2. What challenges have you faced in your career, and how have you overcome them?
3. What advice would you give to young women in policing or those considering a career with the RCMP?

Superintendent Julie Drotar: a journey of dedication and service

Superintendent Julie Drotar has had an exemplary career, spanning over 30 years, she is the senior operations officer at the Richmond RCMP, and has held many roles both in provincial and federal units in the RCMP. From the assistant LMD district commander to operational and administrative roles, Julie Drotar has done them all, while displaying dedication and excellence.

1. Being a police officer is a very rewarding and satisfying career. I joined the RCMP because I wanted to service my community and make a tangible difference in people's lives. This profession offered me the opportunity to help others, uphold justice, and contribute to the safety of and well-being of those around me.

2. As a female police officer, I have faced various challenges, but I view each challenge as an opportunity to grow and learn. Some of these challenges pushed me to reach higher ranks in senior leadership to ensure I could be part of the positive

changes within the force. This mindset has helped me overcome difficulties and continue progressing in my career. It's important to convey that challenges do not define us; rather, how we respond to them does. By reflecting on what we can learn from each obstacle, we can pave a better path for others.

3. Take part in the conversation and assert yourself. Don't underestimate your abilities or contribution. Embrace ambition and don't be afraid to strive for specific duties or leadership roles. Seek mentors and build a supportive network of women who can help navigate the challenges of being a female police officer.

Corporal Melissa Lui: a journey of leadership and commitment

Corporal Melissa Lui is a seasoned RCMP officer with 17 years of service. She recently assumed the role of High-Risk Offender Coordinator for the Richmond detachment. Cpl. Lui's career path has included significant roles such as NCO of the Richmond Economic Crime Unit (ECU), where she led complex investigations into financial crimes and spearheaded the cryptocurrency tracing program in Richmond.

Her current responsibilities involve overseeing high-risk offenders in Richmond, working closely with the Crown, Probation, and Parole officers to monitor and assess these individuals. She manages the Repeat Violent Offending Intervention Initiative (ReVOII) for Richmond, a provincial initiative aimed at reducing violent offending.

Cpl. Lui also showcases her commitment to community and public education by developing fraud prevention campaigns and presentations for Richmond residents, community groups, and media, which she delivers in multiple languages.

1. I grew up in Markham, Ontario, where there was a limited presence of RCMP officers. My knowledge of the RCMP was limited to knowing they are the police of Canada, and that it must be very special and prestigious to become an RCMP officer. After a coop program, I developed an interest in forensics, solving crimes, and investigations, it was during my university years when a friend asked if I was interested in becoming an RCMP officer, after doing some research, I learned about the application process and the wide variety of opportunities the RCMP has, and decided to give it a try.

2. What stood out to me was the Depot, our training facility in Regina where all RCMP members spent six months training to become police officers. Attending in 2006-2007, I quickly realized that being one of two Asian females on the campus I was in the minority. While I was treated with respect, there was an inner sense of self-consciousness that I had something extra to prove. I struggled with the physical test, almost being sent home in my first test, and pistol qualifications. Through guidance from my troopmates and and extra classes, I was able to set a personal best

PARE time of 3:30 and achieve 'cross pistols', a given to those who scored 225 or higher.

3. Dream big and believe you can change the world. Have the courage to take risks, there will be mistakes and adversity too. How we learn from our mistakes, and how we face adversity, will determine our success.

Constable Pancharathnarajah: a journey of courage and advocacy

Constable Pancharathnarajah is an RCMP officer with four and a half years of service who recently joined the Special Victims Unit. The unit works with BC Integrated Child exploitation and US Homeland Security to ensure thorough investigations and the protection of vulnerable individuals. She conducts interviews and monitors statements with children under 14 years old, providing critical support and advocacy for the youngest victims in our community, and she is an appointed director on the board of Out on Patrol, an organization for 2SLGBTQI+ law enforcement officers.

1. I always dreamed of becoming a police officer, but as an 2SLGBTQI+ South Asian woman and Tamil immigrant it was not in the equation growing up. My parents didn't have that dream for me, and growing up in Scarborough, Ontario, police officers were often disliked by our community. I joined the police force to break down barriers in my culture, I wanted to show Tamil women they should always follow their dreams, never stop believing, and not allow others to decide their fate. That even though policing has historically been viewed as a man's job, we can and must break those barriers.

2. My intersectional identity as a woman, lesbian, Tamil, and visible person of colour has produced unique challenges. When meeting new members or joining a new detachment, there are always challenges in ensuring people are comfortable with my sexuality or their ability to pronounce my name. I have also faced harsh interactions during calls from fellow radicalized people and from men of colour for being a police officer. Speaking to the South Asian community about why I became a police officer has been rewarding work for me.

3. Don't let anything or anyone stop you from following your dreams. Not your sexuality, your cultural norms, the colour of your skin, or your gender. Keep going.

Constable Tara Joubert: a commitment to service and community

Constable Tara Joubert is a Richmond RCMP officer with five and a half years of service, she is currently a general duty investigator which requires her to be a first responder, conduct investigations, attending 9-1-1 calls, and many more. She also works closely with specialized units like the police dog service and forensic identification services.

1. Since I was a small child, I wanted to be a police officer, growing up with a father in the RCMP was extremely impactful. I was inspired by his example and stories he told, as I grew older, the inspiration



SUPERINTENDENT JULIE DROTAR



CORPORAL MELISSA LUI



CONSTABLE PANCHARATHNARAJAH



CONSTABLE TARA JOUBERT



CONSTABLE LIU



CONSTABLE CARLA TSANG

developed into genuine interest in crime and law. The RCMP was my first and only choice of organization to pursue, in 2019 the dream I had of my father presenting me with my badge came true.

2. One of the challenges I initially faced was adjusting to shift work and the inconsistent sleep patterns. Brain fog, lethargy, and lack of motivation during the daytime was difficult to overcome. After reading *Emotional Survival for Law Enforcement* by Kevin M. Gilmartin, I began to understand what was happening to my mind and body. Implementing strategies around physical movement, activity planning, and communication with loved ones, I was able to reduce the biological rollercoaster that shift work can cause, create better work-life balance, and be more engaged with my family while away from work.

3. My advice is to stay steadfast in your dream, and not let anyone dissuade you that you are too nice, or not capable of this type of work simply because you are a woman. I would also advise women interested in this line of work to reach out to your local RCMP detachment and for a ride-along with a female officer to have a firsthand look at 'a day in the life'. This is a great opportunity to connect with a female member, hear about her personal life, and find a supportive hand during the application process.

Constable Liu: A Passion for Youth Engagement and Community Service

Constable Liu is a Richmond RCMP officer with five years of service, she serves as a key member of the Community Engagement Team – Youth

Section, actively involved in the Yankee 30 program. Constable Liu works closely with probation officers and social workers, focusing on welfare and safety of youth, supporting them in navigating through challenging situations.

1. I was inspired at a very young age by a Japanese anime called Detective Conan, the main character was called Sherlock Holmes of the Japanese Era, which inspired me to read Arthur Conan Doyle's Sherlock Holmes series. This ultimately inspired me to want to solve crimes and help others.

2. As a short Taiwanese girl who immigrated to Canada at the age of 10, I faced numerous challenges, particularly around language and physical expectations. I was an ESL student and had to take extra tutoring lessons to improve my English proficiency. Numerous people have underestimated my abilities, driving me to work harder to prove them wrong. Not letting people get on your nerves and containing your anger may be a challenge for most, but it is a must for police officers, realizing people are mad at the situation, your uniform, or themselves, but not you personally helps tremendously.

3. If at first you don't succeed, try, try, try again. Others may not believe in you or maybe you might have doubts, but I highly recommend giving it a try if you are even slightly interested. 10 years ago due to medical reasons I withdrew my application, after recovering I reapplied and got my dream job. Join me in the world of policing and be a part of something exciting that can help change the community.

Constable Carla Tsang: strengthening policing through investigation and training

Constable Carla Tsang has been a member of the Richmond RCMP for eight years serving in the General Investigation Section. She is also a certified Public and Policy Safety Instructor, ensuring a high level of preparedness and tactical efficiency through use-of-force training. In her free time, Carla Tsang's passion for martial arts has led her to become a judo coach teaching youth and adults the importance of self-discipline, respect, and confidence.

1. As a child, I had a dream to become a police officer at a young age, as my parents taught me that police are there to help people. Drawn to the iconic red serge, as I grew older, I pursued an education in accounting due to concerns about the dangers of policing. While in university, RCMP recruiters visited, and after hearing about various opportunities I decided to apply and pursue my passion for helping others through law enforcement.

2. When I first started, establishing a police presence was a challenge. At crime scenes, people often gravitated towards senior or physically imposing officers, which made it more challenging to assert authority. Going to judo classes helped me develop leadership and confidence skills.

3. Try out a martial art, such as judo, to become comfortable with physical confrontation and to develop both confidence and self-defence skills. Go for a ride-along if you get the chance, as real-life policing is very different from what is portrayed in TV shows or movies.



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Funds from this event support the food bank, scholarships, and an expansion to Garden City Park



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Indoor trees:
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Outdoor lights:
5:00pm - 11:00pm

Free Matinee Concerts

November 30



12:00 PM: Dr. Libby Yu Piano Studio
2:00 PM: BC Registered Music Teachers' Association
3:30PM: Steveston-London and Hugh Boyd Interact Clubs & Shuang Music School

December 7

2:00 PM: Pacific Chamber Music Academy
3:30PM: Richmond Music School

December 14

2:00 PM: Richmond Emmanuel Music Group
3:30PM: Sound Direction School of Music

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Photo via freepik.com
A festive meal.

Mindful eating for festive season

By FLORENCE GORDON
Contributing writer

Jim Gordon (JG): *The addition of Rika Mansingh a registered dietitian, clinical consultant and best-selling author has proven to be popular with our viewers both in print and on video. Our readers love the fact that she offers information about the body, the mind and healthy eating while keeping it simple and easy to follow. It is a tough time for many people during the festive holiday season, so I want to talk about emotional eating, because it's a serious thing.*

Rika Mansingh (RM): It is so important to recognize the difference between emotional eating and physical hunger. Emotional eating is the act of eating in response to an emotional trigger, so a person eating because they're stressed, anxious, bored, or angry, tend to look for comfort food.

To differentiate between the two, emotional eating happens rapidly, you're triggered, and you want to eat immediately. True hunger develops over a longer period with a willingness to eat a variety of foods. Emotional eating is not just a question about what you're eating but also what is eating you,

I always tell my patients before you eat pause and ask yourself "am I really hungry or am I eating because I'm stressed or bored?". Drink a glass of water or do a different activity, wait for 15 minutes, and revisit those feelings. It's important to eat only when you're hungry.

JG: *One doesn't want to overthink this but it's almost like we need a strategy to get through the festive season. Some of the things I wanted to talk to you about was, the mindful eating strategies to*

get you through the holiday season without overindulging.

RM: I think being mindful and having a heightened awareness is key, only when you're aware of what you're doing can you make a change. I like to refer to the festive season as the food festive season because our routine is interrupted and that's when the inevitable overindulging occurs.

Doing something like eating on the go, you're rushing your brain does not register that you have eaten and what happens is you eat more food and crave faster. You will actually miss your mind sensation of fullness, it takes your mind 20 minutes to recognize that you're full. It's much better to eat slowly, and savour each bite.

Another strategy is being mindful of associations, for example going to the movies. Automatically we stand in line to get our sugary beverages an extra-large popcorn, because that's what we do at the movies. A strategy would be to choose a small popcorn and drink and savour the flavour.

JG: *Rika in your book you write a section called 'catch those tricky traitors', what are some tips to cope with the emotions when triggered, without turning to food?*

RM: All habits are patterns and when you're aware of a pattern you can change it. When it comes to emotions, it's important to be aware, if you're eating unhealthily—what did you see, think, hear, feel, before that triggered the habit to happen. Most people, either overthink the future or over-remember the past. What you have to do is to bring yourself to the present moment. Focus on being grateful in the present moment.

There's a science behind gratitude, the brain cannot think a negative thought if in a state of gratitude. If you're feeling stressed and suddenly say what am I grateful for, eventually the stress will subside interrupting the pattern. Another good technique to bring a person to the present moment is, a neuroscience back technique. It's called the five, four, three, two, one, technique.

At the point you're stressed pause, breathe, bring to your awareness, five things you can see, four things you can touch, three things you can hear,

two things you can smell, and one thing you can taste. That will send you to the present moment, where you're not overthinking the future or over-remembering the past. You can only do those techniques if you catch yourself, if you're aware and not on autopilot.

JG: *Let's talk about your advice on the subject of the upcoming festive season. One needs to stay motivated and it's tough because the season is long and there are lots of social gatherings. What can you advise in terms of staying motivated and on track during that period.*

RM: With a lot of my patients, I tell them to make realistic goals, don't aim to achieve weight loss over the festive season, a realistic goal would be to maintain your weight. The second thing is to plan ahead, if you know you're going to a buffet or social gathering, have a light snack beforehand to curve your appetite so you don't overindulge.

Another thing is to exercise more, have a balance. It's important to enjoy your favourite foods, and it's very important to watch the negative self-talk after you've overindulged the night before. Guilt hinders progress, you want to have love and compassion for yourself and know that every day is a new day and it's okay to have those days where you overindulge.

JG: *With a focus on food and over eating, whether you're at a family or a social gathering, what recommendations could you give for food swaps?*

RM: There's many food swaps a person can do, the first thing is to avoid foods that are deep fried, battered, crumbed, and overly sautéed, for those foods that are baked, boiled or steamed. An interesting swap is instead of using your oil based creamy dressings on a salad, use a vinaigrette because even if you use two tablespoons of a vinaigrette dressing on your salad, it actually delays the digestion of carbohydrates in your meal.

You could swap fruit for dessert and with refined carbohydrates which we spoke about in previous segment like white bread, white rice, or white pasta, go with the wholegrain, multigrain, brown or wild rice and quinoa. A good idea is also when you place an order at a restaurant while dining out, ask for your sauces and gravy on the side so you can decide how much you're going to use. If the portions are too large, take the rest of it home or share it with someone.

JG: *Do you have any final words of wisdom for our viewers this festive season?*

RM: I would like to say that we should all embrace the festive season with joy and nourishment. Choose wisely, remember it's not a time for deprivation, enjoy your favourite foods and find a way to make it work for you. What's very important is to savour each bite, as a celebration of your wellbeing. You are alive and breathing, and I wish you a very happy, healthy, festive season.

To watch the video interview, go to richmond sentinel.ca/videos

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 (Seadliff 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**.



Ray Sawada, on the right. Photo via wikimediacommons.com

Remembering Ray's legacy

By STEVE ERICKSON
Contributing writer

Playing any sport doesn't always mean winning but it's fair to say that winning not only helps build team chemistry as well as a mindset that instills confidence, as long as everyone buys into the program.

This isn't only for sports but life in general which at times is cut far too short and for the Richmond Sockeyes remembering former Sockeye Ray Sawata his legacy indeed lives on.

From the last article the Sockeyes continued their winning ways, outscoring the opposition by a commanding 32-12 in four previous meetings since November 14.

Scoring isn't a problem nor is playing as a unit and in the four contests they came up short against the Steelers dropping a narrow 6-5 contest in a game that went to a shoot-out which the fans loved.

Sockeyes Nicholas Noren who calls Vernon home continues to lead the stats column having played 25 games collecting 19 goals, 28 assists also managing to add 6 power play goals as well as 4 game winning goals.

He's closely followed by the following snipers that has Sockeyes Captain Tao Lin (37 points) second, Max Shin (28 points) and Beaudy Beaudin with 26 points with scoring filtering throughout the team.

Reflecting on overall play there weren't many that did it any better than former Sockeye Ray Sawata who tragically passed away whose memory lives on with the Richmond Sockeyes organization.

The pre-game ceremony a year fol-

lowing his passing, saw the "Play Like Ray" committee present a cheque to KidSport with money raised from the "Play Like Ray" tournament this past September which will continue each year in his honour.

Ray's passing left a hole in the hearts of everyone who knew him but none stronger than his family who are still and will always continue to be a huge part of the Sockeyes organization. The previous game saw a remarkable tribute for Remembrance Day which was followed by yet another tribute honoring and respecting Ray.

In conversation with some players they know of his legacy and what he meant to the Sockeyes organization all wanting to continue to "Play Like Ray" as a Sockeye.

The on-ice tribute was exceptional that had many in the crowd in tears as his family took to the ice in what was best described as "nothing less than exceptional" by a first-class organization. With the ceremony concluded it was back to basics in what was best described as a hard-fought contest which sadly the Sockeyes dropped by a 4-1 contest to the Flames.

As the league continues to get stronger attracting quality players the Sockeyes are sitting in the top four in PJHL standings that sees them in a neck-and-neck fight to climb the ladder as they again get set to host the Winter Classic.

Being involved in the community means giving to those who are less fortunate as others and for home games December 5, 12 and 19 the Sockeyes hosting a "Food Bank Hammer Drive" where we ask that you bring a non-perishable food item to donate.



Joe Biz — *by Joe Leary*

The Invictus Games

It is among the most inspiring competitive events ever staged. And British Columbia is about to be bestowed the honour as the world gears up for the next installment of the Invictus Games.

Vancouver and Whistler will proudly play host for the 10th Anniversary event, taking place from Feb. 8 to 16, 2025.

The games are the creation of Prince Harry, the Duke of Sussex, who serves as Patron of the Invictus Games Foundation.

It was while returning from deployment in Afghanistan that he witnessed the coffin of a Danish soldier being loaded aboard an aircraft for repatriation, along with other injured British soldiers.

It's said that the moment had a profound impact and thus became the inspiration to create the Invictus Games.

The word 'Invictus' means 'unconquered' and embodies both the courageous spirit and resilience of the competitors.

The term came from the poem, 'Invictus', written by William Ernest Henley in 1875. It depicts the ominous journey of recovery and is testament to their vital elements of strength, determination and courage.

'I AM' is the motto of the Invictus Games and is inspired by the last lines of the same poem: "I am the master of my fate; I am the captain of my soul."

The definition reflects and defines the Invictus Games' core purpose: to provide a platform for personal achievement and to compete not just against each other, but against oneself.

Originating in London in 2014, the Invictus Games has since been hosted in Orlando, Florida in 2016, Toronto in 2017, Sydney, Australia in 2018,

The Hague in The Netherlands in 2022 and Düsseldorf, Germany in 2023.

These, the seventh Games will take place in Vancouver and Whistler in 2025 and will host a maxi-



Photo via wikimediacommons.com
Prince Harry, Patron Invictus Games Foundation.

mum of 25 nations and represent the second time the event has been staged in Canada.

Helming the event is sports broadcast veteran Scott Moore, chief executive officer, Invictus games 2025. With over 40 years of senior management experience in sports broadcast and media, Moore was President of Broadcasting and Sportsnet at Rogers Media from 2010-2018.

During his regime, Rogers inked the single largest media rights deal in Canadian broadcast history; a 12 year/5.2 billion-dollar agreement with the NHL.

No one is more ably qualified to oversee a production such as the Invictus Games, having been a veteran of numerous Olympics and worked as executive producer of hundreds of major sporting events.

The Invictus Games Vancouver Whistler 2025 will see competitors in eleven sports, including six winter sports for the first time in the Invictus Games history. Moore is ecstatic.

"We can't wait to welcome everyone to these life-changing events," he says.

"Our military service members put their lives on the line for us and too often get forgotten.

"Those who have suffered physical or mental injuries can truly be helped by the transformative power of sport and these Games have not only the power to change lives, but to save them."

Moore reminds that participation in sports recovery through the Invictus Games has a significant short and long-term positive impact on the recovery of wounded, injured and sick service members and Veterans.

And research has shown that competitors experienced greater post-traumatic recovery than those who did not participate.

Beyond the actual event, the Invictus Games



Photo via invictusgames2025.ca
Scott Moore, CEO Invictus Games.

Foundation improves lives through access to international opportunities for sports, e-sports and adventurous challenge, and building a supportive digital community.

Invictus Games Vancouver Whistler 2025 includes eight venues across Vancouver and Whistler, including the Vancouver Convention Centre, BC Place, Rogers Arena, Whistler Alpine Venue (Blackcomb), Whistler Sliding Center and Whistler Olympic Park.

The range of events covers activities from adaptive winter sports: Alpine Skiing and Snowboarding to Indoor Rowing Sitting Volleyball, Swimming and Wheelchair Rugby.

BC Place hosts the Opening Ceremony on February 8 and the Games wrap up on February 16, with Closing Celebration Ceremony Live at Rogers Arena.

Bell Media is the official Canadian broadcast partner of the Vancouver/Whistler Invictus Games Vancouver Whistler 2025 with national television coverage.

"Plan to be a part of this unforgettable celebration of the unconquered Invictus spirit by purchasing tickets today," says Moore.

OUR CITY *tonight*

SPOTLIGHT ON
GREAT VIEWS FROM
CLASSIC THE 20TH CENTURY
& A RECENT SCANDAL



Photo courtesy Disney+

THE VIEW #1 – *Beatles '64*

There are moments in history that will always be timeless – and if you were there to witness those moments, you'll always remember where you were when it happened. Case in point, a certain night in February 1964 when four lads from Liverpool performed on *The Ed Sullivan Show* – music has never been the same since. Now comes *Beatles '64*, a new documentary about those four lads from producer Martin Scorsese and director David Tedeschi, that examines The Beatles first arrival in New York City on Feb. 7, 1964 to unprecedented excitement (aka screaming teenagers). Their performance on *Sullivan* was viewed by 73 million TV viewers and from there, they never looked back. Hard to believe producers are still finding never-before-seen footage of The Beatles, but this film manages to accomplish that, capturing more behind the scenes moments away from the spotlight of the iconic musicians. Along with Scorsese, the documentary is also produced by Paul McCartney, Ringo Starr, Olivia Harrison (widow of George), and John's son, Sean Lennon. *Beatles '64* is now available for home viewing on Disney+.



Photo courtesy Pablo Larraín

THE VIEW #2 – *Maria*

Maria Callas was one of the greatest musical talents of the last century, a giant in the operatic world, who dazzled fans on and off the stage. Now comes a long-overdue bio film called *Maria*, starring Oscar winner, Angelina Jolie, in the title role. The film focuses on the latter part of her life in Paris after she has retreated from a glamorous and tumultuous life in the public eye (which included a decade long affair with Aristotle Onassis before he married former First Lady, Jackie Kennedy). Director, Pablo Larraín, has created a beautiful film in *Maria*, the last of his trilogy on important 20th century women, which includes 2016's *Jackie*, and 2021's *Spencer*. As for Jolie, she shines as the Greek-American opera icon, trying to come to terms with her life when, as she says, "there is no life away from the stage." If you missed *Maria* in theatres in late November, it is streaming on MUBI starting December 11.

THE VIEW #3 – *Mr. Bates vs The Post Office*

Simply put, it was one of the greatest miscarriages in British legal history. Hundreds of citizens, who managed Post Offices all over Britain, were falsely accused of theft and fraud. The British government (who own the Post Offices) based their accusations on a faulty computer program that monitored the financial matters for each branch. This disgraceful incident destroyed lives, marriages and reputations. But one man – Mr. Alan Bates – a branch manager, knowing he had done nothing wrong, decided to fight back. Over a long period of time he was able to gather other falsely accused citizens to stand up to the government. Despite bits and pieces of success (with the government never admitting a wrong-doing), it flew mostly under the radar with the public until these 4 episodes of *Mr. Bates vs The Post Office* debuted on British television earlier this year and caused a media firestorm and massive citizen outrage. Actor Toby Jones leads a superb cast that includes Monica Dolan and Julie Hesmondhalgh. It's available for home viewing on Prime Video Channel.



Photo courtesy Prime Video

Composer scores big in the world of film

A.R. Rahman is an Oscar winner, a Grammy winner and he has won the BAFTA and Golden Globe awards. He has been producing music for films and creating music all over the world for almost 40 years. We first heard about this composer back in 2008, as did millions of other people, when he won an Oscar for his contribution to the British drama, *Slumdog Millionaire*.

He was recently in Vancouver performing with the Vancouver Symphony Orchestra at the world premiere of his film *Le Musk*, which was part of the Vancouver International Film Festival. You will recognize his music and the movies he scores. Rahman joins *Our City Tonight* to talk about his fascinating journey.

OCT: Thank you for joining us. We are big fans of what you do. Please share with our viewers what it was that you first felt or heard or saw that made you want to choose the career path that you did.

AR: I have been surrounded by this type of work since my late father was a composer, a conductor, and had a career that required that he worked in multiple different places when I was young. He passed away very early when I was around the age of nine. My mother encouraged me to follow in my father's footsteps.

She told me not to waste my time studying and I actually think she was right because I didn't waste my time going to college. I just plunged into music, and I became a session musician (a musician hired to perform in a recording session or a live performance such as accompanying a recording artist on a tour. Session musicians are usually not permanent or official members of a musical ensemble). Ten years later, I started doing jingles and my first break came in 1991.

OCT: It's remarkable, how you have crossed the musical landscape covering many different genres. For us, the first time we got to know of you and your work was when we saw the film *Slumdog Millionaire* back in 2008. That was all your music and your creativity. Can you walk us through the process you go through, did you sit in watching the dailies or did they send you a script, or did Danny Boyle the great director who did *Slumdog Millionaire* send you the whole film as a rough copy? How does this process work for you?

AR: It's different with each project, for example



Photo via Facebook AR Rahman
Oscar winner A.R. Rahman making music 40+ years.

with the film *127 Hours*, they just gave me the script. So, I came up with some themes and in the case of *Slumdog Millionaire*, Danny Boyle just gave me the DVD as a rough cut and said I would love you to do the music. I watched the DVD a week later, I called him, and we started exchanging ideas. I would send ideas via email, and he would respond and say that he liked number three, or he liked number five and that's how we worked together. That was probably the fastest ever I've produced music for a movie.

OCT: Our whole team are all big fans of your work. Our director had a good line when he said "music can really enhance a scene, a film, a TV show, but it also is important that it doesn't get in the way". When you sit down to score music for a movie, it must be an emotional process from start to finish. Some of our favourite moments in cinema are attached to the music that complemented the scenes. Can you take us through this process as it must be like a balancing act you have to always be aware of.

AR: I normally watch the movie without music first so that I can see what comes to me. Then I watch the movie with the director's music they have edited in. I go through this process so it doesn't kill my creativity. Sometimes with the music that they have used, the thought occurs to me that we can do music like this because editors do have a great sense of music. Some editors actually put some great music into the production. I've been in the music industry for almost 42 years (which includes playing music, composing music, arranging and producing music). Sometimes when I feel this is what the music should be, I suddenly want to cheat my mind and say no, what if it is something else? It's a process of realizing how we can bring greatness to the project, how we can engage the audience with something which they don't expect to hear. How can we make the music complement a scene by making it more believable or taking it to another music landscape where it's more mind driven than what you hear.

That's one really good thing about working and starting out in India. India actually encourages you to do and to be everything whereas when you come to Hollywood, they pitch you on the whole subject. For example, they pigeonhole the India composer: they think that this guy only does horror well; or this guy does orchestra; or this guy is a songwriter.

I come from such a place where it is so multicultural. South India is completely different from North India, where the sensibilities are slightly different. The language is different. The food is different. The ragas are different, and ragas are like the boards of music or patterns of music.

OCT: One of the things we love that you've accomplished as an artist in your situation is that you have introduced people to a specific genre of music that comes from a different part of the world. Good music is good music anywhere. It doesn't matter where it's from and you have certainly embraced that with your award-winning body of work.

The latest project *Le Musk*, is a 37-minute cinematic sensory experience and was produced, directed, and scored by A.R. Rahman. You can find out more information at LeMusk.com

For the video interview in full go to richmondsentinel.ca/video



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