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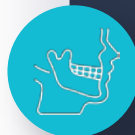
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Seniors 55+ Activate! Wellness Fair

The City of Richmond is supporting healthy aging for seniors in Richmond at the Activate! Wellness Fair with drop-in and registered opportunities for seniors, families, friends and caregivers. The event will feature a keynote speech from BC's seniors advocate, Dan Levitt.

Offered every two years, this free event takes place at the Seniors Centre at Minoru Centre for Active Living on Thursday, March 27 from 10 a.m. to 3:30 p.m. The event includes an information fair with 40+ community booths, aquatics and fitness tours, and workshops and try-it sessions that cover essential health, wellness and safety tips.

A full list of Activate! Wellness Fair activities can be found at richmond.ca/activate. A printed flyer can also be picked up from any Richmond Parks, Recreation and Culture facility.

Highlights of this year's events and activities include:

- **Keynote speech and mayor's welcome—10 to 10:15 a.m.**

Join this special session with BC's senior advocate Dan Levitt while he shares insights into how the province is addressing the needs of older residents and the key priorities for the coming year. Registration required (#00396710).

- **Information Fair—10:15 a.m. to 3:30 p.m.**

Get information and resources to help seniors stay safe, healthy, and well at home independently. Drop-in and visit booths from 40+ local organizations and companies offering programs, products and services specifically for those 55+



Photo courtesy City of Richmond
The City of Richmond is supporting healthy aging for seniors at the Activate! Wellness Fair on Thursday, March 27.

Active Living at 604-238-8450. Register online at richmond.ca/register, by calling 604-276-4300 (Monday-Friday, 8:30 a.m.-5 p.m.) or in-person at any City of Richmond community facility.

The City of Richmond is an age-friendly community that is committed to supporting healthy aging for all residents, and earned the title of BC's Most Active Community in the 2022 and 2024 ParticipACTION Community Challenge. 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, at the Seniors Centre at Minoru Centre for Active Living, or at any Richmond community centre.

years. Family, friends and caregivers welcome.

- **Swing Dance—1:45 to 2:30 p.m.**

Learn some of the basics of this vibrant and popular dance style in this introductory, welcoming and supportive session. Suitable for all levels. Registration required (#00397423).

- **Introduction to Brain Health Workshop—1 to 2 p.m.**

Protect and improve brain health and set goals by learning strategies to better the mind, body and spirit. Presented by the Alzheimer Society of BC. Registration required.

#00396788 (conducted in English)

#00396791 (conducted in Cantonese)

For more information on these and other activities, visit richmond.ca/activate or call Minoru Centre for

Richmond unveils vibrant street banners for 2025

Richmond City Council, along with family members and friends, celebrated 10 local artists City Hall Council Chambers on Monday, March 10 for their winning designs in the city's annual street banner contest.

The winning images will be printed on over 1,000 banners and installed on light poles from March 2025 to February 2026 to beautify the streets and gateways of Richmond.

This year, 585 designs were submitted, with all entries reflecting one of the following 10 themes: Arts, Culture and Heritage, Community, Diversity, Island City, Nature, Play, Sports and Recreation, Sustainability, Urban Landscape and Wildlife. A judging panel of Richmond artists shortlisted the submissions to 20 finalists. Richmond residents then voted for their top 10 favourites on the city's "Let's Talk Richmond" engagement website, recording over 6,700 votes over the two-week voting period.

All submissions, including the winning designs, are available for viewing on the city's street banner webpage at richmond.ca/banners. The 10 selected banners are also on display in the Richmond City Hall atrium.

Previous years' street banners and reusable



Photo courtesy City of Richmond
The 2025 Street Banner Contest winners (from left to right): Mike Madney (on behalf of Lenard Madey), Micah Groberman, Lisa Toffolo, Haihua Su, Janice Cheng, Paul Leung (on behalf of Angela You), Jessie Li and Po-wah Ng. Missing from photo: Clare Scott.

bags made from those street banners are available for purchase at the Richmond Nature Park (11851 Westminster Highway), open daily from 9 a.m. to 5 p.m.

The Richmond Street Banner program is a Part-

ners for Beautification initiative, which encourages residents to take an active role in enhancing the community and environment. For more details about the Street Banner program, visit richmond.ca/banners

2025 U-ROC Awards nominations are now open

Do you know a Richmond youth who demonstrates leadership, overcomes challenges and positively impacts the community? The City of Richmond is now accepting nominations for the 2025 U-ROC (Richmond Outstanding Community) Awards. Nominations are open until Friday, April 4, 2025.

The U-ROC Awards also recognizes, and is accepting nominations for, adults who provide support and mentorship to Richmond's youth.

There are two nomination categories:

Outstanding Youth – Youth, 13 to 24 years, who display exceptional leadership qualities, overcome barriers towards their personal growth and/or demonstrate a commitment towards making a difference in their community.

Asset Champions – Adults, 25 years and older, who show dedication to supporting youth as they build Developmental Assets. They go out of their way to inspire, mentor and make a positive difference in the lives of youth.

For more information and the online nomination form, visit richmond.ca/youth

Award recipients will be recognized and celebrated at the 2025 U-ROC Awards ceremony, held during BC Youth Week, May 1 to 7, 2025.

For more information on:



Photo courtesy City of Richmond

Nominations for the 2025 U-ROC (Richmond Outstanding Community) Awards is now open until April 4.

- The U-ROC Awards, email YouthServices@richmond.ca
- BC Youth Week, visit BCYouthWeek.co

The Buck & Ear Pub to close this spring

After decades of serving the Steveston community, Joseph Richard Group (JRG) has decided to close the Buck & Ear Pub this Spring. This decision was not made lightly, and it comes after many years of investing in and working hard to grow the pub business. Unfortunately, the challenges of recent years—combined with ongoing economic pressures, rising operational costs, fees, and taxes—have made the current pub business model unsustainable. Nonetheless, the group involved believes in the strength of the community and is diligently exploring new opportunities to emerge from this challenging situation.

"We are incredibly grateful to the Steveston community for making The Buck & Ear such a special place for so many years," said Ryan Moreno, chief executive officer of JRG. "This pub has been more than just a business—it's been a gathering place, a home for stories, laughter, and friendships



Screen grab from Google Maps

The Buck & Ear Pub will close later this spring.

that have lasted a lifetime. While this chapter is closing, we remain committed to Steveston and to honoring the history that The Buck & Ear has been a part of."

As part of that commitment, JRG is ensuring that elements of the pub's rich history live on. After 77 years of operation, heritage photos from The Buck & Ear will be passed on to the City of Richmond. Additionally, the pub space will be transformed into additional boutique suites as part of

hotel operations for Steveston Cafe & Hotel.

Regulars of The Buck & Ear will still be able to enjoy some of their favourite specials at the Steveston Cafe & Hotel next door, and the team is exploring adding a dinner offering at the café.

"We're excited to continue serving the community in new ways," said Moreno. "The new boutique suites will not only enhance the guest experience but also bring more visitors to Steveston, supporting local businesses and contributing to the vibrancy of this incredible neighborhood."

Steveston holds a special place in the heart of Joseph Richard Group, and they look forward to continuing to be part of its future, even as they say goodbye to The Buck & Ear in its current form. They hope to welcome guests back to experience the new accommodations once completed and to continue celebrating everything that makes Steveston so unique and special.

RICHMOND SENTINEL
OUR COMMUNITY NEWS

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

Advertising & Sponsorship
marketing@richmondsentinel.ca

Newsroom
newsroom@richmondsentinel.ca
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In honour of our soldiers: William Victor Wallace

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 Wallace Road.

William Victor Wallace was born on Nov. 28, 1817 in Monaghan, Ireland. Around the age of 16, he and his family would move to Steveston, British Columbia, where he would attend David Lloyd George School. He would then attend Richmond High School until 1937, around the age of 19 to 20.

After graduating from Richmond High School, he would work seasonally with the BC Packers as a labourer, his hobbies included playing lacrosse with the Intermediates and the Steveston Tyees, a local lacrosse team in Richmond.

In 1941, Wallace would enlist with the Royal Canadian Air Force, he would visit bases in mid to western Canada for his training as a wireless operator. Wallace was posted in Manitoba, Alberta, and Saskatchewan, graduating in November 1941, after spending nine months. Upon his arrival to England in December of 1941, he would take on Royal Air Force Training before being assigned to the #207 Squadron of the Air Force.

For 16 months, Wallace served his country participating in missions as instructed as part of the Air Force. On March 3, 1943, Wallace was part of



A poppy engraved street sign of Wallace Road.

Screen grab from Google Maps

a mission that involved flying over enemy territory, when the Lancaster aircraft #ED 365 went missing. For almost half a year, the whereabouts of those aboard the Lancaster aircraft were uncertain, until Aug. 18, 1943, when information was fed through the International Red Cross that Warrant Officer William Victor Wallace had been buried in Ohlsdorf Cemetery, in Hamburg, Germany. This news

prompted the declaration that Wallace and those aboard the Lancaster ED #365 were killed in action.

On Feb. 4, 1946, the City of Richmond made the resolution to honour Wallace's service and sacrifice to his country, by naming a street sign after him. Wallace road can be found near the intersection of No. 2 Road and Steveston Highway.



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Kate Hamill's *Pride and Prejudice*

Gateway Theatre proudly presents *Pride & Prejudice*, a fresh, fast-paced adaptation of Jane Austen's classic novel by acclaimed playwright Kate Hamill. Running from April 17 to April 26, this production marks the show of Gateway Theatre's 40th Anniversary Season.

"Gateway Theatre's incredible 40th season has been filled with musical theatre classics, lunar new year celebrations, original puppetry and now an inventive take on a literary classic," said Barbara Tomasic, Gateway Theatre executive artistic director. "While celebrating four decades of outstanding theatre in Richmond and the Lower Mainland it only seems fitting to close out our season with a classic work told from a fresh perspective. This production celebrates everything Gateway Theatre stands for—bold storytelling, reimagined classics, and a commitment to theatrical excellence."

Follow the outspoken Elizabeth Bennet, whose determination not to bow to the societal pressure of marriage is challenged by the charmingly handsome, mildly amusing and remarkably ubiquitous Mr. Darcy. With fast-paced staging and seamless character switches, this production promises a hilarious and heartwarming frolic for long-time Jane Austen fans and newcomers alike. Don't miss out on the wit, whimsy and romance—a highly entertaining tale for audiences twelve years of age and older.

Known for her inventive and feminist take on literary classics, Hamill brings new life to *Pride & Prejudice* with a delightful reimagining that embraces the wit and social critique of Austen while making the story accessible to a modern audience with its screwball comedy and galloping pace.

For full information on *Pride & Prejudice* visit gatewaytheatre.com



Photo by Chelsey Stuyt

Kate Besworth and Chris Walters as Elizabeth Bennet and Mr. Darcy.

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**PROUD TO SERVE THE COMMUNITY OF
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Richmond Night Market 25th Anniversary

For 25 incredible years, Richmond Night Market has been a vibrant part of the community, bringing people together to celebrate culture, food, and fun. Thanks to the unwavering support from visitors, vendors, and the entire community, this milestone year is the perfect time to give back. As part of the 25th anniversary celebration, you can enjoy exclusive Happy Hour specials and admission discounts, making it easier than ever to join the excitement.

But that's not all. This year, get ready for the world's first night market zipline—a 600-foot thrill ride brought to you by the world's premier zipline builders, Skyline Ziplines. With world-class ziplines built in over 20 countries, this ride is sure to be smooth, fast, and unbelievably exciting. The Zipline experience is coming this May. Picture thousands of visitors below, dazzling lights all around, and you flying through the night sky, taking in the sights from a

perspective like never before. With four ziplines side by side, riders can race their friends or simply take in the ultimate night market view.

"I can't think of anywhere that signals the start of summer quite like Richmond Night Market," says Nancy Small, chief executive officer, Tourism Richmond. "A true institution for those in the Lower Mainland and a popular attraction for visitors, it represents so much of the culture, tastes and vibrancy of our Richmond community. We are delighted to mark this special milestone of 25 years and can't wait for guests to experience the world's first night market zipline alongside all the vendors and entertainment that have made it such an enduring success."

For more information, contact Firework Productions Ltd. at 604-244-8448 or visit richmondnightmarket.com. Email: admin@richmondnightmarket.com

I can't believe that's a law: Yukon and NWT edition

By MATTHEW CHEUNG
Contributing writer

DISCLAIMER: The following article is for informational and entertainment purposes only, and does not reflect the opinions or views of the Richmond Sentinel.

Following up the Albertan edition, we now venture up north to explore the Yukon and Northwest Territories in our 13-part series that examines some peculiar laws and bylaws ever enforced in these territories. Some bylaws and laws include prohibition of destroying highways, transporting hazardous materials, dog sledding, and gambling establishments.

1. Starting off in Dawson City, one that seems very usual is the prohibition of destroying highways. According to the Town of the City of Dawson Bylaw #00-21 part 4.01 "no person shall cause or allow or do any act which is likely to cause or does cause damage to or interfere with the operation of one or more of the following: a highway, a culvert, a bridge, a traffic control device, or any public property or permitted private property situated on a highway or within a road allowance. The thought behind this bylaw may be to protect public infrastructure and ensure the safety of residents and travellers, to this day, the law is still enforced in order to maintain the integrity of the routes.

2. Staying in the municipal of Dawson, the city also prohibits the transportation of hazardous materials on highways. Specifically in Bylaw #002-41 part 4.05 it states "no person shall: (1) excavate or otherwise destruct a highway, including the road allowance thereof, or (2) transport material or loads of material over a highway which would be of an extraordinary use likely to imperil the highway or people living on or near the highway.

3. Everyone loves finding wildlife, and some have made capturing wildlife their passion in life. In the Yukon however, capturing wildlife is not as easy as snapping a photo and posting it. According yukon.ca, a permit is required if someone is the operator of a wildlife photography business and planning on filming or photographing the hunting of wildlife in the Yukon with a drone. The



Image generated by AI

In a series inspired by a colleague, the Richmond Sentinel presents some interesting laws that simply don't sound real in the Yukon and Northwest Territories.

[american.com/15-canadian-laws-that-are-almost-too-weird-to-be-real/?utm_source=](https://www.american.com/15-canadian-laws-that-are-almost-too-weird-to-be-real/?utm_source=)

6. Gambling, especially online, has become a very popular past time for many people in North America. With companies like Stake, Bet365, MGM Casino, FanDuel gaining traction, so has the number of casinos. Richmond alone is in close proximity to three casinos, Starlight Casino, Cascades Casino, and Richmond's own River Rock Casino. Unfortunately, this is not the case in the Northwest Territories where gambling is limited. The main reason behind this is because current laws do not support casino operations, the region population is also sparse. (<https://talksport.com/ca/casinos-ca/2242800/is-gambling-illegal-canada/>)

If you think we missed any peculiar laws in these regions, feel free to email us at newsroom@richmondsentinel.ca or comment under the post on one of our social media accounts. In the next edition, we head down south to see what laws and bylaws, were, or still are, enforced in Saskatchewan.

permit is free of charge, but applicants will be required to present. That seems pretty surprising to just take a photo of wildlife, but it is not a long process, assuming the required documents are submitted.

4. Returning to Dawson City, we look at a law as old as Canada's history. Just recently, in November 2024, a city councillor by the name of Darwyn Lynn refused to swear an oath of allegiance to King Charles due to the Crown's historical relationship with Indigenous people. This led to a stand-off, that was eventually resolved when amendments to regulations in the Municipal Act were made, making it option to swear an oath of allegiance to the constitution of Canada.

Northwest Territories

5. Moving over to the Northwest Territories, in Hay River, it is prohibited to use dog sled on the sidewalk, due to the fact that it could be dangerous and could lead to serious injury. With the Northwest Territories being filled with snow, dog sledding is a common use of transportation, one that could also result in an accident. (mindfully-

Richmond RCMP issues public warning

Recently, Richmond RCMP has learned of several methods fraudsters may be using in attempts to elicit a victim to provide them money or access to their jewelry. To increase public awareness of these potential schemes, Richmond RCMP is disclosing some of the techniques that have been reported to ensure these attempts will not be successful.

- In some instances, the suspect would approach unsuspecting people offering to sell the

fake jewelry in exchange for money.

- In other instances, the suspect would handle the personal jewelry of a person and switch it out with a less valuable item when they hand it back to them.

In a single day, Richmond RCMP received three separate reports involving these types of fraud.

"Do not let strangers handle your personal items. And also, be suspicious of someone approaching you on the street offering to sell you

jewelry for a low price. Regardless of their explanation, do not offer to buy from these people. Walk away and report this incident to your local police," said Corporal Kenneth Lau.

Anyone with information regarding this criminal activity trend is asked to contact their police of jurisdiction. If you wish to remain anonymous, please contact Crime Stoppers by phone at 1-800-222-TIPS (8477) or visit them online at solvecrime.ca.



Rika Mansingh
Best selling author



Nutrition month Nourish to Flourish

Rika Mansingh is a regular on the *Richmond Sentinel* (in print and digital) and she offered to share with our viewers a feature interview with Dietitians of Canada. March is Nutrition Month, and this year, Dietitians of Canada has chosen the theme Nourish to Flourish—a philosophy deeply embedded in Rika Mansingh's work as a registered dietitian and a core message in her bestselling book, *The Empowered Mind Diet Equation*.

Rika shared with us that she's honored to be featured in Dietitians of Canada, as this theme aligns perfectly with her mission. Nourish to Flourish is more than just a slogan—it's a way of life. True wellness isn't only about the foods we eat; it's about nurturing a mindset that fosters growth, self-compassion, and resilience.

With over 23 years as a registered dietitian, Rika has helped countless individuals overcome limiting beliefs and transform their relationship with food. She understands that mindset plays a crucial role in shaping dietary habits. By shifting perspectives, people can make lasting positive changes. Through her book, nutrition consultations, podcast, and media appearances, she empowers individuals to take charge of their health by integrating mindful eating, positive thinking, and sustainable nutrition strategies.

This Nutrition Month, Nourish to Flourish serves as a reminder that true health is about balance—nourishing both body and mind. To bring this concept to life, let's revisit Rika's interview with Dietitians of Canada, find out more about her journey and insights on how nutrition and mindset work together to create lasting well-being.

Q. How did you become a dietitian, and what in-

spired you to pursue a career in nutrition?

RM: My journey into dietetics was sparked by a deep fascination with the powerful connection between food and overall well-being. Early on, I realized that food has the ability to heal, transform health, reduce reliance on medication, and enhance energy and vitality. When we fuel our bodies with the right nutrients, we sleep more soundly, move with greater ease, and live a vibrant life. With 23 years in this field, not a day goes by that I am not profoundly grateful to be in a profession that I am deeply passionate about—one that allows me to change lives through the power of nutrition.

Q. What has been the most rewarding part of your career so far?

RM: My most rewarding moments are when I witness people break free from old habits and step into a version of themselves, they never thought was possible. Whether it's a patient or client finally feeling in control of their eating habits, a listener having an 'aha' moment or powerful insight from my podcast, or a viewer applying a practical tip from my TV segments and seeing improvement—the most rewarding moments come from witnessing real transformation. Knowing that my work has helped people break free from old habits, feel better, and live with more vitality and joy brings me immense fulfillment.

Q. How do you stay motivated in your career, and what drives you to keep learning and growing as a professional?

RM: I am fueled by curiosity, impact, and the belief that knowledge is limitless. There is always more to learn, explore, and share. Nutrition is an ever-evolving field, and I'm inspired by the endless ways food influences not just physical health, but also cognitive function, emotional resilience, and overall well-being. My drive comes from knowing that every new insight I gain can be turned into a tool that helps someone live a fuller, healthier life. For me, personal growth isn't just about my own development—it's about creating a ripple effect, empowering others, and transforming lives.

Q. What does the theme "Nourish to Flourish" mean to you in your work as a dietitian?

RM: "Nourish to Flourish" extends beyond food—it's about feeding every part of ourselves.

Physically, it means fueling the body with the right nutrients for energy, clarity, and longevity. Mentally, it means consuming thoughts and words that uplift and empower, cultivating a mindset that supports growth, resilience, and confidence. Emotionally, it's about surrounding ourselves with positivity, purpose, and meaningful connections. When we nourish ourselves in a holistic way, we don't just survive—we thrive.

Q. What advice would you give to someone just starting out in the nutrition field?

RM: Stay open, stay curious, and be adaptable. Never underestimate the power of mindset and human connection. Nutrition isn't just about numbers and facts—it's deeply intertwined with psychology, behavior, and personal narratives. Find your voice, embrace lifelong learning, and focus on impact. When you help shift the way people think about food, you transform their lives. The more lives you touch, the more fulfilling this journey becomes.

Q. How do you balance your personal well-being with the demands of your work?

RM: I believe that balance isn't about perfection—it's about intention and alignment. By prioritizing my well-being and making intentional choices, I can fully show up for those I serve. I nourish myself with healthy food, stay active with activities like Zumba and salsa dancing, and make time for things that bring me joy—whether it's deep conversations, creative writing, listening to audiobooks or indulging in self-care at a spa. With awareness, I've learned to press pause, meditate, reflect through journaling and pivot when needed. True balance is about honoring what fuels my energy and passion so I can continue to uplift and inspire others.

In closing, let's celebrate Nutrition Month by making choices that uplift us—whether it's choosing foods that support brain health, practicing gratitude, or embracing self-care. Every small step brings us closer to a healthier, more vibrant life. Together, let's embrace Nourish to Flourish and create a future where wellness is a way of life. As Rika says, "When we fuel ourselves with nutrient-rich foods and cultivate empowering thoughts, we unlock our full potential."

rikadiet4wellness.com or email: info@rika-diet4wellness.com



Photos courtesy Richmond Sockeyes

The Richmond Sockeyes faced off against the Delta Ice Hawks in the Tom Shaw Conference Finals, as both teams strived towards the same goal.

Conference Finals Sockeyes vs Delta Ice Hawks

By STEVE ERICKSON, STEVE DANIEL
Contributing Writers

In the regular season, teams experience the pressure of making the playoffs. In the playoffs, additional pressure is added to the players and coaching staff, as they strive to keep their season alive and capture the ultimate prize.

Experiencing the end of a season without capturing the final prize can be hard on a team, especially for graduating players who are in their final season of Junior hockey, not knowing what their future holds.

The Sockeyes entered the second round playing against the White Rock Whalers who fought hard to keep the series alive that saw the Sockeyes score 25 goals to the Whalers' seven goals, ultimately eliminating them in six games.

Heading into the second round, the Sockeyes would face off against the first-place team in the Tom Shaw Conference, the Delta Ice Hawks who finished three points (72-69) ahead of the Sockeyes in regular season play. With home ice advantage, Delta started Thomas Popa to face-off against Richmond's Max Fowle, that would result in Delta outshooting Richmond 41 to 28.

Delta started game one scoring three goals in the first nine minutes of the first period before Sockeyes Captain Teo Lin got them on the board to make it 3 to 1. The first period would end after the teams traded goals again, making it 4-2. In the third period, Delta's Danylo Bereza would score 3:36 into the period which would later on be the game winning goal, as the Sockeyes responded

with a pair of their own.

There's a saying that the series doesn't start until a team wins on the road, heading into Game Two, the Sockeyes returned home to defend home ice. Their start would be less than ideal, as they found themselves trailing 5-0 after the first twenty minutes.

The second saw a goaltending change which saw them get off to a faster start opening with the first goal that saw the teams trade a pair of goals through forty minutes noting that both Sockeyes goals were on the power play. Delta managed to pull off a win taking a two nothing series lead in a "testy" contest that saw the final shots 44-43 for Delta.

Game three returned back to Ladner in a game that saw both teams play a fast paced game showcasing more talent which was missed from the previous game only to have the fans get entertained by electric overtime hockey.

Richmond kept up the pressure, only to come up short in the second OT 5:09 in, as Mateo Sjoberg scored the game winning goal. Sockeyes would head back home for game four in a 3-0 series deficit, with their aspirations of capturing the championship on the line.

You could sense not just pressure but urgency was on the side of the Sockeyes and from the opening face-off it was all Sockeyes with no letting up finishing with a 4-2 win trailing in the series 3-1.

Game five was played in the Sungod Arena in Delta, that saw the Sockeyes "give it their all". Sadly, they would come up short, despite outshooting

the Icehawks by a 44-36 margin.

Games are made up of stats and the Sockeyes are pleased to welcome Steve Daniel to the broadcast team who is the club's head statistician which features a much deeper look inside the game using 'analytics'.

Analytics have brought a whole new understanding for management, players and fans that creates a more nuanced view of any sports event which creates more game data that goes beyond the usual 'Shots on Goal' on the scoreboard.

We share several "key" essential data points for each player such as: Shot attempts and on goal, faceoff wins, plus-minus and some innovative graphics.

The shot chart graphic is especially fun to view and we have displayed on air exactly where each team's shots came from—often a very telling statistic.

A great visual that rides on the idea that getting to the danger areas in front of the net leads to success—and we have that in real time. So in addition to our play-by-play and colour analysis, we add more insight that other broadcasts don't.

Sadly the season has come to an end and now we focus on the upcoming 2025-26 season which offers not just excitement, but a deeper in depth look behind the scenes at your Richmond Sockeyes.

The entire Richmond Sockeye team, coaches and management would like to thank everyone, fans and sponsors for their support this past season. Next article: we'll feature our year-end wrap-up from the coaches and graduating players.

In their own words...

Empowering local business with zero waste goals



Michael Wolfe
Councillor

There has been a lot of talk about supporting our local businesses this past month. Go Canada! Here at home, it is obvious that Richmond's consumers are taking meaningful action to support our businesses, through buying local products and choosing local service providers.

I'd like to highlight two of the focus areas of the Council Strategic Plan that are currently in place:

- "work collaboratively and proactively to attract and retain businesses to support a diversified economic base" and
- "encourage waste reduction and sustainable choices in the City and community."

While attending the most recent Mayor's annual address, I was talking to a local business leader who enthusiastically showed me some handouts he had just picked up regarding the Business Recycling Resources Program. It provides businesses with free support to implement sustainable waste management best practices, customized coaching, training workshops, and many more resources.

As a science teacher, I know that interactive lessons produce the best

results. As a father, I see the same with my kids where they learn habits that come along with answering the question, "Why Dad?"

What makes Richmond's Business Recycling program unique?

- Our toolkit is designed to meet businesses where they are at on the waste management spectrum. To go beyond identifying gaps and appropriately addressing them.

- Our knowledgeable City staff perform site assessments alongside business owners/operators. Having our staff do this allows us to meet the business members of our community as well as reach City goals. Tailoring feedback to each business's unique needs is our adaptation of personalized learning.

- Our program is adjustable and responds to feedback. One illustrative example occurred when we learned of limitations due to property managers following the status quo, leading to minimal recycling plans. In response, our staff created specific toolkit sections for property managers to gain relevant information to help facilitate discussions on effective waste management.

The result: a win-win-win - for the environment, the local economy, and the people who work/shop at the businesses.



My gratitude to all the 316 (and counting) Richmond businesses that engaged in the door-to-door visits. The City is looking forward to opportunities to showcase businesses that have completed steps towards improving their recycling. In 2021, the regional commercial recycling rate was 48 per cent. Let's move the dial up on that number in 2025.

As the City's representative on the Metro Vancouver Zero Waste Committee, I am proud to share the many innovative aspects of how we continue to do better.

Sunday, March 30 is International Day of Zero Waste. Let's take the opportunity to remind ourselves to integrate zero waste initiatives into our daily habits and reinforce those important 5Rs: refuse, reduce, reuse, recycle, and rot! Do it for us. Do it for our children and the future.

City of Richmond Council Meetings Calendar



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

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

Meeting schedule subject to change.

Mar 25 | 4:00pm
Parks, Recreation & Cultural Services Committee

Mar 26 | 3:30pm
Development Permit Panel

Apr 7 | 4:00pm
General Purposes Committee followed by Finance Committee

Apr 8 | 4:00pm
Planning Committee

Apr 14 | 7:00pm
Council Meeting

Apr 15 | 4:00pm
Community Safety Committee

Apr 16 | 3:30pm
Development Permit Panel

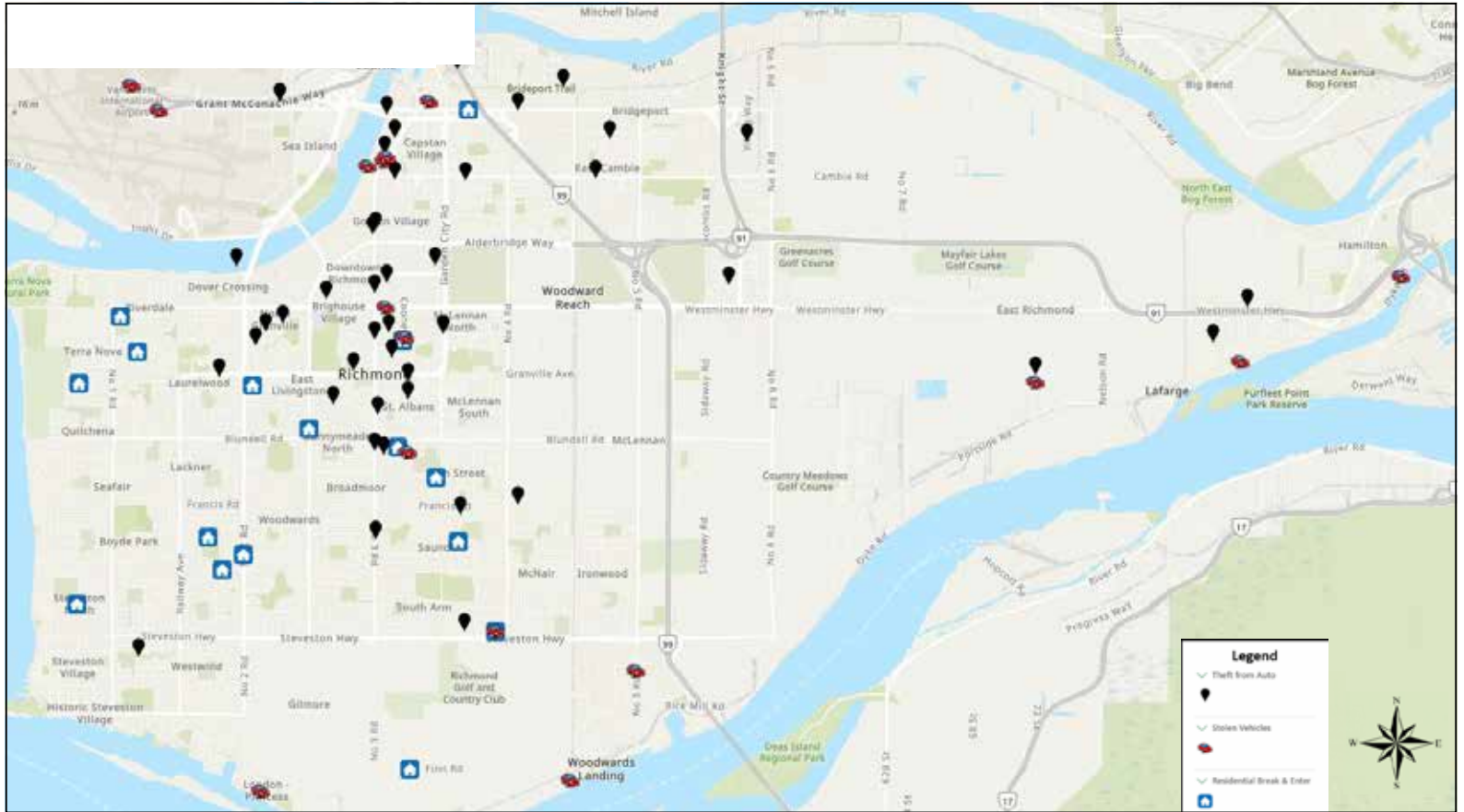
Apr 22 | 4:00pm
General Purposes Committee

Apr 22 | 7:00pm
Public Hearing



RCMP

Crime Map Feb. 1 - 28, 2025



Cache of alleged stolen goods recovered following search warrant execution at local residence

Richmond RCMP Property Crime Unit (PCU) recovered a cache of alleged stolen goods following a search warrant execution at a local residence

On Feb. 17, 2025 Richmond RCMP received a report of a theft of a Tesla cable from an open carport in the 10400 block of No 3 Road. During the course of the subsequent investigation, a suspect was identified and on March 5 Richmond RCMP PCU executed a search warrant at a residence in the 9400 block of Greenfield Drive. Numerous alleged stolen items were recovered including;

- four Tesla chargers;
- packages addressed to other residences;
- large cache of tools.

"We highly recommend keeping an up-to-date record of serial numbers for any items you own. Having a serial number allows police to easily identify and return recovered stolen goods to their rightful owner," says Corporal Ryan Lee, Richmond RCMP Property Crime Unit, "For items without serial numbers, we recommend adding identifiable marks and contact information so police can readi-

ly determine who owns the item."

The suspect in this investigation was arrested and released on a police undertaking.

Anyone who may have witnessed, or have information regarding this file, is asked to call Richmond RCMP at 604-278-1212 and quote file number 2025-5211. Should you wish to remain anonymous, please contact Crime Stoppers by phone at 1-800-222-TIPS (8477) or visit them online at solvecrime.ca

Fraud prevention month; credit card and tech support scams continue in Richmond

Impersonation fraud occurs when a fraudster pretends to be someone else, such as a trusted organization, celebrity, or service, in order to deceive a victim into providing money, information, or access to their accounts.

Credit Card fraud trends

Richmond RCMP Economic Crime Unit (ECU) has recently observed an increase in in-person credit card fraud schemes, where fraudsters contact victims and attend their residences to collect what they allege are compromised bank cards, which may later be used by criminals to make large



Photo by Jaana Björk

purchases.

In other cases, credit card fraud occurs as a result of lost or stolen wallets, vehicle break-ins, or other forms of theft. After obtaining a victim's card, criminals may go on to use it to make purchases before it is reported lost or stolen.

How to protect yourself from credit card fraud:

- Limit the amount of personal information shared publicly, which may be used to target you directly.
- Conduct a credit check annually to detect any unauthorized activity.
- Do not leave valuables in vehicles.
- Make use of digital wallets when possible to reduce reliance on physical cards.



Douglas James Scammell

Men's Shoe Fashion

A gentleman must have a nice pair of loafer shoes in their collection. With my own personal style I try to stay away from too many designer brands. But, when it comes to dress shoes, I must make an exception with the Gucci Horsebit loafer 1953. They are a timeless icon that every gentleman should have at least one pair of in their shoe collection.



Gucci horsebit 1953 loafer shoe has to be the most versatile pair of shoes. They go great with your suits or even casual wear with a pair of chino pants or jeans and even a pair of shorts during the summer months.

HISTORY

By now I am sure everyone knows the brand Gucci founded in 1921 in Florence, Tuscany, Italy. They are a high-end fashion brand for both men and women for many decades. The brand has in more recent years moved very quickly with trends. However, there is one icon that remains unchanged since it was created and that is the Gucci Horsebit Loafer 1953 model.

Gucci's founder Guccio Gucci died in 1953 just weeks after his three sons Aldo, Rodolfo and Vasco Gucci opened the brand's first flagship store in New York City.

That same year Aldo Gucci created the horsebit loafer to sell at its new New York store that is why they are called the 1953 because it was created in 1953 and have been very popular since they were created to present day.

Like many great things that came and continue to come out of Italy that are made out of premium quality like their cars, eyewear, Italian food, and high-end designer fashion you can add the Gucci horsebit 1953 loafer to that very long list.

The shoe became an instant success and thanks to people like movie stars Cary Grant, Clark Gable, and Kirk Douglas to the U.S. President John F. Kennedy who wore this loafer regu-

is the cost. Today they fetch in the upwards of \$1,380 dollars but the quality can't be matched by the many other shoe brands that make their own version of the Gucci horsebit loafer shoe and I would say, most look great but you can never beat an original.

The Gucci 1953 loafer is made from a very high quality leather hide which is great if you look after your shoes, thus they will last a very long time with only minor shoe maintenance and over time, any good shoe cobbler can help you with.

So that makes the price of the shoe a lot less painful. I have had other loafers sold by other brands that are way less money but they last about six months and are not worth paying a cobbler to repair.

On a positive note, you will be noticed when wearing these shoes, by those familiar with the brand and the price tag that goes with the loafer.

I have tried many pairs of loafer shoes over the years and I find the Gucci Horsebit 1953 loafer might be the most comfortable pair of loafers I have ever owned because of their lightweight. To ensure the life of your shoes, I suggest as shown here in a photo shoe inserts (known as shoe tree inserts) to maintain the shape when not in use.

They are a recognizable status symbol and today you will see many famous celebrities



Photos courtesy JD Scammell

larly making it a very popular shoe design. These shoes have also made appearances with Roger Moore who wore them in the James Bond series.

By the 1970's Gucci also made this version of the shoe for women and there is a famous picture of actress Jodie Foster wearing them at age 15 while skateboarding.

The thing that probably made the Gucci Horsebit 1953 loafer survive the test of time (for over 70 years now) is there is no logo that is visible. Only inside the sole you will see the Gucci name.

Today the shoe is an icon. The shoe is available in 3 different colours black as shown in the pictures, brown, and more rare now burgundy. It is also worth noting this loafer had an additional version in crocodile skin in brown and black.

The only con I can mention about this shoe

wearing this iconic pair of loafers on the red carpet. I think that after 70 plus years, this shoe is not going out of style any time soon.



Photo courtesy Wikimedia Commons Attribution-Share Alike 4.0 license



Joe Biz — *by Joe Leary*

Fuggles Beer —Richmond's only brewing production facility

Craft Beer exploded in BC some fifteen or so, years ago and an entire industry suddenly sprung up. Densely populated areas began witnessing beer communities developing; seemingly overnight.

East Vancouver, dubbed 'Yeast Van', became something of lore among beer folk; offering numerous local breweries, all within a short walk of each other.

This created dedicated beer destinations; further establishing a close-knit beer culture. Since those halcyon days there has been some recession. It was inevitable given both the pandemic and the economic realities of post-lockdown life.

Some breweries redesigned or re-imagined their business models to address modern day complexities.

In Richmond, 'Fuggles and Warlock' (F&W) opened its doors in 2015 with the stated goal of 'Keeping Beer Weird'.

With an estimated 217,239 residents as of 2024, the area is somewhat underserved in the craft environment, given its population.

F&W were the 79th brewing license granted in BC. That number now totals 238, including Taprooms and Brewpubs—which speaks to the local craft beer industry's phenomenal growth.

Restructuring through the years; 'Fuggles Beer' remains as Richmond's sole production facility.

The concept is the brainchild of a group of vet-



Photo courtesy Scott Jensen

**Andrew Harris CEO and Gillian Nixon
director marketing, Britebev Brands &
Fuggles Beer.**

eran Craft Beer experts, led by longtime advocate, Andrew Harris, CEO of Britebev Brands and Fuggles Beer.

"We took over 'Fuggles' on Feb. 4, 2024," he says of the newly-acquired brand. "I had been consulting and chatting to a bunch of breweries and was seeing that the craft industry was beginning to struggle.

"There were a lot of pain points and not many were making any kind of profit.

"I thought every brewery has a sales team; a delivery truck; a bookkeeper and administration—so what if we pulled together a bunch of smaller brands and put them into one facility and got rid of the duplication?

"Our idea is to consolidate a number of brands: beer, cider, RTD (Ready to drink canned cocktails); even wine—and put them all under one roof, with consolidated delivery, sales and administration.

"It just makes sense".

The inherent problem was that there weren't many facilities available that could accommodate such an undertaking.

Enter Fuggles Beer.

With 10,000 square feet of production space in in-

dustrial park Richmond, it would serve the concept well; given its capability of producing 26,000 hectoliters (one hectoliter equals 100 liters).

"Since the facility has a ton of capacity, we merged with Container Brewing and moved their production from East Van to Richmond.

"We are now producing their products here.

"Container Brewing stands alone but is part of our group; eliminating some of the production costs between the two breweries".

Additional brands continue to develop within the Britebev portfolio.

"We've cultivated a beer out of our facility called 'Curious Creatures'.

"It's the creation of craft beer enthusiast Sebastian Peterson; who found the perfect environment with us to bring his vision to life.

"We encourage brands like this to develop and grow within our system, giving them the support they need to thrive.

"We also launched 'Force'; our value play—a more affordable, 5% ABV Lager and Ale".

Harris is enthused about the Richmond facility and its capability.

"We were extremely lucky to find a brewery of this size and with all this amazing Canadian made equipment.

"When it came onto the market, it perfectly fit our model and gave us the ability to consolidate numerous brands and further maximize capacity."

In real estate, the mantra is location, location; location.

This philosophy certainly applies to this venture; especially given Richmond's easy accessibility for major distribution.

"If it was to this scale and sitting in Chilliwack it wouldn't be as successful as being here in Richmond," says Harris.

And with capital costs increasing, along with rent and property taxes, models like the Britebev concept can potentially throw the craft beer a much-needed lifeline.

"It's hard for the small guys to do well," he says of the current environment.

"Some do, but they're generally operating as a restaurant and brewery—Fuggles is a brewery primary and our tasting room is secondary.

"That's why it's so important for us to grow as a manufacturer".

Adding another twist is the recent introduction of tariffs, which will inflict further pain on BC Craft Beer.

"Fuggles packaging is entirely canned", he says, "and despite the aluminum being of Canadian origin, it's shipped south to be made into cans".

Hopefully Governments will ease inter-provincial restrictions and allow Canadian products to flow freely.

It's something Andrew Harris is hoping for.

"We want to take Richmond beer and sell it to Alberta, Saskatchewan, Manitoba and Ontario," he adds.

"It would certainly help our industry when we most need it"

OUR CITY *tonight*

SPOTLIGHT ON SPRING COCKTAIL & 2 ROMCOM FILMS

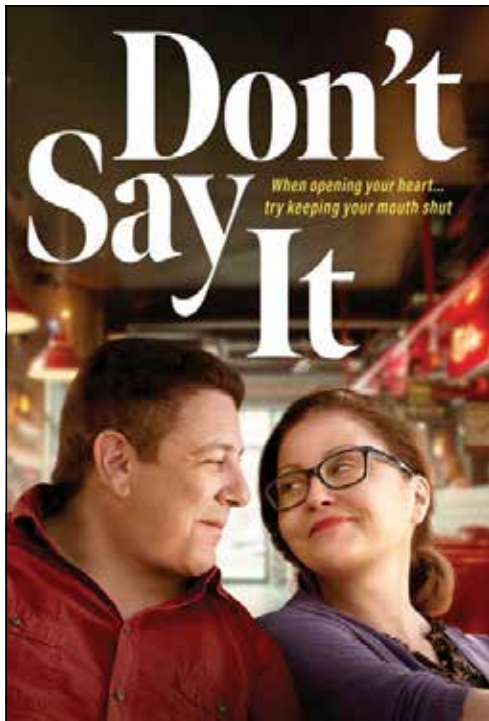


Photo courtesy Shelter PR

THE VIEW #1 – DON'T SAY IT

Don't Say It has no car chases, no gun fire, explosions or superhero characters. For that reason (among many), we were delighted to sit down and view this wonderful, warm film about two middle-aged people who might have a second chance at love and life. Pat (Rich Grosso) is a talented chef who works days at his brother's deli after his restaurant folded and his marriage ended. Despite this, he is a fairly upbeat guy who deep down probably thinks his best days are behind him. Then he meets Lara (Victoria Kelleher), a diner waitress who not only thinks her best days are behind her, she's accepted it. Both have different ways to avoid opening their hearts again but the connection between these two—though it moves slowly—is something neither can fight or ignore. Hollywood rarely makes movies like this, which is too bad, as these middle-aged characters have great stories to tell too. Hat's off to actor Rich Rosso, who is also the co-writer/co-producer, for giving us a film which will have you laughing, crying and delighted. We look forward to Rich Grosso's next film. *Don't Say It* is available now for home viewing. shelterpr.com

THE SIP – SUNNY BUT FOGGY

Spring is not far off, and with that in mind, we sat down with Glowbal Restaurant beverage director, Martin Kovalcik, in search of a Spring cocktail. His suggestion: the new *Sunny but Foggy*, cocktail. "This is a refreshing and complex drink that plays on the contrasts of spring itself—bright and sunny with a touch of mystery," Kovalcik says, "and is a beautiful blend of unexpected elements that manage to balance each other perfectly." As we enjoy the first sip, we ask about the cocktail's ingredients. This delicious cocktail contains Vodka, grapefruit, organic matcha, honey, lime & lemon, lavender fog liqueur and peated Lagavulin single malt whisky. "With its balance of refreshing citrus and earthy, smoky undertones," Kovalcik goes on to say, "this cocktail is the perfect way to welcome Spring—bright, bold, and a little mysterious." *Sunny but Foggy* is part of new Spring feature cocktails at Glowbal Restaurant and, as always, easy to create at home. glowbalgroup.com



Photo courtesy The Glowbal Group



Photo courtesy Route 504 PR

THE VIEW #2 – THIS TIME NEXT YEAR

This is the perfect kind of British movie for a rainy Sunday afternoon. *This Time Next Year* is a love story about two young people who, on paper, really have no business (or chance) being together. But this is a love and relationship story. We are first introduced to soon-to-be-born, Minnie (Sophie Cookson) and Quinn (Lucien Laviscount) on New Year's Day, their birthdays, then years later on another New Year's when their paths cross again. Sparks fly—even more so in an odd way when Minnie discovers that Quinn is *the* Quinn whose mother stole that name her mother had planned for her. An interesting starting point for these two people. But they also have something else in common: walls around their hearts and both in relationships they care little for. This wonderful "will they, won't they", rom-com is made better by a solid script, the chemistry between the two leads and the supporting cast (including John Hannah as Minnie's quirky but loving dad). Available now for home viewing. route504pr.com

She has been waking up Vancouver for over 11 years

Like a lot of people in Vancouver, The Lower Mainland, and this province, we wake up with this woman every day—that's because she's the Host of CTV Morning Live, Monday through Friday. Our City Tonight sat down with Keri Adams to talk about what it is like to be an award-winning reporter and daily morning show TV host.

OCT: Keri, you have been hosting the Morning Show for eleven years and, for the last two years, you've been on your own as a solo anchor. Can you share with us, how you keep up with your demanding schedule while still having a social and family life.

KA: To be clear I don't always stay up late when I'm at functions, but I also don't want to miss out. However, once you get into the groove of working on a morning show, you have an internal alarm clock. I think that even if I didn't set my alarm for 2:40 a.m., I would probably still wake up as it's part of my routine. I will stay out as long as I can, and then I go home to bed so I can look alert in the morning.

OCT: You always look amazing. What we find interesting about being a morning show host is that it really is different from other news shows. You go from talking about something very serious on the show—and because you're the solo host—you can go from that right into having fun with a local chef. It's a real cross-section for you each day. We're sure that's part of why you love your job because every day, it's always something different.

KA: Oh for sure, I love delivering the news of the day. But I also love being able to say good morning to people and tell them what's happening in the world. I also like having chats with my co-hosts, Marke and Mona. We have a great time and of course, as you mentioned, I do love doing the cooking segments or having the SPCA in the studio on regular basis with cute puppies or kittens. I do feel like there's such a variety that we offer our viewers and that's one of the great things about working a morning show.

OCT: You are the recipient of the prestigious Jack Webster award, tell us a little bit about that as you weren't always behind the desk. In fact, you used to be right out there in the fray of it all.

KA: I was a field reporter for many years. Most



Photo courtesy Keri Adams
Marke Driesschen, Keri Adams and Mona Mahmoud, on the set.

reporters who became anchors started out as field reporters. It was in January 2005, I was covering the North Vancouver mudslide where a woman died and the mud slide took out her home. It was our coverage that led to an award and I was one of the four journalists at CTV that shared that award for best news reporting. It was a heart-wrenching story with a lot of angles to cover.

Live reporting was something that I really enjoyed, especially reporting live from the scene, it's something about the immediacy of that. I guess that's why I enjoy anchoring live TV as well because you were on the spot, and this is what's happening right now. So how we handle it is so important.

OCT: How have you found our business and the landscape of our business to have changed over the years? How do you see the social media aspect fitting into your business life? You don't want to give away too much of your personal life, but that's part of what you have to do now with the events you attend socially.

KA: There was no social media when I started, we did our job and went home. When I did get into the business I was working in Edmonton. I went to NAIT (Northern Alberta Institute of Technology) in the early 90's. My first job as a reporter was probably in 1995, and I moved to Red Deer in 1997.

During that time I was shooting my own material, and I had a camera on my shoulder for two years. I was driving around Central Alberta covering stories that were everything from politics to agriculture and then back to Edmonton. Live reporting was just coming out at that time, and we were just seeing the emergence of that. Those were exciting times, and social media wasn't a part of that. You did not need to self-promote and be seen at functions. But, yes, it does give you an element of promotion and you can share what you're doing before they get to see it on TV.

OCT: It is true that people see you every day on TV or on Social Media and feel they have a relationship with you.

KA: I recognize that people sometimes follow me just on social media and don't actually watch the TV show and I believe there are the audiences that follow both. It is interesting.

OCT: We must ask you about your early beginnings. Specifically, let's talk about your cheerleading days for the Edmonton Eskimos, now known as the Edmonton Elks.

KA: I was a cheerleader with the CFL before I was a broadcaster. I did this right out of high school because I was a competitive cheerleader in high school. I joined the CFL team, and it was so much fun, and I did that for four years. We travelled and we even came out to Vancouver for Grey cup one year.

I believe that was probably my first experience visiting Vancouver as an adult and I thought this was a very cool place to live. Just recently, I went back to being a part of the CFL alumni. So, in my 50s, I can still call myself a CFL cheerleader.

OCT: Good for you! Let's go out on a philosophical note. If you were to go back and talk to yourself 30 years ago, what would you say?

KA: To take more risks. I think that when you're starting your career, as a young adult, you question yourself. To be honest, I still question myself all the time. I would tell myself to take more risks, to find the happiness, to do the things that give you joy, and don't question whether you can do it because you can. You just have to take the necessary steps.

To watch the video interview go to richmondsentinel.ca/videos



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