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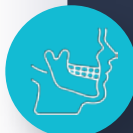
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Richmond's Garlic Fest returns August 16

Mark your calendars, bring your appetite and join in the aromatic fun of the 15th annual Richmond Garlic Fest—a day of community, flavour and culinary adventure at The Sharing Farm in Terra Nova Rural Park. This popular family-friendly festival is on Saturday, August 16 from 10 a.m. to 3 p.m.

"The Richmond Garlic Festival is truly a celebration of all things garlic and one of our city's most unique and popular festivals," said Mayor Malcolm Brodie. "People can experience garlic in ways far beyond what they might expect, with vendors and workshops showcasing its many culinary uses. The event is always an unforgettable day for all ages."

This event in the heart of Richmond is a celebration of everything and anything garlic—featuring delicious garlicky eats, live entertainment, kids' activities, and unique attractions like birds-of-prey flying demonstrations. With dozens of local farmers, artisans and food vendors, those attending can explore garlic in all its flavourful forms—from farm-fresh bulbs to the ever-popular garlic ice cream.

"We're thrilled to welcome the community back for another year of celebrating garlic and local food," said Leslie Williams, executive director of The Sharing Farm. "The festival is a chance to enjoy amazing food, connect with neighbours, and support our mission of growing fresh, healthy produce for people facing food insecurity."

To make attending easier, parking is available at the city's Operations Yard (5599 Lynas Lane) and City Hall (6911 No. 3 Road) with a free shuttle bus run-



Photo courtesy City of Richmond

The Richmond Garlic Fest returns for its 15th year on Saturday, Aug. 16 to celebrate community, flavour and culinary adventure.

ning between these locations and the festival site throughout the day. As parking is limited, attendees are encouraged to walk, cycle, take transit or ride an e-scooter. A free bike and e-scooter valet service will be available on-site.

The Sharing Farm is located at 2771 Westminster Highway.

Admission is by donation, with all proceeds supporting The Sharing Farm's charitable work—including the donation of thousands of pounds of fresh produce each year to the Richmond Food Bank and other community partners.

For more details and updates, visit sharingfarm.ca/garlicfest

No. 3 Road highlights Richmond's art columns



Commuters along No. 3 Road can enjoy a new art exhibition at Aberdeen and Lansdowne Canada Line Stations featuring colourful artworks by local artists. From now until January 31, Richmond's Jani Kiu, Marina Szijarto and Monique Zhang will have works installed in the large, backlit display cases at the base of three concrete support columns at the stations.

- Jani Kiu's mixed-media digital illustrations at Aberdeen Station are a playful take on Richmond's vibrant food culture. Puns, cute animals and beloved dishes combine to highlight Richmond's love of good food and drink.

- Marina Szijarto's *Intertidal Stilt Dance* at Lansdowne Station, celebrates Richmond's historic Finn Slough

through the depiction of handcrafted stilt houses that honour lives shaped by tides, time and resourcefulness.

- Monique Zhang's *Blue Cocoon* paintings, also at Lansdowne Station, capture early morning moments among family members that celebrate love, care and connection in the quiet rhythm of daily life in our diverse city.

The No. 3 Road Art Columns Program was launched in 2010 as part of the city's commitment to enhance the No. 3 Road streetscape, in partnership with the Appia Group of Companies and InTransit BC.

This is the second 2025 exhibition highlighting Richmond's local culture, history and natural heritage. The next exhibition will run from Feb. 1 to July 31, 2026 and be presented in partnership with the Richmond Arts Coalition's upcoming ARTRich exhibition at the Richmond Art Gallery.

For more information about the No. 3 Road Art Columns and the city's Public Art Program, visit richmond.ca/PublicArt

Photo courtesy City of Richmond
Terrier-Yaki, Jani Kiu, 2025, Aberdeen Canada Line Station.

A magical place to visit

By FLORENCE GORDON
Contributing writer

What seemed like two years that I drove Steveston Highway every day to work and watched a beautiful log cabin being built thinking "this must be a model sales office for log cabins." Then in a distance I could see fields of lavender growing but what I couldn't see from the highway was what was being developed and camouflaged by a second large building. So out of curiosity, on a warm sunny Saturday afternoon in July we booked an appointment for a tour with the owner and brought along our camera crew in hopes of producing another one of our Richmond Stories.

Nestled on 9 acres of land on the south side of Steveston Highway between No. 3 and No. 4 Road is Lavenderland. Once we parked our car and walked past the log cabin and beyond the large barn that visually protects this hidden treasure—we discovered why this has become a tourist attraction.

Greeted by the owner, Mr. Wu Su's story unfolded. In 2017, Su and his father had a vision. They bought the property in 2015 which was bare land and they planted trees which you can see in the photos are very mature trees today they added beautifully landscaped flower gardens, a man-made waterfall with a pond and a gazebo hidden at the end of a long path protected by a trellis draped in lavender coloured fabric dancing in the breeze to piano music coming from the barn. You have to visit the site to understand why it has become an outside venue for weddings and private parties.

Su shared with us this is a family-run lavender haven and he and his parents have lovingly nurtured this sanctuary, transforming it into a tranquil retreat. "It is the first lavender farm in Greater Vancouver, embracing eco-friendly natural farming for lavender growth and quality products." Their mission is to spread happiness and tranquility, by providing a perfect place for nature, peace, and family enjoyment.

The lavender farm produces different kinds of species, including the super blue Melissa Munstead. Tourists and local residents are welcome



Photo courtesy Richmond Sentinel

Wu Su & Jim Gordon in front of mature garden entrance.

to sightsee, take photos and enjoy family time. I do have to warn you that during the lavender blooming season the bees are feasting on the pollen.

Because the park-like gardens are so beautiful which by the way has a magnificent Cinderella like carriage incorporated into the setting, Lavenderland is open to hosting weddings and even birthday parties. The day we were there they had a jumbo inflatable bouncing castle to entertain the kids.

Su: All the trees, the flowers, the grass, everything was planted in the last 10 years with love by my mom, my father and I all working together.

RS: When we first drove in, there's a beautiful log cabin, was that part of the idea as well?

Su: Yes, my father said that if we want to build a gift shop, it was important to build an attractive place that represents North American architect, so we built this beautiful North America style log cabin

RS: A lot of viewers may not know this but, lavender has cosmetic uses and many believe it has medicinal use as well. Can you enlighten our readers?

Su: Lavender is grown for the production of its essential oil, which comes from the distillation of the flower spikes of certain lavender species. The extracted essential oils and also the hydrocele (hydrocele also referred to as floral water that is an aromatic water that remains after plant material is steam distilled to create an essential oil) and are used to make many products.

We can make different kinds of products from lavender one of which is commonly known for sleeping or relaxing. Actually different species have different functions. Another species' function can be used to help one concentrate or for relaxing.

RS: Yes, I have a number of friends who actually spray it on their pillows and their sheets.

To watch the interview in full go to richmond-sentinel.ca/videos or for more information go to lavenderland.ca to order lavender products like essential oils, lavender tea, edible superblue flower buds, toner, etc. or visit their charming log cabin at 8460 Steveston Highway, Richmond and take a tour of the property to book a wedding birthday event or a field trip. Gift shop hours 10 a.m. to 9 p.m. every day.

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In honour of our soldiers: Alexander Gordon

By MATTHEW CHEUNG
Contributing writer

In our previous series, we learned about the 56 men who gave their lives during World War I and World War II, whose names had been inscribed on the Richmond Cenotaph and were given a poppy street sign. Following our poppy street sign series, we moved onto the young soldiers whose names were inscribed on the Richmond Cenotaph, but did not have a road named after them. Those names were compiled of 23 young men who lost their lives in World War I, World War II, or in the Korean War.

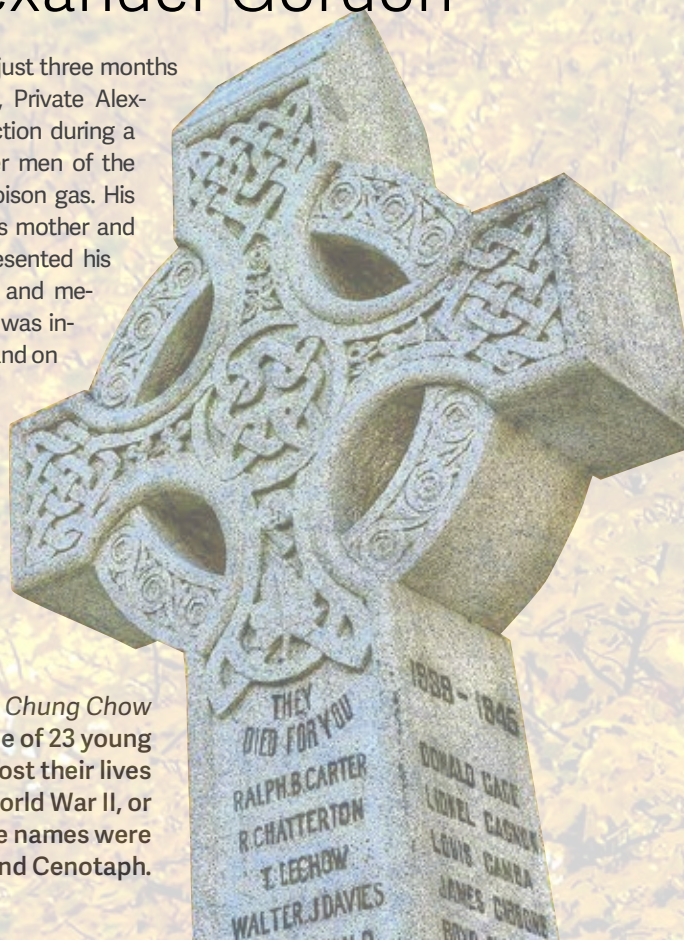
Alexander Gordon was born on June 11, 1897 in Newburgh, Aberdeenshire, Scotland to James and Isabel Gordon. Along his life's journey, the Gordon's would move to Steveston, Alexander attended school there before enlisting into the 121st Overseas Battalion in Vancouver on Jan. 19, 1916. At the age of 18, he stood at 5 feet 7.5 inches tall, had hazel eyes and black hair.

Travelling on the Empress of Britain, his battalion arrived to Liverpool on August 24, 1916. Gordon would then be transferred to the 54th Battalion in the Canadian Expeditionary Force, and arrive in France on Dec. 14, 1916.

Tragically, on March 1, 1917, just three months before his twentieth birthday, Private Alexander Gordon was killed in action during a trench raid, where many other men of the 54th Battalion fell victim of poison gas. His personal estate was left for his mother and the Canadian government presented his parents with a plaque, scroll, and memorial cross in 1921. His name was inscribed on the Vimy Memorial and on the Richmond Cenotaph.

In East Richmond, there is a Gordon Way named after Robert Gordon, who was an early Terra Nova settler. Alexander Gordon however, is not related to Robert Gordon or the Gordon family.

File photo by Chung Chow
Alexander Gordon was one of 23 young men from Richmond who lost their lives in either World War I, World War II, or in the Korean War whose names were inscribed on the Richmond Cenotaph.



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22nd Annual Richmond Maritime Festival

Richmond's 22nd Annual Richmond Maritime Festival will take place from 11 a.m. to 6 p.m. on Aug. 23 to 24, 2025. The beloved nautical-themed event will offer visitors a chance to engage in the rich maritime legacy of Steveston through fun, interactive activities, live music, puppet shows, art exhibitions, and more. The festival is free for all to attend and there will be something for people of all ages.

This year's edition will feature its largest music stage ever, with a line-up dedicated to local bands with a maritime flair. Vancouver and Nanaimo-based singer-songwriters Murfitt & Main will animate the Port of Call stage with their original compositions steeped in the living tradition of roots music, featuring bass, guitar, banjo, and mandolin. Energizing and award-winning Collage Trad are a melting pot of local fiddle traditions with a dash of swing, a pinch of jazz, and a sprinkle of rock. Festival favourites will return this year as well, including the Irish Wakers, Nautical Notes, and The Whiskeydicks.

Families with young children will want to stop by Seaside Puppet Theatre, featuring music by

accordionist Dan Propp and performances by Lulu the Mermaid, Rikki the Rat, and more puppet friends. The family-focused Octopus Garden will have free face painting and street-theatre picture-card shows by Stories on Wheels.

Festivalgoers will be delighted to see the return of the Knitting Tree, a community-activated project that pays tribute to this craft's long history with fishermen and sailors. Visitors can bring their own knitting needles and hooks to contribute to the fabric collage all weekend. Other hands-on workshops will include cyanotype prints with Grace Gihm, net-making with Cat Hart, design-your-own-boat craft with Ralph Heading, and origami with Aiko Matsushiba.

Down on the docks, visitors will be able to take in the beauty of restored heritage boats. This year will see the return of local favourites, such as the 103-year-old SS Master tugboat—the oldest working wooden-hulled steam-powered tug in the world—and Westcoast work boats like the MV Gikumi, Midnight Sun, Sandra Jean II, and Island Provider. Please check the website for dock access hours.

Boat lovers will also want to stop by the Richmond Boat Builders workshop to see Britannia Shipyards' maritime legacy in action. Explore the current restoration work on the 62 year old Crystal S, a 37-foot combination gillnetter and troller fishing vessel that was built in Steveston. The wooden vessel has fished on the Fraser River, Johnson Straits, Rivers Inlet, and up the coast to Camano Sound. This year, a curated multicultural selection of more than 15 food trucks will help fuel festival adventures. New to this year's event: Mango Yummy, Golden Bannock, and Rolled West Coast ice cream. Picnic tables are available for those who would like to pack a homemade spread.

This year's festival coincides with the Fresh-Co Richmond Dragon Boat Festival on Saturday Aug. 23, at Steveston's Imperial Landing so there will be even more for visitors to enjoy as they make their way across to the Richmond Maritime Festival.

For more details on getting to Britannia Shipyards National Historic Site and this year's program, visit richmondmaritimefestival.ca

Photos courtesy City of Richmond
Visitors on the boardwalk at the Richmond Maritime Festival 2024.



Children taking part in face painting at the Richmond Maritime Festival 2024.

The Cannery Mermaids at the Richmond Maritime Festival 2024.

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richmond.ca/SaveWater



Everything you wanted to know about blueberries

By YOLANDA WEI

Contributing student writer

Blueberry season is coming to an end, and before we say farewell until next year, let us learn more about this small blue fruit, so abundant in our province and so delightful in its ways.

Twelve wild blueberry species are native to Canada. Long before they were domesticated, the berries were discovered and used by Indigenous peoples in food, medicine, and meat preservation for thousands of years.

The wild blueberry was domesticated in the early 1900s by American botanist Frederick Coville and agricultural specialist Elizabeth White, who cross-pollinated hundreds of blueberry plants to find one that produced high yields of large, sweet berries. In 1916, they came across a variety named the Rubel. Thanks to Coville and White's extraordinary efforts, blueberries are now found on farms across their native North America, throughout cities like Richmond, and beyond.

Canada's blueberry production can be categorized into two basic types: highbush and lowbush, which are both harvested in approximately equal amounts. Lowbush species typically have smaller berries, are low-growing and sometimes form networks of shallow rhizomes, which are underground stems. Highbush berries, however, usually grow taller than one and a half meters and do not form colonies. These berries are larger and less tart than their lowbush counterparts.

Blueberries grow in fairly acidic conditions that other fruit cannot grow in, thriving in soil with a pH between 4 and 5. Their fields cover over 78,000 hectares across Canada, making them the largest produced fruit by land area in the



Photo via Freepik.com

British Columbia is the largest highbush blueberry growing region in the world.

country. British Columbia produces nearly all of Canada's highbush blueberries, while provinces like Quebec, New Brunswick, Nova Scotia, and Prince Edward Island make Canada the largest producer of lowbush blueberries in the world. Both species can be handpicked or mechanically harvested and then exported to be shared globally.

The global demand for blueberries is growing because of the fruit's perceived health benefits and proven nutritional value. Not only are blueberries high in antioxidants—the highest level of any other commonly eaten fruit or vegetable—which protect our cells from damage, but they also contain high amounts of fibre, vitamin C, and vitamin K. Altogether, blueberries aid in blood sugar management, mitigate inflammation, and may improve aspects of cognition.

Along with numerous health benefits, there are also numerous ways to enjoy the fruit. Blueberries can be eaten fresh, frozen, dried, freeze-dried, powdered, or pureed—the possibilities are endless. Adding a handful to a smoothie or to your breakfast is a simple and delicious way to improve your health.

Fun Facts

- Growing your own blueberries is a great way to enjoy this delightful fruit too.
 - Pink Lemonade or Pink Sapphire blueberries are a unique variety known for their pink-coloured berries and sweet taste.
 - A single blueberry bush can produce up to 6,000 blueberries per year.
- Visit one of the many farms across Richmond this summer before the blueberry season ends—there are options to go berry-picking or buy them fresh. Continue exploring everything this city has to offer.

35th annual Richmond Dragon Boat Festival Returns

By MICHAEL COOPER

Contributing student writer

Richmond is ready to awaken the dragon with a vibrant display of athleticism, culture, and community spirit as the FreshCo Richmond Dragon Boat Festival returns to Steveston Village (4310 Bayview Street, Richmond) on Saturday, Aug. 23. The highly anticipated festival promises a day of exhilarating races, lively entertainment, and family friendly activities, all in the picturesque backdrop of the beautiful Fraser River.

The Richmond Dragon Boat Festival is a beloved annual tradition in the city. It carries forward the ancient Chinese heritage of dragon boat racing, which dates back over 2,000 years. Dragons are mythical in Chinese culture and are believed to be the rulers of rivers, lakes and seas, with its strength and power it stands as a powerful symbol of teamwork, dedication, and cultural celebration.

Over 80 teams, comprised of an estimated

2,000 paddlers, are expected to descend upon Imperial Landing for a day of fierce competition. Spectators will witness dynamic 500m sprints as dragon boats, adorned with their iconic dragon heads and tails, slice through the water, propelled by the synchronized power of their crews and the rhythmic beat of their drums. Divisions will include Mixed, Women's, Men's, Breast Cancer Paddlers, All Cancer Paddlers, and Paradrone teams, all competing for the coveted Community Championship Trophy.

Beyond the thrilling races, the FreshCo Richmond Dragon Boat Festival offers a full day of engaging activities for all ages. The festival grounds will feature:

Live music and cultural performances: Immerse yourself in a diverse array of entertainment on the main stage, showcasing local talent, traditional Chinese cultural acts like Sichuan Face Changing Lion Dance, and more.

Food vendors: A tempting selection of culinary delights will be on offer, ensuring there's some-

thing to satisfy every palate.

Marketplace: Browse and discover unique creations from local artisans and vendors.

The festival is located near the Britannia Heritage Shipyard and Imperial Landing, offering easy access to the charming Steveston Village, with its historic sites, shops, and restaurants. While admission to the festival is free for the general public, visitors are encouraged to consider carpooling due to limited parking. A minimum donation of \$10 for parking will support local charities such as the Richmond Food Bank and Learning Buddies Network.

The FreshCo Richmond Dragon Boat Festival is more than just a race; it's a vibrant display of community, culture, and competition. It's an opportunity to witness the incredible spirit of paddlers, learn about an ancient tradition, and enjoy a fantastic day out with family and friends. Mark your calendars for Aug. 23, 2025, and prepare to soak in the sun, cheer on the teams, and celebrate the rich heritage of dragon boat racing in Richmond.

I can't believe that's a law: Canada recap

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 the last edition where we covered the quirky laws and fun facts in Nunavut, we now recap the fun facts and quirky bylaws across the country, from British Columbia all the way to Prince Edward Island.

British Columbia

Starting with beautiful British Columbia, in the township of Esquimalt, we look at an old law that prohibited snowball fights in certain areas. The reason for the prohibition is to avoid injury that may be caused as a result of ice in the snowballs and potential property damage as a result of inaccurate throws.

Alberta

In Red Deer and Taber, Alberta, children under the age of 16 were hit with a curfew. The curfew stated that children under the age of 16 are prohibited from being outside from midnight to 6 a.m., unless accompanied by a parent or guardian. There must have been a lot of unplanned sleepovers happening as a result of this bylaw.

Yukon

Photography has blossomed as a hobby as the years have gone by, with more people starting up their own photography businesses and social media pages. Well in the Yukon, capturing wildlife has an extra step in addition to snapping a photo and publishing it. A permit is required for those who wish to be wildlife photography operators as well as the use of a drone to film or photograph wildlife.

Northwest Territories

Dog sledding is a common use of transportation, but there are some restrictions. In the Northwest Territories, the use of dog sleds on the sidewalk or prohibited due to possibilities of serious injury.

Nunavut

In Richmond, there is a drastic bunny overpopulation problem, with bunnies multiplying daily. In Nunavut, they have their own restrictions on the animals present. Found in the City of Iqaluit, it is mandatory to spay or neuter pets due to the lack of vets across Nunavut. Violators of the bylaw are subject to a \$250 fine and may result in the pet being impounded.

Saskatchewan

Depending on the circumstances, shoelaces are sometimes left untied, but that isn't against any laws or bylaws around the world. In Fort Qu'Appelle, a municipality near Regina, Saskatchewan, it is actually prohibited to walk down the street with untied shoes. The bylaw was most likely implemented to prevent potential accidents and enhance pedestrian safety. The city's former mayor stated in 2020 that there was a brief investigation done regarding the bylaw but there was no confirmation whether the bylaw was still enforced or not.

Manitoba

Gophers are small, soft, solitary rodents who live underground burrows, their choice of habitat is not always appreciated by humans as they often dig up dirt creating a hole about 12-20 inches in diameter. The small animal created so much extensive damage in 1919 that the rural municipality of Victoria, Manitoba, enacted a law that enabled residents to collectively destroy gophers in order to protect their crops. Though the law is no longer enforced, who would've thought that Manitoba had such a distaste for gophers.

Ontario

In Petrolia, Ontario, in 1990, the act of whistling was prohibited between the hours of 11 p.m. and 7 a.m. The reason for this prohibition is to reduce the noise disturbances at night. Violations of the bylaw could result in a fine, in 2009, the municipality repealed the bylaw.

Quebec

In 1994, a provincial law was enacted that stated that fruits and nuts falling naturally from a tree remain the property of the tree's owner, even if they land on

neighbouring property.

Nova Scotia

Back in the 1980s in Halifax, Nova Scotia, a driver must maintain a high standard of personal hygiene which will be reflected in a neat, clean, and professional appearance and personal cleanliness at all times. Though it doesn't explicitly say t-shirts and shorts are not permitted, the expectation of a professional appearance requires a shirt with a collar and sleeves.

Newfoundland

From 1887 to 1948, Canada banned the production, import, and sale of margarine, but one province bypassed it. In 1949, when Newfoundland and Labrador became a province, it negotiated the rights to produce and sell margarine. The results caused attempts to bootleg and smuggle margarine across provincial borders.

Prince Edward Island

Waking up to see snowfall on Christmas Day, the first instinct would be to run outside and build a snowman after opening all your presents. In Souris, Prince Edward Island, snowmen built on the corner lots of homes have height restrictions. They are not permitted to exceed 30 inches in height, as it could result in obstructed views in the intersection.

New Brunswick

In 2005, in Bathurst, New Brunswick, a bylaw was enacted that prohibited people over the age of 14 from engaging in door-to-door trick-or-treating. Face disguises were prohibited after 7 p.m. before amendments were made raising the age limit to 16 and extending the curfew to 8 p.m.

New Brunswick is also home to the infamous Gravity Hill, upon reaching a certain point of the hill, if drivers shift their vehicle to neutral, the car will begin to roll backward but because of the visual illusion, it appears the car is rolling uphill.

Let us know which fun fact was your favourite.



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Asphalt Paving Advisory 2025

April 20 to November 30, 2025

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, 2025.**

PROPOSED 2025 PAVING LOCATION DETAILS

No. 2 Road (Steveston Highway to Williams Road)—Intersections included
No. 3 Road (Alderbridge Way to Cambie Road)—Intersections included
No. 3 Road (Cambie Road to Capstan Way)—Intersections included
No. 3 Road (Capstan Way to Sea Island Way)—Intersections included
Bridgeport Road (No. 5 Road to Sweden Way)—Intersections included
Cambie Road (Shell Road to No. 5 Road)—Intersections included
No. 5 Road (Seacliff Road to Kingsbridge Drive)—Intersections included
No. 6 Road (Bridgeport Road to River Road)—Intersections included
Moncton Street (Railway Avenue to No. 2 Road)—Intersections included
Francis Road (Gilbert Road to No. 3 Road)—Intersections included
Francis Road (Railway Avenue to No. 2 Road)—Intersections included
River Road (Cambie Road to Capstan Way)—Intersections included
Westminster Highway (No. 7 Road to No. 8 Road)—Intersections included
Vulcan Way (No. 5 Road to No. 6 Road)—Intersections included
Boeing Avenue (Catalina Crescent to Wellington Crescent)—Intersections included
Catalina Crescent (Handley Avenue to Airport Road)—Intersections Included
Douglas Crescent (Wellington Crescent to North end of road)—Intersections Included
Hudson Avenue (Wellington Crescent to Airport Road)—Intersections Included
Bridgeport Road (St. Edwards Drive to Shell Road)—Intersections Included
Cambie Road (No. 4 Road to Shell Road)—Intersections Included
No. 4 Road (Granville Avenue to Westminster Highway)—Intersections included
No. 5 Road (Bridgeport Road to Vulcan Way)—Intersections included
No. 5 Road (Greenland Drive to Bridgeport Road)—Intersections included
Shell Road (River Drive to River Road)—Intersections included
Wallace Road (Kozier Gate to No. 2 Road)—Intersections included
Williams Road (Parsons Road to Gilbert Road)—Intersections included
Machrina Way (Horseshoe Way to No. 5 Road)—Intersections included
Trumond Avenue (Wellmond Road to Gormond Road)—Intersections included
Garden City Road (Cambie Road to Bridgeport Road)—Intersections included
Boundary Road (Thompson Gate to Westminster Highway)—Intersections included
Kwantlen Street (Alderbridge Way to Alexandra 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**.

richmond.ca





Joe Biz — *by Joe Leary*

Seasoning salt sales soar

When you hear the name, Grandpa J's in relation to a product it immediately evokes images of family. And it's the newer generation of that family based in Vancouver that has taken the innovation to the next level—and then some.

Founded in 1995 by master chef Jim Voulides—known affectionately as Grandpa J—it began as a single, all-purpose seasoning salt that was sold through various food outlets around the Lower Mainland.

In 2004, after Grandpa J's passing, his great-nieces Jenny Siormanolakis and Nora Iliakis took the reins of the popular brand, determined to honor his legacy while charting their own course.

"When we purchased the company from the estate of our great uncle Jimmy in 2004, our plan was to learn the business and just keep it going as it was a Food Service Wholesale product," says Siormanolakis, who relates of their initial plans to maintain existing customers and eventually becoming one of the seasoning partners of Fatburger Canada.

"We avoided retail until the pandemic and once that 'Buy Canadian, Support Local' campaign happened and combination of empty shelves with everyone cooking at home, we decided to pivot.

"We quickly picked up store after store and just kept going. We learned very quickly how things operate and how we could position ourselves to grow while still being small and adaptable".

Raised in a family deeply embedded in Greek Canadian food culture; the sisters worked in the family restaurant as kids where they quickly learned that food runs in their veins", continued Siormanolakis.

Acquiring the business over two decades ago, they inherited not just a secret recipe but a vision rooted in years of steakhouse seasoning expertise. This drove the pair to propel the brand to new heights. "We did the hard work to make the path lead



Grandpa J's co-owners Jenny Siormanolakis and Nora Iliakis.

Photo courtesy Lia Crowe

to success".

"We researched and asked on social media where customers wanted to see us in every city and area we wanted to target and looked at locations and made sure they were a good fit for our products.

"We then backed up our services and delivered on our word to drive customers to those select stores through social media reels.

"To do what we did in such a short period of time; without the aid of a distributor is something we are extremely proud of", she says

And they accomplished this feat with breathtaking speed and vision.

Once a somewhat local behind-the-scenes favorite among chefs and restaurants, Grandpa J's was now a product on the move and future additions to the roster was inevitable.

Today, their list of inventory includes Greko Lemon Roast Potato Seasoning; a salt and pepper blend called The Coq; Bravias Birra Taco Rub and Vancity Grind; a coarser seasoning ideal for both steak rubs and cocktail rims.

It was the latter that received a major boost to in sales after an Instagram post from actor Ryan Reynolds; praising the product to his millions of followers and occurring three years ago on the BC Day Long Weekend.

"Nora and I were both on vacation; I was in Greece and she was in Osoyoos," adds Siormanolakis.

"It was crazy what we went through. It happened and for a solid week it was being reported on the news and radio stations. The best part was that it sent consumers into the small family run stores, businesses and grocers that sold us across the province.

"That was the most important thing it sent people to our website to find a small business they probably never had been to before and start shopping.

"They likely walked the aisles and bought more than just a shaker of salt and this is what that moment means to Nora and me.

"Now when someone in the media mentions the Ryan Reynolds Instagram moment on air it just sends us into restocking mode all over again—so thanks Ryan!" she says.

The sisters have been tireless in expanding the brand from one product in 30 stores to over 170 locations across Metro Vancouver, including Richmond's family-run Seafair Gourmet Butcher Shop and Steveston's Windsor Meats.

And this is all still without a distributor. It's organic growth fueled by passion and pride.

The siblings took a cherished seasoning borne of one man's culinary legacy and transformed it into a multi-flavour line of products now enjoyed in homes and professional kitchens alike.

And as for what lies ahead for 'Grandpa J's, their goals are to expand current Alberta and Ontario locations to other Canadian provinces. "Knowing where to grow is vital and you do that by being invested in you sector and listening to the experts," says Siormanolakis.

"The biggest priority for us right now is to push the food service side and get more chefs and executive chefs using our flavor profiles to feed patrons in schools, post-secondary institutions, restaurants and catering.

"The growth in prepared foods is projected to be multi-billions of dollars to the Canadian economy in the next decade and we're determined to find customers who want a quality locally-made product and be recognized and supported as a Canadian women-owned brand", she says.

Their vision—rooted in Greek tradition; fueled by pandemic pivots and amplified by grassroots hustle and viral social media feels as rich and textured as the seasonings they produce.

Richmond teen shares a sport never too late to try

By YOLANDA WEI

Contributing student writer

This summer, the weather is perfect for going swimming in a lake, jogging along a trail, or biking on the dyke, and triathlon athletes do it all. Day after day, in the sun or in the rain, they train to become better, demonstrating a remarkable feat of determination and perseverance.

According to 18-year-old triathlon athlete Sonia Nguyen, anyone can give this sport a try. *Richmond Sentinel* sat down with the Richmond teen to chat about the adventure and experience of triathlon, a sport that has become central in her life.

Sonia begins the conversation by addressing a misunderstanding: "A common misconception is that every triathlon is an Ironman, but we don't all do the 4 km swim, 180 km bike, and then a marathon at the end. There's always shorter distances you can start out with and then build your way up."

She began just like this in 2020, with the mindset to start somewhere and the belief that opportunity is meant to be taken. There was nothing extraordinary about the sport at the time—for Sonia, triathlon just made sense: "We already biked to school, and we did swimming as well, so my parents figured we might as well just do all three."

At the Exceleation Triathlon and Multisport Club in Vancouver, her commitment slowly picked up. By 2021 and 2022, she was training six days a week. Each practice, about two and a half to three hours, typically consists of training for two sports: swimming and running or biking. Throughout the years, Sonia has had her share of struggles and injuries but has always pushed herself to settle back into routine.

Her love for the sport is evident, and she grows excited when I ask her why triathlon continually interests her. "I find that I want to continue because it fits me and my routine—it's a very slow-burn sport. You do it for a long time, you do it for your whole life, and there's no singular point where you've realized that you are the best that you can be."

"I find with a lot of other sports," she adds, "you stop after high school or college, but for triathlon, you keep doing it. I know people do it until they're 80 or 90. You just keep building on and keep growing. There are always new goals to set."

Sonia also keeps at triathlon because of the incredible people around her. She is not only inspired by the Olympians and high-level athletes but also the regular people she meets at races. "Seeing the older, elderly people who also are doing [triathlon] at the same speed you are, or even faster—it's inspiring. You never really grow out of the sport; you just keep doing it no matter what. And you know that even if you do take a few years off, you can always pick it up again."

I asked her what runs through her mind as she races. "It's definitely nothing fancy," Sonia laughs. "When I'm training, I'll usually think about what my coach said to do, like bend my elbow more when I swim, but during the race, I tend to focus on one specific verse of some random song and I'll just replay that one line in my head for the entire time. For my last triathlon it was 'Say No to This' from Hamilton, and for a swim race before, it was 'Hot to Go' by Chappell Roan. It changes all the time."

Besides having the perfect lyric, a few other factors help make up a good race. "I like cloudy but warm weather, and then, if the water's warm, that's always good so I don't need a wetsuit," Sonia smiles. "When I'm actually in the race, it's more about how tired my legs feel. If my legs don't feel tired after the bike, then it's okay. Sometimes my toes freeze up after the bike because of the wind, so if my feet aren't frozen, then that makes a good race too."

Between training, travelling, and racing, Sonia can spend up to five or six hours on triathlon each day. Her determined commitment has taught her how to organize her time and what it takes to succeed in races. "We always learn to prepare for the worst," Sonia adds, "What if your shoes get lost in transition? What if you can't find your helmet? We always make sure we're prepared and stay calm when things go wrong—that really carries through in life."

Over the years, triathlon has taken Sonia many places, but even when she reflects on all the adventure, she is looking towards the future as always. "Right now, I am focusing on qualifying for Worlds for standard distance [triathlon]. I have one race in August and another one in September, so two chances to qualify for the age group World Championships next year."

As she heads to university in September, she hopes to keep a similar training schedule and achieve her long-term goal. "I want to complete an Ironman around the same time I graduate university." Then she laughs, just thinking of

something. "Completing a stage of the Tour de France the day before the actual racers come in would be really cool. There are 21 different race courses; each of them is about 150 to 200 kilometres long, and they release the map beforehand."

With those words, it is evident what triathlon has done for Sonia. The sport has taught her to dream and challenge what was once thought impossible.

Even her final message to Richmond residents breathes with the same spirit. "It's never too late to start—everybody can do a triathlon. I remember when my parents first started training about a year ago, they didn't know how to swim at all, and now they're doing sprint-distance triathlons. You can always start."

Learn more about triathlon at exceleationtriclub.ca



Sonia Nguyen (centre) at the 2025 Vancouver T100 Triathlon.

Photo courtesy Sonia Nguyen



Douglas James Scammell

FASHION FOR MEN

Adidas Sneakers

While doing research a few weeks ago for an article I was writing regarding the iconic Adidas Stan Smith tennis sneakers for men's casual summer fashion, I discovered another iconic sneaker made by Adidas that also has a long history and that model is the Adidas Gazelle sneaker.

I personally think this shoe is very comfortable and looks classic and retro and is best paired with the no-show socks look, along with shorts and a Polo shirt for a nice summer casual fashion look. Seen below is a modern model featuring a Grey Colorway.



HISTORY

The Adidas Gazelle is a line of sneaker shoes that was released by Adidas back in 1966.

The company Adidas named this shoe the Ga-



zelle. The Gazelle has its origins in Latin, where it derives from the word Gazella. The Latin term Gazella was used to refer to a small, graceful deer primarily found in the African and Eurasian continents. This delicate and nimble creature is known for its exceptional grace and swiftness kind of like the look and performance of the shoe itself.

Unlike the Stan Smith sneakers that were designed for Tennis. The Adidas Gazelle was originally intended use of the shoe for training, but ended up being redesigned for indoor use for the game of handball so they are classified as Handball Sneakers. This is not a running shoe. I will write an article about another iconic Adidas running shoe in a future article.

While doing research for this article for the Adidas Gazelle I didn't know anything about the game of handball. For those of you who don't know the game either here is a brief description of the sport of handball. The game is an Olympic team sport in which two teams play against one another on an indoor rectangular shape hard court. The two teams playing each other has seven players each. It is very similar to soccer and it combines elements of basketball with an emphasis on passing, dribbling and shooting a smaller ball using your hands to score a goal into a net that is defended by a goalkeeper like soccer.

Back to the origins of the sneaker the Gazelle is a continuation of a previously released shoe that Adidas created (its sister shoe) called the Olympiade which was a running shoe. Both the Gazelle and its sister running shoe the Olympiade had specific tractions to suit their specific environment as well.

The specific unique makeup of the Gazelle shoes made by Adidas is that it is a fir suede shoe instead of the canvas or leather. When the first

Adidas Gazelle shoe was released back in 1966 they were available in two colorways a red pair and a blue pair as seen below in the pictures.

Because the Adidas Gazelle was designed for indoor use and is made up with suede fabric on the outside you would not want to wear this shoe or any suede product in the rain, also the shoe does not perform well and can be very slipper while wearing them on a wet surface.

The Adidas Gazelle from its inception back in 1966 than drifted in and out of the Adidas catalog of shoes between the years 1972 and 1979. The shoe seemed to be superseded by the Athens training shoe at one point and was replaced in 1973 by a lookalike shoe called the Jaguar. Named after the apex predator nemesis of the Gazelle but that model did not hang around for long.

By 1979 Adidas decided to bring back some of the performance shoes and one of them fortunate enough to return was the Gazelle.

When Adidas brought the shoe back in 1979 they updated the shoe slightly giving a gum sole and larger tongue.

RESURGENCE

The Adidas Original Gazelle shoe remains an iconic sneaker silhouette, cherished for its timeless design, comfort, and versatility.

While the shoe's sporting capabilities contributed to its early success, the Adidas Gazelle is popular because of its subcultural presence which elevated it from sportswear to streetwear and beyond.

The Gazelle's popularity continued to grow, especially in Europe. The Adidas Gazelle has a rich history of celebrity endorsements, evolving from a training shoe in the 1960s to a fashion staple embraced by various subcultures and style icons. Early adopters included Mick Jagger and Keith Richards of The Rolling Stones in the 1970's, followed by the Beastie Boys, Oasis, and Kate Moss in the 90s. More recently, Gazelles have been seen on Harry Styles, Jennifer Lawrence, Emma Watson, Hailey Bieber, Gigi Hadid, and Timothée Chalamet, among others helping make the Adidas Gazelle a sought-after sneaker.

Adidas re-introduced the 1991 version of the Gazelle with new colorways that also keep the shoe relevant in contemporary fashion.

Also it is important to note the Adidas Gazelle is available for both men and women.

There is also many other handball shoes made by other brands and other Adidas handball shoes like the Spezial, Tokyo, Samba, Campus to name just a few that look very similar in style that are also available in the current line as well.

Today the Adidas Gazelle remains a popular and recognizable silhouette, with continued releases of new colorways and collaborations, solidifying its place as a classic and versatile iconic sneaker.



Photos courtesy DJ Scammell

OUR CITY tonight

**SPOTLIGHT ON
SUMMER VIEWING.
READING, LISTENING**



Photo courtesy Celia Rice, Britbox

THE VIEW – LYNLEY

Another reboot comes our way this month courtesy of Britbox. *The Inspector Lynley Mysteries*, aired from 2001 to 2007, and was very popular with viewers. Now comes *Lynley*, the new, updated version with Leo Suter (*Vikings: Valhalla*) as DI Thomas Lynley and Sofia Barclay (*Ted Lasso*) as DS Barbara Havers. Based on Elizabeth George's internationally bestselling novels, the first of four episodes begins with the arrival of Thomas Lynley at "Three Counties" Police Headquarters. He's an experienced, former London "Met" detective who has some bad history with his new boss, DCI Nies (played by the always reliable character actor, Daniel Mays). Nies, out of spite, pairs Lynley with a partner whose working class background and lack of "by-the-book" detective approach are at odds with Lynley's privileged, Oxford-educated background. But the pair are both outsiders in their own way and they click, with their crime-solving abilities to get results. We've said before in this column the British excel at this kind of detective crime drama, and *Lynley* is no exception with each of the four-episodes deeply layered in

the story and needing the nearly 90-minute running time. Look for this great new series. For more information at Britbox. britbox.com

THE READ – THE WOMAN WHO KNEW EVERYONE: THE POWER OF PERLE MESTA, WASHINGTON'S MOST FAMOUS HOSTESS BY MERYL GORDON

There was a time, long before the internet, social media, Tik Tok and YouTube where people still became famous for being, well, famous. Just in other ways. And long ago in that now lost world there was Perle Mesta, a wealthy widow who from the 1940's into the late 1960's was a very famous woman, known for hosting legendary parties with guests ranging from politicians to celebrities to actors to even presidents. Plays were written about her, songs too, and she was the original "hostess with the mostess", even making the cover of *Time* in 1949. But she also had a serious side and though she loved throwing parties, she had enough influence and personal contacts to get party votes on an issue. She was also an early advocate in the 1930's for the Equal Rights Amendment as well as working women. Author Meryl Gordon—who knows her way

around this era, having written books on Brooke Astor and Bunny Melon—has written a superbly entertaining biography of a once powerful, fun-loving woman who is largely forgotten today, but so overdue for a literary tribute like this. For more information at grandcentralpublishing.com



Photo courtesy Grace Hayden

THE PODCAST – GAME ON WITH GRACE

It is one of the world's biggest, most popular sports, ranked second or third depending which poll you read. The game of cricket has several billion fans, and in this country of ours, the game continues to grow in popularity. During our travels, we have enjoyed watching this sport live in countries like Australia—and it is that country which leads us to our podcast pick: *Game on with Grace*, hosted by Australian commentator and TV personality, Grace Hayden. She is also the daughter of Aussie cricket great, Matthew Hayden (who we had the pleasure of interviewing while in Brisbane in 2011). But this is no case of celebrity nepotism. Grace may have grown up with a front row seat to the game, but she has carved out her own path as host and commentator while appearing on-camera from the IPL, *Cricket World Cup*, *GT20 Canada* and *Channel 7 Australia*. And now to her weekly podcast, *Game on with Grace*, in partnership with Willow, the premier destination for cricket in the United States and Canada. "Partnering with Willow allows me to share those raw, funny, and inspiring conversations with athletes, artists, and anyone chasing greatness," Grace Hayden says, "and I can't wait to bring these stories to fans each week on the Willow app or wherever they listen to podcasts." For more information visit willow.tv

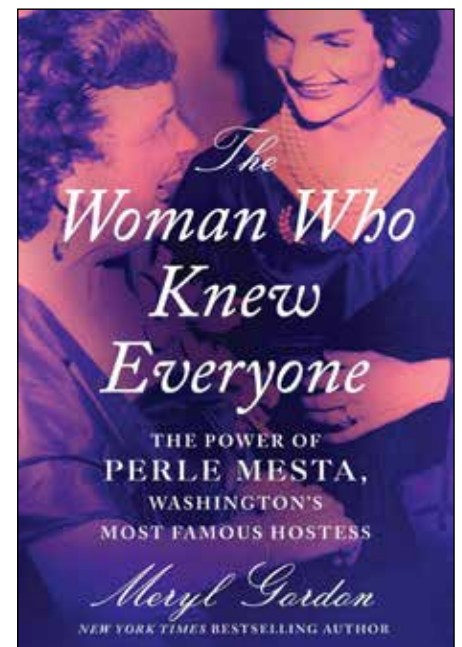


Photo courtesy Grand Central Publishing

Forgotten cartoonist brought to light by author

Caitlin McGurk is the curator of comics and cartoon art at the Billy Ireland Cartoon Library Museum. It is a library of American cartoons and comic art affiliated with the Ohio State University library system in Columbus, Ohio. Caitlin is also an associate professor at the Ohio State University and the author of a wonderful new book, that is long overdue in terms of biographies, called *Tell Me a Story Where the Bad Girl Wins; The Life and Art of Barbara Shermund*.

OCT: *What a great book, it really is the essence of what I think biographies are meant to be. I knew a little bit about her work but nothing more. To sit down and read about this remarkable trailblazing, pioneering artist had me shaking my head at the stuff she was doing at a time when women cartoonists were nonexistent, and in fact, they were in a man's world. Tell us a bit more about this spectacular woman.*

CM: That's what hooked me on this project to begin with. I have worked in the comics and cartoon art field for a long time. The library where I work has the largest collection of comics and cartoon art in the world and when I discovered Barbara's work in our collection 13 years ago, I thought for certain it had to be from the 1960s or 1970s. The jokes, the sensibility were so feminist and kind of queer and very, very forward thinking and biting. There were even jokes and gags in it about things like "mansplaining". I was thinking this must be contemporary work and was shocked to discover that the pieces I was looking at were from the mid-1920s and the early 1930s. Barbara was indeed one of the first women to work for *The New Yorker* magazine and started there the year it was founded in 1925. This year they are celebrating the magazine's Centennial.

OCT: *She was a young woman starting out as a cartoonist in New York in the mid 1920s. Booze was still illegal, and women had just recently won the right to vote and here she is creating content that was not seen, especially from a woman. This book is in fact littered with so many of her cartoons, Barbara Shermund's women were very smart, funny and they drank, they smoked, and I think that the one main take away from your book is that Barbara Shermund's women did not need men.*

CM: That's true. And you know it's not that she



Photo courtesy Caitlin McGurk

Author Caitline McGurk.

wasn't ever poking fun at women because she totally was but she did it in a loving way. And one of the things that I think is remarkable about this art, especially for the time, is that her women were never competing with each other. And the jokes were never cruel. They were just classy and funny. As I have said, these jokes were ahead of their time, and she commented on society and the trends that were going on around her. She continued to do this over the many decades that she worked, and she was really an unbelievable pioneer. She was not afraid to poke fun at things like domesticity or having children. She was just kind of the original child-free cat lady during her era.

OCT: *What's great is that she moved beautifully with the times. I cannot emphasize enough how important it is that she was a woman in a man's world as one of the early cartoonists but then there is World War II where she really gets to the forefront with her work in Esquire and the Hearst Magazine and Collier's, and again The New Yorker. It was an interesting time and a huge change for her when the war ends, and the soldiers came home. This is when the suburbs are created, and the baby boom begins, and the world enters the 50s. Everyone has seen the 50s television shows when women returned to the home and became*



Photo via fantagraphics.com

housewives and mothers. However, suddenly Barbara is at odds with society.

CM: She sort of became left behind because she's no longer able to get her work published. She had always written her own jokes and in the world of cartooning it was a common practice for cartoonists to work with gag writers. These were the people who provided the captions or the

jokes. But Barbara always wrote her own and it was her voice that was really coming through strongly in those 1920s and 30s cartoons. Post World War II, you know there was a deep desire for people to have a return to normalcy. As a result of this, the type of perspective that Barbara had been bringing to the table was no longer wanted. In fact, she was told by editors that she should stop submitting work that shows women smoking or drinking since things like that were a complete taboo at this point. There was to be no mentions of divorce or psychiatry, so things radically changed in the 40s and 50s. This is when her work tapered off, and she falls out of the spotlight. That was before people were doing a whole lot of scholarship and research work into cartooning. By the time that really became a trend, as it is now, there was a booming world of comics and cartoon art studies and Barbara was a name that no one had ever heard of at that point. Thus, this book was really a reclamation project for me.

OCT: *I kind of expected that when she got into the mid to late 60s when feminism was taking a real stride with women's rights, one would've assumed that she might be one of the people that they would pull into that group, even though she was older and from another era.*

CM: I'm so glad that we have Barbara's work from the 20s and 30s to really show what life was like for certain types of women back then.



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