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VOL. 8 ISSUE 9

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MAY 21 - JUNE 3, 2024

RICK AND AMANDA HANSEN



New scholarship for
Youth with Disabilities

07



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Senior moments: Embracing life at any age

By FLORENCE GORDON

Contributing writer

Embracing life, whatever age you want to be.

There's an untapped generation in every community and that is why we've been writing a series on senior moments: to encourage seniors to utilize their knowledge by playing an active role in their community; to appeal to businesses to reach out for senior advisors; and finally create programs to keep our seniors mentally and physically active. Asking one's age has always been taboo but the right mindset can make a world of difference.

I was reminded of the importance of this recently when a family member called me. Her husband had died this past year, and she moved into a senior lifestyle residence. It was her birthday and instead of celebrating with her family, she sat in her suite crying all day because she was depressed over her age and what her life will be like going forward. I told her to splash cold water on her face, put on some makeup, and go to the lounge and be with people.

This is a woman who never worked after she married, raised three wonderful sons but never had a life outside her family, so it's understandable why she was struggling. Needless to say, I called her back and suggested that she try to look at this as a new chapter, do something different by signing up for activities, be receptive to new friendships and take one day at a time.

Throughout our life journey we develop friendships through work, hobbies or volunteering and if we're fortunate to find a lifetime partner, that is a huge plus. For those who wrap their entire lives around their partner and do not have that balance of incorporating more, it's only natural that they will struggle after losing their lifetime friend.

If there's one thing that inspires me to this day, it's Hazel McCallion, former mayor of Mississauga who served from 1978 to 2014, finally stepping down at the age of 93. During her younger years she played professional women's hockey, was married for 74 years, was Chancellor of Sheridan College, and spe-

cial advisor to the Ontario government.

On her 90th birthday she was assessed by Dr. Barbara Clive, who said, "her gait is perfect; her speech is sharp; and she has the drive to still run this City." McCallion stepped down three years later at age 93, leaving a legacy that included, successfully evacuating 200,000 residents when a train derailment full of chemicals involving 35 companies happened in the heart of Mississauga. No lives or property were lost. She lived to the age of 101. I remember the media covering a story on Hazel McCallion ice skating at age 90. She was a shining

your age helps you plan the rest of your life and live it fully. The happier you are with yourself and your life, the easier it will be to accept your age and view the future with optimism."

"Even though aging is, above all, a personal matter: each person must come face to face with their age and what it means for them," Drolet says "and at each stage of life, we have to work to overcome obstacles of all kinds. We mustn't stigmatize ourselves and say 'I'm old!' We are not our age; we are people with life experiences."

That's the main characteristic of people who accept their age: they grab hold of their lives. "Their approach is to integrate an understanding of existence without letting it frighten them or hold them back," Drolet says. "But when we resist the aging process, we're more concerned about the time that's passing than we are with engaging in the things we've chosen to do."

Studies show that aging well, is strongly linked to good psychological health, which allows you to cope better with age-related changes and to live life as you want. If you can incorporate into your daily routine:

- Staying in shape at a manageable level
- Be reasonable in your expectations
- Deciding to be happy in spite of wrinkles, baldness, and pain
- Savour all the good times, and
- Turn your dreams into a reality, then you'll be okay

The late Roger Ebert, a favourite of mine, and a well-known American film critic, journalist and author once said: "We all are born with a certain package. We are who we are: where we were born, who we were born to, how we were raised. We're kind of stuck inside that person, and the purpose of civilization and growth is to be able to reach out and empathize a little bit with other people. And for me, the movies are like a machine that generates empathy. It lets you understand a little bit more about different hopes, aspirations, dreams and fears. It helps us to identify with the people who are sharing this journey with us." rogerebert.com

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Seniors enjoying life.

example of someone that was never referred to as, "too old for the job".

Not everyone is as comfortable with revealing their age and for good reason. "The way our society perceives old age influences a person's attitude towards their own age and aging" says Jean-Louis Drolet, a psychologist and author. According to Drolet, the underappreciated social usefulness of older people, causes people to want to protect themselves by keeping their age a secret.

Drolet explains "Aging is, above all, a personal matter: each person must come face to face with their age and what it means for them. At each stage of life, we have to work to overcome obstacles of all kinds. We are people with life experiences who are continuing on our path of development."

Drolet goes on to say, "age becomes an excuse to stop moving, stop exploring, to stop being creative. Accepting your age means being honest with yourself. It means valuing yourself and your life, wherever it's taken you. Furthermore, recognizing

2024 Outstanding Constituent Award recipients

Wilson Miao, Member of Parliament for Richmond Centre has announced the recipients of the Richmond Centre Outstanding Constituent Awards that recognize and celebrates constituents of Richmond Centre who have made a significant and positive impact to the community.

With this award, Miao acknowledge his constituents of Richmond Centre who through their selfless commitment, dedication, and relentless efforts, have and continue to bring about positive change within our community.

This year's award will feature the King Coronation lapel pins, commemorating the coronation of His Majesty King Charles III in May 2023. Miao has chosen to award the Coronation lapel pins to commemorate and express gratitude towards the recipients for this year's pres-



MP Wilson Miao, Richmond Centre announced the recipients of this years Richmond Centre Outstanding Constituent Award.

tigious Outstanding Constituent Award.

To personally thank and recognize these outstanding constituents for their valuable contribution, Miao hosted a ceremony on April 27, to present these recipients with a recognition award plaque.

- 1) Clara Kim Kum Chow
- 2) Devinderjit Kaur Bassi
- 3) Alan Hong Yiu Chan
- 4) Iris Wing Hin Chan
- 5) Traci Rosanne Corr
- 6) Dr. Romi Man Oh Fung
- 7) Tony Hsu
- 8) Dr. Peter Ling
- 9) Peter Donald Mitchell
- 10) Barbara Anne Rowland
- 11) JunXiang Shao
- 12) Alaric Wang
- 13) Steve Yau

"Whether it is through volunteering, leading community initiatives, advocating for important causes, or simply lending a helping hand to those in need, these

individuals have demonstrated the true spirit of compassion, generosity, and leadership. I am truly privileged to have this opportunity to acknowledge these exceptional residents of Richmond Centre" said Miao.

Ryan Wang's homecoming performance

The Glenn Gould Foundation, an institution known for nurturing and celebrating the transformative power of the arts, is excited to shine a spotlight on the remarkable achievements of 16-year-old piano prodigy Ryan Wang. Hailing from West Vancouver, Canada, Ryan embodies the spirit of creativity, innovation, and excellence that the Foundation seeks to promote across the globe. And now, he is set to bring a spectacular performance to his hometown.

Date: Monday, June 3 at 7:30 p.m.

Venue: Vancouver Playhouse

Tickets: vtixonline.com/the-glenn-gould-foundation/4256/

Ryan's dedication and skill have been recognized with numerous awards, including the 2021 Young Euregio Piano Award, the 29th International Fryderyk Chopin Piano Competition for Youth, and the 2023 Jeune Chopin International Piano Competition, among others. In 2023, at the age of 15, he was the youngest musician to be listed in Classic FM's Rising Stars "30 under 30".

The foundation's commitment to recognizing young talent aligns with its broader goals of extending the social and cultural impact of the arts, drawing from Glenn Gould's philosophy of music as a force for harmony, compassion, and mutual understanding. As Ryan Wang continues to captivate audiences worldwide and furthers his musical journey, the Glenn Gould Foundation looks forward to supporting and celebrating young artists like him who carry the torch of musical excellence into the future.



Photo courtesy Glenn Gould Foundation
16-year-old piano prodigy Ryan Wang, is returning home for a spectacular performance at the Vancouver Playhouse.



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2. Join the fun and attend a class or program at a City of Richmond facility. Every visit will bring Richmond closer to becoming Canada's Most Active Community.

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UBC Medicine Political Advocacy Committee

By MATTHEW CHEUNG

Contributing writer

In this edition of Richmond Stories, host Jim Gordon (JG) sat down with three UBC medical students from Richmond who are part of the UBC Medicine Political Advocacy Committee (PAC).

JG: Who is PAC? They are a group of medical students who every year, advocates for the improvements to the health care system, and they run a province-wide public education campaign with the results of their research. This group of medical students researched issues related to the healthcare system. They spent six months researching unsafe and overcrowded emergency departments, interviewing ER doctors, surveying medical students, wrote a policy paper with their five recommendations, and met with politicians to advocate for necessary changes. 46 UBC students traveled to Victoria to address the recommendations with Premier David Eby, Health Minister Adrian Dix, and spoke with 48 MLAs, additional Greater Vancouver MLA's, and Richmond's four MLA's.

I'm joined by Davy Lau (DL), Kiki Yu (KY) and Valeria Mok (VM). Congratulations in a time where healthcare is probably most important on people's list of things they want improved by their government, it's great to see you three out there trying to make a difference. Valerie, I'll start with you, why did you choose and decide this topic?

VM: For myself and my colleagues, we're thinking about what it is we want to do in the future, in terms of medical specialties. We know that emergency care is vitally needed for our population, but as the years have progressed, emergency departments have become increasingly crowded and patients are more complex and staff are becoming burnt out from being overworked.

JG: Davy, to pick up where Valerie finished, can you touch on the five topics you covered in your recommendations.

DL: After spending months doing this research and interviewing emergency doctors and other people involved in health policy, we arrived at five central recommendations to help address the overcrowding and understaffing in the emergency. One is to focus more on increasing primary care, you'll see a common theme with some of our recommendations that it's not just to focus on the emergency department but to focus on the more systemic recommendations. By increasing the number of family physicians, which was done this past year through the new funding model, that will help decrease the burden on patients that come into the emergency department.

Our second one is trying to figure out how we can ensure safety measures, so people leaving the hospital, have a place to go, therefore increasing long-term care facilities. If there's patients in the hospital well enough to leave health-wise, sometimes they actually have to stay in the hospital because they don't have proper housing or don't have a long-term facility to go to. That increases the number of patients in the emergency and by increasing the number of long-term care facilities and housing options, that will help decrease overcrowding in the ER.

As well, we have recommendations for ensuring we have better long-term planning in terms of the workforce, ensuring that we're using data to figure out how many physicians, nurses, and healthcare staff we need to recruit in the next five years, and then increasing options for rural support, like transferring patients from rural emergency departments to urban hospitals.

JG: Kiki, with governments, there's always challenges of bureaucracy, what do you hope to accomplish?

KY: I think at the end of the day, we'd like to see improvements made to our emergency departments, a reduction in overcrowding increased staffing and also alleviation to some of the urban rural disparities across the province. This is just one step that our student body has taken, by working together to create this paper, making these recommendations, showing that medical students (the province's future physicians and healthcare workforce) care about our emergency departments and hope to see improvements made.

JG: Valerie, this question is for you. We all know politicians can make promises and they don't often get kept or they get caught up in whatever happens, how will you gauge if politicians take action and if they don't, what can the people in your organization do to hold them accountable?

VM: The committee we work with is the UBC Political Advocacy Committee, a couple of weeks ago we spoke to them on Zoom and in Parliament in Victoria. What we want to do is bring this problem to the forefront of their minds, especially with elections coming up, and want to make sure they know what's going on and that we are able to propose recommendations that they have the power to either speak to others about it or able to enact.

JG: We should mention that you can read the policy paper, A Call to Resuscitate BC emergency departments at ubcmedicinapac.ca/. Davy, I'll go back to you, besides visiting BC politicians, how are you marketing your association and the valuable work that you do every year?

DL: The main engagement that we're doing this year is with the politicians, specifically with BC MLA's, we make an effort every single year to meet with as many MLA's as we can to ensure that we're meeting across the party line. The other aspect we're doing is to get the word out. Whenever we do a policy paper we want to engage with as many healthcare workers as possible.

We not only interview them and include them in our research, but once we're finished with the policy we disseminate these findings amongst the medical student body and to physicians in our community. This is definitely a concern that's relevant to the general public, so doing these media interviews and writing newspaper articles helps ensure the general public is keeping the government accountable.

JG: Kiki, as I mentioned off the top, you have met with Premier David Eby, Health Minister Adrian Dix, a number of MLA's, Vancouvers and Richmond's four MLA's, how have you found their reactions? Give us your thoughts on how it's been meeting with them.

KY: The reaction that we've received across the board has been very supportive and in our meetings with Premier Eby, everyone's aware of the issues with the emergency departments and are very open to looking at a number of different perspectives. We've already put in place some work to bolster our primary care services, and they seem very open to hearing about our other approaches for long-term care, bolstering specialist services, and using data to drive our future planning.

JG: Is there any other areas where people can find more out about your work to support you?

DL: The best way is the website, but we also have very active twitter accounts, @UBCMedicinePAC where you'll find a lot of photos with all the meetings that we've had and also our Instagram page will contain all of that too. You can find links to our website and policy paper through those social media accounts.

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

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RHF provides an education opportunity for youth

In 1985, Rick Hansen set out on the Man in Motion World Tour; a 26-month, 34 country, 40,000 km wheelchair marathon. The Tour raised \$26 million and changed the way people with disabilities were perceived. The Rick Hansen Foundation (RHF), established in 1988, is part of its legacy. For over three decades, RHF has raised awareness, changed attitudes and funded spinal cord injury research and care.

Today, roughly one in five Canadians identify as having a disability, and that number is growing as our population ages. We're working on breaking down one of the most fundamental barriers that people with disabilities still face: physical barriers in the places where we live, work, learn and play. Information from rickhansen.com

The Rick Hansen Foundation (RHF) is excited to announce the opportunity for youth with disabilities to apply for financial assistance for a post-secondary education program of their choice.

The new Rick and Amanda Hansen Scholarship for Youth with Disabilities, funded generously by the April 1 Foundation, supports youth with disabilities to achieve their career aspirations by removing financial barriers to pursuing post-secondary education.

"RHF founder Rick Hansen, and RHF board director Amanda Hansen have always believed in the power of youth to change the world," said Doramy Ehling, chief executive officer Rick Hansen Foundation. "The new Rick and Amanda Hansen Scholarship for Youth with Disabilities will empower students to achieve their goals and realize their full potential for many years to come."

Funding of up to \$10,000 per year (up to a maximum of \$40,000) is available to youth with disabilities who are under the age of 30 years as of the application deadline, looking to complete a 1-to 4-years post-secondary program at a pub-



File photo by Ted Townsend

lically funded institution in Canada.

Applications will be accepted until May 31, 2024, and recipients will be announced in August for the 2024-2025 cohort.

"Twenty per cent of youth in Canada are living with a disability and people with disabilities are less likely to report completing higher levels of education compared to those living without," added Ehling. "Rick and Amanda Hansen believe that people of all abilities should have the right to a barrier-free education. This is an excellent opportunity for youth who align with their values of perseverance, inclusivity, and being a difference maker."

For more information including eligibility and evaluation criteria visit rickhansen.com/scholarship



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 Richmond

Richmond residents bike to beat Myeloma

On May 25 at 8:30 a.m. residents within the Richmond region will be hopping on their bikes to participate in the 3rd annual Richmond Myeloma Canada Ride to raise awareness and funds for multiple myeloma, a little-known and incurable blood cancer.

Every day, 11 Canadians are diagnosed with myeloma, yet sadly most people have never heard of this second most common blood cancer until they or a loved one are diagnosed. Because myeloma is not well known within the general public, signs and symptoms are often dismissed and so diagnosis can take months or even years.

Increasing awareness for myeloma is the first step to ensure a timely diagnosis and the hope of a better prognosis. Unfortunately, delays in diagnosis can lead to complications that may negatively impact quality of life and survival.

"The imperative to raise awareness and funds for myeloma is a matter of life and death," says Martine Elias, chief executive officer at Myeloma Canada. Elias continues, "Awareness for earlier diagnosis and investments in new and innovative drug therapies are crucial to ensuring that people with myeloma have the best outcomes possible. That's why events like the Richmond Myeloma Canada Ride are so crucial. They raise awareness at the local and na-



Photo courtesy Myeloma Canada

Myeloma is the 2nd most common form of blood cancer yet few people know about it, its signs and symptoms.

choose from—a shorter, more leisurely 30 - 40 km route, or a more challenging 60 - 90 km route—the ride is an exciting and rewarding way to raise awareness and funds for an important cause. To register or donate, visit myelomaride.ca

Funds raised through the Myeloma Canada Ride are invested in curing and preventing myeloma through investment in Canadian research, accelerating equitable access to the best care, and improving lives by empowering and supporting all Canadians impacted by this devastating disease.

To learn more, or to donate, please visit myeloma.ca

“

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In their own words...

Housing Supply and Affordability



Malcolm Brodie
Mayor

Richmond remains one of Canada's most liveable communities. Our natural features, diverse cultural mix, strong business sector, prime location, and extensive municipal infrastructure and services have all supported continued growth.

With that growth comes the increasing need for housing, particularly affordable housing. And with Metro Vancouver residential prices being among the highest in the country, City Council is challenged to find ways to ensure an adequate supply for the entire community. We need to have a range of adequate housing for people of all ages and income levels.

Governments at all levels are actively seeking ways to increase the supply of housing, emphasizing the need for affordability and rentals. It also is important that housing policy reflect the needs of each community and the characteristics that make them liveable.

Recently, the Provincial Government passed legislation focused on simply

increasing housing supply, without any real public consultation. Essentially, the Province mandated that a four to six-plex can be built on any single family residential lot. This seemed to be based on the notion that increased housing supply alone increases affordability. This is wrong. In the past 10 years, the number of new residential units in Richmond has exceeded our population growth by over 50 per cent. In that same period, despite the increase in housing, average purchase prices for Richmond homes increased 77 per cent. This mandate will have a dramatically negative effect on many neighbourhoods.

For decades, in order to densify housing near public transportation, Richmond's growth has been focused on the City Centre and our main arterial routes. The new Provincial legislation stipulates no off-street parking for occupants of the new four or six-plex structures—leaving streets as the only parking option. This increased on-road parking will clog our streets even more. This is significant. For example, on a block with 10 houses, there could soon be up to 60 residential units. With the smaller lots, limited laneways and no parking requirements, such developments will likely create completely different neighbourhoods—with no option for local residents to share their concerns about the changes through public hearings.

Richmond recognizes the reality and



stresses of growth, affordability and the pressing need for creating more housing. Council supports growth that maintains the character of neighbourhoods. It works with the development community to provide the infrastructure necessary to build strong, safe and viable neighbourhoods.

A "one size fits all" approach by the BC Government will erode the character of our neighbourhoods. Richmond City Council remains committed to working with partners, including all levels of government, to find solutions that will promote housing affordability while maintaining the characteristics of a desirable community. We urge you to contact your local MLA to share your concerns now before it is too late.

City of Richmond Council Meetings Calendar

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

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

May 22 | 4:00pm
Planning Committee
followed by Public Works & Transportation Committee

May 27 | 7:00pm
Council Meeting

May 28 | 7:00pm
Parks, Recreation & Cultural Services

May 29 | 3:30pm
Development Permit Panel

Jun 3 | 4:00pm
General Purposes Committee followed by Finance Committee

Jun 4 | 4:00pm
Planning Committee
Jun 10 | 7:00pm
Council Meeting

Jun 11 | 4:00pm
Community Safety

Jun 12 | 3:30pm
Development Permit Panel

Jun 17 | 4:00pm
General Purposes Committee

Jun 17 | 7:00pm
Public Hearing
Jun 18 | 4:00pm
Planning Committee

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

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



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Dan On, founder of Dan-D Foods Ltd., shares why he supports the Medical Imaging Centre Campaign

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Asphalt Paving Advisory

April 20 to November 30, 2024

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

PROPOSED 2024 PAVING LOCATION DETAILS

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

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

Traffic will be reduced to single-lane and there may be temporary lane closures. Delays may occur. The use of an alternate route is strongly encouraged.

This work is weather dependent and dates are subject to change without notice.

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

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



Screen grab from Google Maps
A poppy engraved road sign of Lechow Street.

In honour of our soldiers: Thomas Lechow

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 Lechow street.

Thomas Lechow was born on Nov. 12, 1878, in Nicaragua, his life's journey would take him to Steveston, where he worked as a longshoreman and served as a member of the 104th Regiment of the Active Militia. At the age of 38, Thomas enlisted in New Westminster on March 24, 1916, joining the 131st Battalion of the Canadian Expeditionary Force (C.E.F.).

Aboard the SS Caronia, Lechow experienced sickness and reported to the doctor who diagnosed him with pneumonia. Upon arriving in Liverpool on Nov. 11, 1916, Lechow was admitted to a hospital to be treated, before travelling to Seaford to recover and train. On Nov. 17, 1917, Lechow arrived in France and was transferred to the 7th Battalion C.E.F. Private Lechow had been granted fourteen days leave in Paris, but upon his return to his unit, he was penalized five days pay for "losing his rations".

On Aug. 25, 1918, Lechow was arrested for being drunk while on active service and was scheduled to be tried on Sept. 11, 1918. Before his scheduled trial date, the 7th Battalion would come under fire from the enemy, without hesitation, Lechow heroically took down the enemy and captured the mounted gun. "Private Lechow noticed two of the enemy mounting a machine gun on the parapet of a truck, rushed forward into our own barrage and captured the men and the gun. This prompt initiative undoubtedly saved his platoon from many casualties and earned him the Distinguished Conduct Medal" from a published citation.

The Distinguished Conduct Medal, created on Dec. 4, 1854, was an award given to warrant officers, non-commissioned officers, and men of the British Army, for acts of bravery and good conduct. Considered the second highest award for acts of bravery after the Victoria Cross, a total of 2,132 awards were awarded to the Canadian Army and Royal Canadian Air Force.

On Sept 11, 1918, Lechow was tried and sentenced to 28 days in Field Prison No.1, tragically he would succumb to the wounds he received in action two weeks later. On March 3, 1919, Lechow received the D.C.M posthumously, attempts were made to send his personal belongings and accumulated pay of \$249 to his mother Mrs. Johana Lechow in Corinthia, Nicaragua, but were unsuccessful. RS

On May 19, 1999, the City of Richmond honoured Thomas Lechow by naming a road after him. Today, Lechow Street can be found running parallel in between Bridge Street and No 4 Road.

•matthewc@richmondsentinel.ca

Comfort food from mamma's kitchen

By DINÁ BOUCHER
Contributing writer

In part two of this series, the price of groceries continues to impact everyone's household budget. As a senior, preparing meals for two, I can't imagine how families are managing. On a recent grocery shopping spree I took a photo of the grocery cart and sent it to friends with caption "this is what \$300 buys today". Years ago, I took a culinary course learning to cook exotic foods from around the world and it was great fun for dinner parties to experiment on our friends. Would I do it today, probably not.

That's why today, I would rather be realistic and share menu ideas from mamma's kitchen comfort food recipes that are based on keeping it affordable yet hearty. Going back to my roots, my parents who both came from large families taught me the value of preparing a meal that generates lots of left over recipes. From today's principle recipe I am including leftover recipe ideas which is based on cooking for two so for a large family it's okay to add more sauce or vegetables.

Our principle recipe is spaghetti and meat sauce and from the leftover sauce I make lasagna (8 servings which I freeze individual portions) or sloppy joes, chili, stuffed baked potato and one of my childhood favourites macaroni casserole. As always you can add lots of vegetables and extra sauce to stretch a meal even further while maintaining nutrition.

Spaghetti meat sauce

1 lb. lean ground beef
1 cup finely chopped onion
3 garlic buds crushed
1 green bell pepper chopped
3 celery sticks chopped
1 tsp oregano
2 large cans of marinara sauce
1 small can of tomato paste
1 pkg. Tex Mex 3 shredded cheeses
1 pkg. spaghetti noodles
1 large pot
1 large frying pan
1 strainer

Step one

- in frying pan brown lean beef
- add garlic
- add onion
- add pinch salt & pepper
- drain liquid
- put meat ingredients in large pot
- stir in gradually
- marinara sauce



Homemade beef lasagna.

- tomato paste
- green peppers
- celery
- simmer on low temperature for 2 hrs.
- turn heat off, cover & let flavours blend
- stir occasionally

Step two

- in a large pot add
- water, pinch of salt, drop of olive oil
- for each serving 1 small fistful of noodles
- bring water to a boil
- cut a noodle in half if there's no white dot the spaghetti is cooked.
- drain noodles in strainer
- rinse well in hot water
- shake excess water from noodles
- with utensil transfer noodles to dinner plates
- put desired amount of meat sauce on noodles
- sprinkle grated cheese on top of sauce

Left overs—homemade lasagna

Preparation instructions

9" x 12" baking dish
2 pots with boiling water
left over spaghetti meat sauce

package Tex Mex 3 shredded cheeses

6 lasagna noodles

½ cup macaroni noodles

- heat left over spaghetti sauce
- ½ cup macaroni noodles in boiling water
- cook 2 min. less than pkg. instructions
- rinse in strainer and set aside
- cook 6 lasagna strips in boiling water
- cook 2 min. less than pkg. instructions
- rinse in strainer, handle gently
- in a 9" x 12" baking dish

- lay 2 lasagna strips on bottom of dish
- cover lasagna with a light layer of meat sauce
- next spread macaroni noodles evenly
- spread a layer of meat sauce evenly
- sprinkle shredded cheese covering evenly
- next lay 2 more lasagna strips
- spread a layer of meat sauce evenly
- sprinkle shredded cheese covering evenly
- place a third layer of 2 lasagna strips
- spread a layer of meat sauce evenly
- sprinkle shredded cheese covering evenly
- cover baking dish with tin foil
- place in oven 350 degrees for 50 minutes
- remove tin foil and cook until golden brown
- remove from oven, place on board to cool

I like to cover with tin foil and store in the refrigerator and serve the next day when it's nice and firm. That's not to say it can't be served after baking just let it set for 20 minutes. It serves eight.

Left overs—sloppy joes

- heat up spaghetti sauce
- warm a hamburger bun
- place heated sauce between the two buns
- close bun add a little sauce on top
- sprinkle a little Tex Mex 3 cheeses
- serve with coleslaw

Left overs—stuffed baked potato

- wash and bake potato until tender
- slice in half but not all the way through
- with a fork loosen the potato from skin enough to allow the sauce to blend
- sprinkle Tex Mex 3 cheeses on top
- place in oven for 5 mins. until cheese melts

We find a large potato is very filling on its own.

Good to know

I find buying lemons one at a time is very expensive so I always buy a bag. Don't wash them, wrap each Lemon individually in saran wrap and refrigerate. A bag can last me up to three months. I tested this on grapefruit as well and it works.



Spaghetti meat sauce. Photos via freepik.ca

OUR CITY

tonight

SPOTLIGHT ON
a British cocktail
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THE SUMMER SIP – *Strawberry Fields Forever*

Open Outcry has had a difficult history. The restaurant—which is located in the historic Exchange building in downtown Vancouver - originally opened in late 2019, just before COVID and the lockdown and it never really had a chance to find its way. It closed in early 2022. But now, it's back for a fresh start. Having talented, industry people like bartender and cocktail creator, Alice Smithson, is a good move toward that fresh start. We turned to her for our latest summer cocktail suggestion, which you can try at Open Outcry or make at home. "Being British, I wanted to create something that could be enjoyed while watching Wimbledon," Smithson tells us. And with that in mind, she offers us a *Strawberry Fields Forever* cocktail. "I usually start my cocktail creations with the garnish and work backwards," she tells us, "and this particular cocktail's garnish (or inspiration) came from watching the tennis scene from *Two Weeks Notice* with the classically British, Hugh Grant." Start with

- 1oz Vodka,
- 0.5 oz Galliano,
- 2 oz Strawberry Syrup,
- 0.5 oz Chocolate Liqueur,
- 0.5 oz Whipping Cream,
- 1 oz Egg Whites (optional),

then shake together. openoutcry.cc



Photo courtesy 20th Century Studios/
Walt Disney Studios

THE BIG SCREEN – *Kingdom of the Planet of the Apes*

Like The Beatles, this film franchise first appeared in the 1960's, specifically, the 1968's landmark, *Planet of the Apes*. Since then there have been many films, a cartoon series, and disappointing re-starts. When technology advanced, it allowed filmmakers to take this franchise to the next level in a brilliant re-boot starting in 2011 with *Rise of the Planet of the Apes*. Three films later, we have the latest installment, *Kingdom of the Planet of the Apes*, which opens May 10 with MAX and 4DX options available. The film is set in the future following Caesar's reign, apes are the dominant species, and humans have been reduced to living in the shadows. While a tyrannical ape leader builds his empire, one young ape undertakes a journey that will cause him to question all that he has known about the past and to make choices that will define a future for apes and humans alike. *Rise of the Planet of the Apes* is directed by Wes Ball (*Maze Runner* trilogy), and stars Owen Teague, Kevin Durand, Peter Macon, and William H. Macy. 20thcenturystudios.com



Photo courtesy Open Outcry

THE HOME VIEW – *Let it Be*

Director, Peter Jackson, who gave us the stunning *Lord of the Rings* trilogy is back with a restoration of Michael Lindsay-Hogg's 1970 music documentary, *Let It Be*. It was originally released a month after the greatest rock 'n roll band ever—The Beatles—officially broke up, and with it, broke the hearts of millions of fans around the world. Jackson, who gave us the restored, multiple Emmy Award-winning 2021 documentary, *The Beatles: Get Back*, had the support of the original director, Lindsay-Hogg. "I've always thought that *Let It Be* was needed to complete the *Get Back* story," Jackson said in the official press release, adding that *Let It Be* is the climax to their story. *Let It Be* is available exclusively on Disney+. disney.com

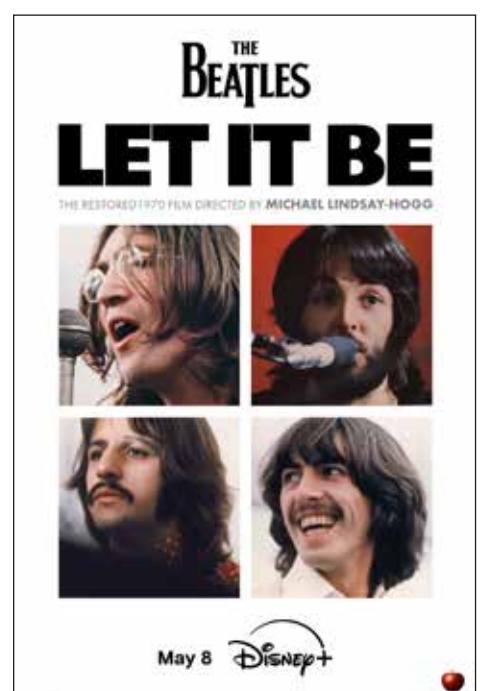


Photo courtesy Disney

Award-winning actress is back with a new series

Jennifer Robertson (JR) born and raised in Vancouver BC, is a SAG Award-winning actress, writer, creator and is best known for her role as Jocelyn on the Emmy Award-winning series *Schitt's Creek*. She also stars in the Netflix hit series, *Ginny and Georgia*, which can be seen in 64 countries around the world. She recently sat down with *Our City Tonight* (OCT) to talk about her career and another role: co-hosting *The Great Canadian Pottery Throw Down*, filmed on Granville Island.

OCT: You recently hosted a show on CBC and CBC Gem called The Great Canadian Pottery Throw Down. We hear that you actually don't make the pottery but you're a big pottery fan. Tell us how this even evolved.

JR: I haven't really tried making pottery before. I made one pot with one of the judges when we shot the show, but I've always loved pottery. It's kind of this thing when I would get a big job I would go and buy a piece of pottery the way people buy other things to commemorate something. So, the publicist from *Schitt's Creek* called me and she said Jenn they're doing a show about pottery. So, I basically chatted with them for months and then auditioned. I think I forced them to hire me to be honest.

OCT: We are certainly glad you did or they did. Is this your first reality show?

JR: No this is my second reality show. I did one about 10 years ago called *Canada's Handyman Challenge*. Apparently, Canada always has to be in the title if I'm doing a reality show, that was a fun one too. It was about handy people from all across the country and to get in you had to make something from a single sheet of plywood. People made foosball tables, bicycles we did a couple seasons with that show. To be honest, I was not as passionate about home fix it as I am about pottery. But it all is just very interesting.

OCT: We have to ask; do you have a hobby that you could in fact turn into a reality show?

JR: It's all funnelled into showbiz. It's all acting



Photo courtesy Jessica Venturi

Jennifer Robertson's new series, *Ginny and Georgia*, is now on Netflix.

and writing and that's what I really like for now, acting and writing. I'm really not that crafty, although I would like to try pottery this summer.

OCT: You don't sound very convincing?

JR: Well, it's so much harder than it looks. Everyone thinks you just throw the raw material on the wheel and magically make a vase. I actually did try and it was a lot harder than it seems. It takes a long time to build the skill. The potters on the show are amazing. They make very cool things and in a very short amount of time.

OCT: People like to binge watch programs, especially with *Ginny and Georgia*. We know there will be a third season coming, which we're excited about.

JR: Yes, it's coming it will be a while though. We have to shoot it and then they have to edit it into 100 languages but, it is coming.

OCT: The Great Pottery Throw Down was filmed on Granville Island and we understand that you

have a special connection to Granville Island, tell us a little bit about that.

JR: I used to take acting classes on Granville Island when I was a kid and so did Seth Rogen, who is one of the executive producers of the show and he's also a guest judge. So, the first week we were just all kind of hanging out, Granville Island in the summer just doesn't get any better.

People visit and say it's a fantastic part of Vancouver and they swear they could live here. Then we have to remind them that it does rain 260 days out of the year so the same people quickly change their mind. But it is beautiful on Granville Island in the summer and all the bunnies are hopping around at the end of the island and you can go to the market for lunch. It was so cool and really special.

OCT: Of course I have to ask how was your connection with Seth Rogen?

JR: He's great and he's a lovely guy. He's actually very chill. And he's obsessed with pottery. He is actually a potter himself and that's how he had an interest in the show. It is in fact, a franchise of a show. There's been a *Great Pottery Throw Down* series in the UK for eight years. Seth was a fan of that show because he's a potter so he wanted to get it produced and he also thought it would be very special to do it here in Canada. He's actually a very good potter, but the judges were not convinced at first, but then they realize he's actually pretty good.

OCT: Wow that's awesome. Is there anything else you can share with us as we wrap up – are there any other projects?

JR: Well, I'm heading to do *Ginny and Georgia* soon. I have a fun guest star appearance coming up on *So Help Me Todd*, a CBS show shot right here in Vancouver. I am just keeping busy.

OCT: We do like seeing your face on TV for sure. So, keep being busy. We look forward to having you back on the show.

For video interview go to Jennifer Robertson on *Our City Tonight*.



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