



TELEVISION TRIUMPH

Erin Cebula reflects
on career

15

Photo courtesy Erin Cebula

Vancouver-based TV personality Erin Cebula has worked on Entertainment Tonight Canada and with the BC Children's Hospital Lottery.



Ideas for
zero waste
gifts?

Tips to
reduce
wrapping?

Worried
about food
waste?

Holiday Waste Think Tank

We're looking for great ideas to reduce waste this holiday season and support a circular economy.

Post your ideas by Monday,
December 12 and be entered
to win prizes.



Win
prizes!

LetsTalkRichmond.ca



City's Snow Angel program recruiting volunteers

The City of Richmond is looking for Snow Angel volunteers this winter season to help clear snow from the homes of residents who are elderly, ill, or have mobility concerns.

When signing up, volunteers can choose the geographic area they want to work in and the amount of time to volunteer during snow fall events.

"The Snow Angels Program, provided by individuals, families, students, and businesses, showcases the commitment from our community to keep our residents safe and connected," says Mayor Malcolm Brodie. "Helping neighbours clear snow provides volunteers with an opportunity to make a difference and helps to ensure that Richmond residents have an enjoyable and safe winter."

This volunteer-driven program activates only when there is an accumulation of three or more centimetres of snow in Richmond. Volunteers will make every effort to help registered residents, however assistance cannot always be guaranteed.

Volunteers will be provided with a shovel, toque, and container of ice melt. To learn more about being a Snow Angel volunteer, visit icanhelp.richmond.ca, call 604-247-4453, or e-mail parksprogram@richmond.ca

Residents that would like the services of the Snow Angels Program are asked to apply by Dec. 9. Applications received after that date will be added to a waitlist. To apply, contact the Snow Angels co-



Photo courtesy City of Richmond

Volunteer to be a Snow Angel this winter to help clear snow and ice from around the homes of residents who are elderly, ill, or have mobility problems.

ordinator at parksprogram@richmond.ca or call 604-247-4453.

For more information on other snow removal

services, the Snow Angels Program, and winter preparedness information, visit richmond.ca/winter

City seeking feedback on new mobile app



Photo courtesy City of Richmond

Submit feedback on the city's new MyRichmond mobile app until Dec. 11.

The City of Richmond is in the process of developing a new MyRichmond mobile app complementing its MyRichmond web-based

portal. During this final design phase, the city is seeking feedback from residents and others on their top priorities for the app before it is

launches in early 2023.

From now until Dec. 11, visit LetsTalkRichmond.ca to learn more and participate two ways: completing a short feedback form or asking a question. The feedback gathered will help inform the user-experience design to ensure the mobile app meets the specific needs of Richmond residents.

About MyRichmond:

- Currently, MyRichmond is a web-based portal that offers personalized city information to those who have an account. The city will launch a mobile app offering the similar services in early 2023.

- MyRichmond registrants can register for programs, access property tax and utility bill information, view garbage and recycling collection schedules, sign up for emergency notifications, submit feedback, report a problem, and more.

By offering the mobile app version of MyRichmond, the city meets another goal of its Digital Strategy: to be a leader in how technology is leveraged in providing services and capabilities to residents and customers.



Photo courtesy City of Richmond

The city is launching a video series featuring the stories and experiences of newcomers to Richmond.

Video series features newcomers' experiences

The City of Richmond is launching a Newcomers Video Series, which features stories of new arrivals who have settled in Richmond and provides them with resources in accessing services in the community.

"The city recognizes the unique experiences of newcomers and the ongoing need to strive towards inclusion for all residents," said Mayor Malcolm Brodie. "This informative video series celebrates and highlights the opportunities for newcomers in Richmond."

There are five short videos in the series that highlight the different ways newcomers can experience Richmond:

- **Richmond is My Home** showcases the city's diversity and the people who call Richmond home.
- **Settlement Services** provides an overview of the types of support local settlement organizations offer to new immigrants.
- **Exploring Richmond** shares the many recreational places where Richmond residents can enjoy and find community.
- **Richmond's Heritage Places** encourages newcomers to explore Richmond's heritage, cultural and historic sites.
- **Getting Involved** presents various opportunities for newcomers to get involved as active members of their community.

All videos have subtitles available in Chinese (Traditional and Simplified), Punjabi, and Ukrainian to reach diverse community groups. Subtitles in Arabic and Farsi will be available soon. The videos can be viewed on the city's YouTube channel at youtube.com/CityOfRichmondBC and the city's website at richmond.ca/Newcomers.

The Newcomer Video Series advances one of the actions identified in the city's Cultural Harmony Plan of pursuing "viable options of providing city-related information for newcomers, immigrants, and refugees that would assist them in accessing services in the community."

City seeking feedback on circular economy strategy

The City of Richmond is seeking public feedback on its draft Circular City Strategy, a roadmap to guide the organization, residents, businesses, and stakeholders toward achieving a circular economy.

A circular economy is one where residents and businesses make use of resources while protecting the natural environment. This involves developing and implementing policies and actions that encourage and support responsible consumption, minimal waste, and the reimagining of how resources are used in a sustainable, equitable, low-carbon economy.

The city is seeking public feedback on the strategy via LetsTalkRichmond.ca.

"Richmond is acknowledged as a leader in environmental innovation and sustainability, thanks in part to the feedback and ideas brought forward from our residents and businesses," said Mayor Malcolm Brodie. "Council has encouraged moving to a circular economy to support our commitment to making better use of resources while creating new business and economic opportunities. It is therefore important that the community share its thoughts on how to best implement this approach."

The Circular City Strategy has six directions and 84 actions to guide Richmond on its path to a fully circular economy by 2050. It will also become a tool for businesses and stakeholders to update and strengthen their own policies and plans, and provide directions and actions to create a more resilient, inclusive, and sustainable environment.

The online consultation will be open for feedback until midnight on Dec. 18. For more information on the City's Circular Economy Strategy, visit richmond.ca/sustainability/circulareconomy



Photo courtesy City of Richmond

Submit feedback to the city on its circular economy strategy before Dec. 18.

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Victor Ghirra Toy Drive spreading holiday cheer

Now in its 16th year, the annual Victor Ghirra Toy Drive is returning to spread love and holiday cheer in memory of the man with a golden heart.

People can contribute new, unwrapped toys and enjoy holiday cheer at the "winter wonderland" themed event, set to take place on Dec. 10 from noon to 2 p.m. at the Riverside Palace Hall parking lot (14431 Knox Way).

Ghirra's toy drive began in 2007 after he suddenly passed away, leaving behind a wife and four young sons. His generous spirit led him to purchase thousands of dollars worth of toys for BC Children's Hospital and donating them to children in need.

Ghirra did this anonymously for over a dozen years without telling anyone. He did not want any credit for the selfless act, instead telling hospital staff: "These toys are for the kids, and that's all you need to know."

Organizer Harvey Kooner says teens are always forgotten when people are choosing toys to bring.

"Year after year we receive hundreds of toys for babies, toddlers, and elementary school-aged children," says Kooner. "What I hear from charities and all the good causes we help is that teens would appreciate electronics, books, musical instruments, make-up, video game consoles, and games. Gift cards are great so that tweens and teens can pick out a gift for themselves that they will love and



Photo submitted

Since 2007, people from Richmond and beyond have donated toys in memory of Victor Ghirra.

need."

Over the past 15 years, the drive has collected more than 45,000 toys and distributed them to dozens of non-profit organizations. Kooner says support from Richmondites means the world.

"We see many families that make it a yearly

tradition to come see us at the grand toy count event. From the amazing support of the Sunrise Rotary Club to local businesses showing up to give back, it is heartwarming to see so many Richmond residents come out and support this community event," says Kooner.

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Shop and visit Santa at local malls

By HANNAH SCOTT
Reporter

Aberdeen Centre's stage is filled with decorations is back, ready for an anticipated busy Christmas shopping season.

"We are pretty confident—looking back from the summertime we've seen a lot of tourists from Alberta, the east coast of Canada, as well as (the United States)—the numbers are getting higher," says Tiffany Ho, senior vice-president and senior general manager of Fairchild Developments, the mall operator. "During this Christmas season, we expect there will be a huge jump (in shopper numbers) compared to last year."

The stage, located by the fountain inside Aberdeen Centre, will feature multiple Christmas trees including one over seven metres (24 feet) tall. A big air balloon with a Christmas basket will be another highlight. For more information, visit Aberdeen's website.

McArthurGlen Designer Outlet Vancouver Airport is offering extended holiday shopping hours for Black Friday weekend: 8 a.m. to 10 p.m. on Nov. 25 and 9 a.m. to 9 p.m. on Nov. 26 and 27. The mall's other holiday shopping hours can be found online.

"With the holiday season around the corner, we are anticipating a 30 per cent increase in visitors compared to 2021," says Ally Day, senior marketing manager at McArthurGlen. "We're very excited to showcase new brands such as Furla, Pandora, and Browns Shoes, as well as our holiday programming, to kick off the festive season."

Several malls are offering an opportunity for kids to share their gift wish lists with Santa.

At CF Richmond Centre, visits with Santa are

available by appointment until Dec. 24. The cost is \$10, with proceeds going to local charities. Visits can be booked online.

"In addition to our signature Santa cabin, CF Richmond Centre will be adorned with our iconic holiday décor including seasonal lights, artful ornaments, and beautiful oversized sculptures," says Richmond Centre general manager Julia Dow. "We also have our live Music at CF performances taking place three times a week in the Dining Terrace until Dec. 23."

Santa Chris is visiting Lansdowne Centre, with openings from Wednesdays to Sundays until Dec. 24. Photo packages start at \$25, and visits can be booked online.

"Lansdowne Centre is getting dressed up for the holidays with beautiful large gold decorations," says marketing manager Bronwyn Bailey. "Walk through the giant glitter gift box, and pause under the mistletoe arch with a special someone. Also check out our two special holiday Instagram sets, perfect for your holiday selfies."



Photo courtesy McArthurGlen Designer Outlet Vancouver Airport
McArthurGlen is anticipating more holiday shoppers this year.

Lansdowne also has a holiday train and carousel, and the mall is hosting a number of local children's concerts between Dec. 9 and 18. Shoppers can look out for a new loyalty app, which will be launching soon.

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Songs in the Snow returns in-person

By HANNAH SCOTT
Reporter

An annual favourite, the Steveston Historical Society's *Songs in the Snow* returns for its first in-person event since 2019.

"We have a number of artists who have never performed at the event before, as well as a few returning favourites," says Steveston Historical Society executive director Simon Newcombe. "Audience members can expect holiday classics as well as seasonal originals from our performers. We have also added a special 'welcome back to in-person *Songs in the Snow*' (event) on Nov. 26. This is a shortened special evening to thank the community for their ongoing support."

Light refreshments will be available, and the events will also include a photo station and other activities for the whole family. People are encouraged to be considerate and take reasonable precautions due to the pandemic, says Newcombe.

"For those who are uncomfortable joining in person, or even those

for whom four dates are not enough, please keep an eye on the Richmond Arts Coalition YouTube channel. *Songs in the Snow* videos from performers will go up the second week of December, including some exclusive content," he adds.

Newcombe says the event wouldn't exist without the community's support, and is grateful for the strong interest in the virtual event over the last couple of years.

"It is the chance to come out and enjoy the spirit of the season while being able to see people you may not have been able to over the past few years," says Newcombe. "Please join us this year as we come together to enjoy quality entertainment, fun activities, and the holiday spirit."

Songs in the Snow runs on four Saturdays: Nov. 26 from 4 to 5 p.m., and Dec. 3, 10, and 17 from 4 to 6 p.m. The event receives contributions from G&F Financial, the Province of British Columbia, and its partners at the Richmond Arts Coalition.

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Iona Beach Regional Park a local favourite

By SAMUEL CHENG
Reporter

Iona Beach Regional Park is a natural habitat in Richmond. It is located north of Vancouver International Airport (YVR) and east of the Pacific Ocean. It is home to many wildlife animals due to its organic ecosystem.

The Iona Regional Park was first opened to public in 1990 by former B.C. Premier Bill Vander Zalm. The park was originally intended to be a part of the YVR Habitat Compensation Program before it was ultimately changed to become a public park for locals.

The regional park includes two jetties: Iona Jetty and North Arm Jetty.

The Iona Jetty, which is about four kilometres long and stretches down south, is the more popular of the two routes as it is paved with gravel and concrete. People can walk or bike on the trail before coming to a stop at the Iona Terminus, which marks the end of the jetty. From there, visitors can enjoy boundless views of the ocean, blue skies, and sunsets.

The North Arm Jetty, which is about three kilometres long and extends up to the north, is



Photo by Hannah Scott

Iona Beach Regional Park is a great place for walking, birdwatching, and seeing planes taking off and landing.

less popular amongst visitors due to its unpaved path and sandy road. It runs parallel to the coast of Vancouver with the Fraser River in between to separate the two pieces of land. The tip of the jetty can be seen from Wreck Beach in Vancouver.

Renowned for its birdwatching opportunities, Iona Beach is the perfect location to spot

falcons, eagles, pigeons, seagulls, herons, and more. If you are lucky, you may be able to spot a Spoon-Billed Sandpiper, a Great Knot, or even a Red-necked Stint.

Because it is right next to YVR Airport, Iona Beach is marked as a favourite plane-watching location for locals.

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Richmond Christmas Fund registration open

Registration for the 90th annual Richmond Christmas Fund began last week. A program of Richmond Cares, Richmond Gives (RCRG), the Christmas Fund assists low-income residents during the holidays, providing them with grocery vouchers, toys, books, and gift cards.

"The Christmas Fund was launched in 1932, and throughout its history has remained a grassroots, community-led initiative," says Ed Gavsie, president and chief executive officer of RCRG. "Its mission then, as now, is to ensure that all of our neighbours in need can share in the holiday spirit."

The program runs on Saturdays through Dec. 10. On those days, between 9 a.m. and 1 p.m., residents in need of support can come to the Richmond Carling Place (7000 Minoru Blvd.) to complete an eligibility assessment. Those who qualify for support will receive their allotment of grocery vouchers, toys, and gift cards on the same day they register.

"With the rising cost of living, we know that more people are struggling," says Gavsie. "We're prepared to meet the need, but, as always, we ask everyone using the Christmas Fund to be patient and respectful—with our volunteers and each other—so we can help as many people as possible."

For more information on the Christmas Fund's eligibility criteria, and this year's registration process, visit rcrg.org/ChristmasFundHelp or call 604-279-7035.

The online auction, which opened on Nov. 21, has over 200 items ranging from restaurant gift cards to home appliances to Vancouver Canucks tickets. Everything in the auction has been donated by local businesses and community members, and the starting bid for each item is a mere fraction of the fair market value. Every dollar spent supports the Christmas Fund. Sign up online at e.givesmart.com/events/sWY/

After a two-year hiatus, the Christmas Fund's signature fundraising event, *A Not So Silent Night*, is back live and in-person on Dec. 7 at the new Porsche Centre Richmond. The live auction is made up of 10 luxury packages combining high-end dining experiences, extravagant travel getaways, and fast cars. Tickets for *A Not So Silent Night* are \$125 each, or \$1,000 for a 10-ticket package, and



Photo courtesy Richmond Cares, Richmond Gives

Each year, the Richmond Christmas Fund provides grocery vouchers, toys, and gift cards to residents who can't afford a holiday celebration.

can be purchased through the online auction website.

The Richmond Christmas Fund is made possible by hundreds of supporters—a group that includes volunteers, donors, partners, and well-wishers. Each year, this outpouring of generosity is led by a small number of caring companies and kind-hearted organizations. Collectively, they're known as the Christmas Fund's Angel Donors, a title they've earned by each making an annual contribution of \$10,000 or more.

Since 2019, Platinum Pro-Claim Restoration has donated over \$40,000 to the Christmas Fund, and the company has also been a lifesaver when it comes to logistics. Platinum-Pro-Claim provides space in its warehouse, as well as transportation, helping to ensure that every toy donated to the Christmas Fund makes it to a child in need.

Herbaland is an Angel Donor for a third year. The company's overall contribution to the Christmas Fund exceeds \$30,000, and this year Herbaland has also printed 1,000 bags featuring the Christmas Fund bear.

Richmond McDonald's managers win national award

By MATTHEW CHEUNG
Reporter

Two Richmond staff members are among the McDonald's Canada managers who are receiving the 2022 Outstanding Manager of the Year Award.

Baljit Sokhi from the Lansdowne location and Eileen Regala from the Russ Baker Way location were recognized recently for their exceptional leadership, hard work, dedication, and commitment to McDonald's Canada and its customers. The prestigious accolade is awarded to only the top 10 per cent of managers working across 1,400-plus Canadian locations. This is the second award win for both Sokhi and Regala.

Sokhi began her McDonald's career as a crew member at a Vancouver location 26 years ago. She was later promoted to manager and first received the Outstanding Manager of the Year Award in 2017.

"To win this award means the world to me, to be recognized by the organization that I love in my efforts and hard work," says Sokhi. "My team is truly our backbone and I love being able to see them do well—all my success goes to the team. Together with my crew, every day we're focused on providing our local and visiting guests with a great dining experience, from hello to goodbye."

To other managers across Canada, Sokhi has some advice: "There are going to be ups and downs with working here, but you have to make sure that you make them count. Make sure to have a set goal every day and work with your team."

Franchisee Bill Chao says Sokhi successfully delivers a balance of quality, service, cleanliness, and sales growth.

"These efforts and accomplishments translated to improved customer and employee satisfaction. Our leadership team is proud of Baljit and thrilled that she has been recognized at a national scale for her incredible hard work and dedication," says Chao.



Baljit Sokhi works at the Lansdowne McDonald's.

Photos courtesy Colleen Dunbar

Regala has worked for McDonald's for 13 years, beginning as a crew member at a Vancouver location. She became a manager in 2018 and was recognized as an Outstanding Manager of the Year in 2019.

"I was very surprised—I did not expect it at all," says Regala. "My job is all about building relationships, creating memories, and creating a fun environment where people have a sense of belonging. Some of the people I work with have become the most important people in my day-to-day life, and being recognized as an Outstanding Manager of the Year not only means that I have the best team, but it also means that I have done right by them. I'm incredibly grateful for this award."

Regala adds that the pandemic helped the growth of her location.

"We closed (the) dining (area), and mainly focused on serving customers through the drive-thru which

made it easier for us. We only needed to focus on the health and safety of our crew, the speed of the drive-thru, and improving operations," she says.

Franchisee Giovanni Guzzo says Regala's passion is second to none.

"The Russ Baker Way McDonald's has always been a difficult restaurant to staff, but through the enthusiasm and passion Eileen was able to create with her team, she was able to get her restaurant fully staffed. This was a big accomplishment, which in turn has allowed her to achieve the results needed to achieve this prestigious award," says Guzzo.

Every year, McDonald's franchisees and members of the regional management team nominate restaurant managers across the country for the Outstanding Manager of the Year Award.

In 1967, the first McDonald's restaurant in Canada opened in Richmond, near No. 3 Road and Granville Avenue. Today, Canadian McDonald's locations serve more than one million guests every day. In both franchised and corporate-owned restaurants, nearly 100,000 people are employed nationwide, and more than 90 percent of McDonald's 1,400 Canadian restaurants are locally owned and operated by independent franchisees. Of the almost \$1 billion spent on food, more than 85 per cent is purchased from suppliers in Canada.

Recognition opportunities like the Outstanding Manager of the Year Award reflect the commitment McDonald's has to create memorable employment opportunities for people of all ages and backgrounds. With a focus on employment growth, the company strives to offer its employees the skill and experience they need to progress in their careers, with around 90 per cent of restaurant managers beginning their careers as crew members.

For more information on McDonald's Canada, visit mcdonalds.ca



Eileen Regala works at the Russ Baker Way McDonald's.

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Indo-Canadian community matriarch passes away



Tej Kaur Dhalawal (née Olak) passed away peacefully at Richmond Hospital on Nov. 8 aged 89, surrounded by her loved ones.

She is survived by her husband of 77 years, Harchand Singh Dhalawal; her children: son Harbance "Herb" and daughters Beverly (Narinder), Ginger, Sargy Chima (Makhan), Darshy, and Susan Sahota (Gurpal); 11 grandchildren: Vinay (Jessie), Andrea (Gurpreet), Justin (Pam), Paul (Ranu), Iain (Sue), Jessica (Aman), Felicia, Adam (Jaclynn), Shantel, Aaron, and Sean; and 10 great-grandchildren: Jalen, Aria, Amrit, Kaiden, Avani, Aidyn, Amyra, Bhani, Arjyn, and Riley.

The daughter of the late Karam Singh and the late Rullee Kaur, Tej Kaur was born in Chiheru, Kapurthala district, Punjab State in 1932. Together with her then six-year-old son Herb, in early December 1958 she made the journey to Vancouver to join her husband (a native of Dhangrian in the Nawanshahr district of Punjab).

Their immigration followed the lead of her late father-in-law, Dharm Singh Dhalawal, one of the original Sikh pioneers who first arrived on the west coast in 1908. Tej Kaur and Harchand Singh were among the second wave of Indian immigrants to western Canada in the post-Second World War era. In Canada, Tej Kaur

gave birth to five daughters and one son, the late Harminder Dhalawal (1960–1962).

Tej Kaur dedicated her life to provide for her family after her husband lost his eyesight. She became a pillar of the Sikh community at Vancouver's Second Avenue Gurdwara, the Ross Street Temple in Vancouver, and the No. 5 Road Gurdwara Nanak Niwas in Richmond. When Canada's immigration policy favoured family unification in the 1960s and 1970s, Tej Kaur and Harchand Singh migrated their siblings, their spouses, and children to join them here from India. Throughout her life, Tej Kaur played an instrumental role in sponsoring hundreds of families' immigration to Canada.

In the 1990s, she took special pride in witnessing the election of her son to the Parliament of Canada in Ottawa, and his rise to prominence in national public affairs. The Honourable Harbance "Herb" Singh Dhalawal PC, MP served for ten years in the cabinet of Prime Minister Jean Chretien as the first federal minister of Indian origin in Canadian history.

The family wishes to acknowledge and thank the many doctors, nurses, and staff at Richmond Hospital for their kindness and attentiveness to Tej Kaur.



Photos submitted
Tej Kaur Dhalawal, Dec.
6 1932–Nov. 8 2022.



Photo courtesy TransLink

On weekdays through Dec. 22, Canada Line service between Bridgeport and Richmond–Brighouse stations will end at 9:30 p.m.

Canada Line service to end early for five weeks

Canada Line service between Bridgeport and Richmond–Brighouse stations will be temporarily impacted on weekdays through Dec. 22.

During this time period, service will end at 9:30 p.m. (about four hours early), allowing construction crews to continue work on the new Capstan station. Regular service will resume on Dec. 23.

Crews will be using a large crane to continue installing heavy pieces of steel to construct the station platforms. The crane cannot be used safely above the track while trains are in operation, so the service changes are necessary to ensure the safety of workers and members of the public.

Extra bus service will be available between Bridgeport and Richmond–Brighouse stations to provide customers with alternative service. Buses will stop at each impacted station (Bridgeport, Aberdeen, Lansdowne, and Richmond–Brighouse) and run about every 10 minutes.

Capstan station remains on track to open in 2023.

Foundry Richmond opens

Young people in Richmond will have access to more mental-health and substance-use services with the opening of the Foundry centre's permanent location.

Foundry Richmond provides young people aged 12 to 24 and their families free and confidential age-friendly services to fit their unique needs, such as mental-health and substance-use counselling, medical services, peer support, and social services.

"Vancouver Coastal Health is pleased to open the new Richmond Foundry location, providing an inclusive and welcoming space for young people and their families," said Karen Barclay, director for Richmond mental-health and substance-use at Vancouver Coastal Health. "Foundry has improved the continuum of care in Richmond by integrating services under one roof, with a focus on easy access."

Sean Ford, a youth and caregiver counsellor at Vancouver Coastal Health, said: "When facing struggles with mental-health and substance-use challenges, it is essential for youth and their families to have access to support services that are prompt and sensitive to their unique needs. The opening of Foundry Richmond will provide youth and their caregivers services that are accessible in a space that creates a sense of safety and support. We are here to ensure that when young people are struggling they

do not have to feel alone while searching for their next steps."

Foundry Richmond is operated by Vancouver Coast Health, and after providing limited services at a temporary location, the centre is fully operational at 101–5811 Cooney Rd. The province is providing \$700,000 in annual funding for operations and services at Foundry Richmond. Richmond Hospital Foundation also provided \$1.5 million towards the establishment of the centre.

"The Foundry community acknowledges the tireless efforts by Vancouver Coastal Health, Richmond Addictions Services Society, and their partners to bring integrated youth services to Richmond," said Steve Mathias, Foundry's executive director. "We also express our gratitude to the young people and caregivers who came together to co-design this amazing space and create a communication strategy to connect with youth in Richmond."

Gabrielle Cometa, a youth advocate for Foundry Richmond, said: "Foundry Richmond opens up a world of possibilities for youth mental health in this community. It serves as an avenue to accessible health care for youth and helps open up the conversations around mental health that youth here have been speaking about for years. Now, we have physical proof of the importance of youth wellness and youth-led health care within the Richmond community."



Photo courtesy Richmond Museum

A new online exhibit courtesy of the Richmond Museum will introduce people to the city's history.

New interactive, online exhibit features Richmond's turning points

The Richmond Museum is launching a new online feature exhibit, *Turning Points*. This interactive exhibit explores key events that shaped Richmond as it is today.

The experience uses archival images and fun facts to tell a variety of Richmond histories. Stories include the impact of the original city survey, the birth of the Township of Richmond, the creation of a fishing industry, the arrival of war, town planning, hosting Olympic events, and building a sustainable city. Quizzes, pop-up photos, and historical snippets help to make the experience engaging and fun.

**We are very excited
to make these
stories available to
people online for
the first time.**

– Krystal Newcombe

"We are very excited to make these stories available to people online for the first time," says Krystal Newcombe, chair of the Richmond Museum Society. "Through this exhibit and others like it, the Richmond Museum is able to reach beyond the walls of our physical museum and help more people discover our city, its rich history, and unique cultural heritage."

In addition to the *Turning Points* exhibit, the Richmond Museum's new website features a theatre showcasing fascinating short vid-

eos about Richmond history, people, and cultural practices; the exhibit *City Through Time* where visitors will discover 20 key dates that capture more than 150 years of Richmond's unique history at the mouth of the Fraser River; several self-guided walking tours for neighbourhoods in Richmond; access to the city's artefact database; and a wealth of information about Richmond Museum programs and events.

The Richmond Museum Society is grateful for the support of the BC Arts Council and the City of Richmond during the development of this website.

Explore *Turning Points* at richmondmuseum.ca/feature-exhibit/

The Richmond Museum is located at 7700 Minoru Gate, inside the Richmond Cultural Centre. Operating hours are 9 a.m. to 9 p.m. on weekdays and 10 a.m. to 5 p.m. on weekends. Admission is by donation.

The Richmond Museum Society supports the Richmond Museum, a community museum that collects, documents, researches, preserves, exhibits, and interprets objects of historical and cultural significance to the development and history of Richmond. The museum makes the history of Richmond relevant, engaging, and accessible.

Asphalt Paving Advisory

September 1, 2022 to May 31, 2023

The City of Richmond has contracted Jack Cewe Construction Ltd. to grind and pave the following locations in Richmond **from September 1, 2022 to May 31, 2023.**

PROPOSED 2022 PAVING LOCATION DETAILS

No 5 Road - North of Cambie Road (Mitchell Elementary School Frontage) Vibrations
7411 No 1 Road - Vibrations
7000 Block No 3 Road (Granville Avenue - Blundell Road)
Great Canadian Way - River Road - Bridgeport Road
Minoru Blvd (Lansdowne Road - Alderbridge Way)
Dyke Road (Trites Road - No 2 Road)
11000 Block Steveston Hwy (Shell Road - Coppersmith Place)
Westminster Hwy (Gilley Road - Boundary Road)
18000 Block River Road (No 8 Road - Nelson Road)
River Drive WBL (No 4 Road - Van Horne Way)
Mitchell Road (120 m south of Eburne Way - Twigg Place - EOP East end)
12000 Block Blundell Road (No 5 Road - Sidaway Road)
6000 - 7000 Block Nelson Road (Westminster Hwy - CN Tracks)
Nelson Road (CN Tracks - Dyke Road)
Douglas Crescent + Wellington Crescent + Wellington Avenue + Handley Avenue + Catalina Crescent Anson Ave

Work hours will be 7:00 a.m. to 10:00 p.m. on weekdays, and 7:00 a.m. to 8:00 p.m. on weekends. Night time work hours will be from 7:00 p.m. to 5:00 a.m. (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 www.richmond.ca/services/rdws/projects/pavingprogram.

Sockeyes season starts swimmingly

By HANNAH SCOTT
Reporter

The Richmond Sockeyes have started the 2022-23 season with an impressive 16-5-1-1 record. Coach Bayne Koen credits a combination of work ethic, consistency, and a no-quit attitude to helping them battle back in some games.

"I think we've had some adversity, like every team does, and guys have really bought into what the coaches are telling them," says Koen. "(It's) definitely a positive step when your leadership group or maybe a young guy has something to say and motivates themselves inside the room."

At publication time, the Sockeyes were second in the Provincial Junior Hockey League's Tom Shaw Conference, two points behind the Delta Ice Hawks (18-3-0-0) with two more games played.

Koen says the players continuing from last year entered training camp with a good mindset and a sense of unfinished business. Combined with the excitement of the younger players, it's made for a successful dynamic so far.

"We were heavily recruiting this summer and spring to try to get the players that we think are going to be impact players in our lineup," says Koen. "We've got a mix of really good young players and continuation of our older guys."

Leadership from more experienced players is an important element of the team, Koen adds. And while some older players don't serve as a captain or alternate captain, they're still important to the positive team culture the Sockeyes are trying to build.

"It's something that we discuss quite a bit in the off-season, where our leadership group guys will be and making sure those guys are coming

back," he says. "You always have a vision at the beginning."

One of the team's goals for the season is consistency and keeping up the work ethic.

"Last year we had some weeks where we just kind of drifted into low performance, whether that was through injury or just being tired," he says.

Along with the physical challenge of the game, the right frame of mind is also important.

"Life isn't easy, nor is hockey, so we've just got to put our work boots on," says Koen. "(We) try to avoid negative distractions, stay out of the penalty box as much as possible, try to do good things in that time frame—we might be behind by a couple of goals and have to battle back."

For more on the Sockeyes, visit richmondsockeyes.com/

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Locals inducted into BC Sports Hall of Fame

The BC Sports Hall of Fame's Class of 2023 includes a Richmond judo pioneer and a local men's lacrosse team.

Induction into the BC Sports Hall of Fame is the highest sporting honour in British Columbia. Since 1966, the BC Sports Hall of Fame has inducted 442 individuals and 67 teams to its Hall of Champions. The formal Induction Gala for the Class of 2023 is scheduled to be held in June 2023.

One of this year's inductees is Richmond judo athlete Jim Kojima, who has been involved with the Steveston Judo Club for 70 years. He was an international referee involved with Olympic Games and World Judo Championships as well as being president of Judo Canada and director of the International Judo Federation Referee Commission. Kojima was made a Member of the Order of Canada in 1983 and was inducted into the Richmond Sports Wall of Fame earlier this year.

The 1971 Richmond Roadrunners men's lacrosse team is also part of the BC Sports Hall of Fame's Class of 2023. Its team members were Stan Ackerman (public relations), Ed Ashcroft, Barry Atkinson, Chuck Bourne, Gary Bregani, Jim Bregani, Jack Buchanan, Bill Clearie, Randy Crowe (president), Roy Crowe, Larry Dean, Dave Durante, Mal Follis (secretary-treasurer), Ted Gernaey, Bob Holmes, Doug May, Grant McCauley, Harvey Olsen, Gord Osinchuk, Tom Penway, Larry Phillips (team manager), Ron Phillips (coach and general manager), Jerry Pinder, Ron Pinder, Mike Safianuk, Pat Safianuk, Butch Skirzyk (assistant



Photos courtesy BC Sports Hall of Fame

Richmond judo pioneer Jim Kojima (left) is part of the BC Sports Hall of Fame's Class of 2023.



The 1971 Richmond Roadrunners men's lacrosse team is part of the BC Sports Hall of Fame's Class of 2023.

coach), Mike Smith, Fred Sutton (equipment manager), Bob Tasker, Brian Tasker, Dave Tasker, Bob Taylor (trainer), Dave Taylor, Gil Tetrault, Lyle Trowski, Walt Weaver, and Sandy Wheelhouse.

"After months of anticipation, we're energized to begin telling the stories and marking the outstanding achievements of our Class of 2023," said Tom Mayenknecht, chair of the BC Sports Hall of Fame. "Honouring the past—and inspiring the future—is at the very heart of the mission of the BC Sports Hall of Fame and this year's honourees truly exemplify the best of sport in this province and beyond. On behalf of our board of trustees selection committee chaired by Wendy Pattenden, and management team led by chief executive Nicholas Cartmell, we congratulate our deserving inductees and look forward to coming together again in person to fully honour the Class of 2023 at our BC Sports Hall of Fame Induction Gala next year."

For more information, visit bcsportshall.com/announcement-day-bc-sports-hall-of-fame-introduces-class-of-2023-selections/



A competitor misses a high kick at the 2021 Canada Open Karate Championships.

Photo by Bill Ng

Karate championships happening in Richmond

By **MATTHEW CHEUNG**
Reporter

The 2022 Canada Open Karate Championships are taking place at Richmond Olympic Oval early next month.

Organized by Karate BC, the event will begin with an opening ceremony on Dec. 3, followed by a kobudō competition and non-elite competition. The second day, Dec. 4, will feature the Para-Karate competition and elite competition.

"It feels great to get people back into regular routines and participate in sport in a more normal way. Karate tournaments like the Canada Open are a great way to reinvigorate people's spirits. We are looking forward to welcoming the world to Richmond and all that it has to offer," says Karate BC president Andreas Kuntze.

Spectators can watch the event by purchasing a spectator ticket at the admissions desk or watching from home through Karate BC's YouTube channel. An adult ticket is \$10 per day; a ticket for a senior, child, or youth is \$5 per day. Children aged six and younger can watch for free.

Over 500 athletes, coaches, and referees from Canada and around the world are expected to participate in this year's event. In the past, the event has seen participants from the United States, Mexico, Japan, England, France, Slovakia, and India. The event features kata, kumite, kobudō, and Para-Karate competition categories for participants of all ages and skill levels.

Karate is a martial arts discipline consisting of kicking, striking, and defensive blocking with arms and legs. It places emphasis on concentrating the body's power at the point of impact.

Karate was introduced in Canada by Masami Tsuruoka who had studied in Japan under Tsuyoshi Chitose. In 1954, Tsuruoka initiated the first karate competition in Canada, laying down the foundation for the National Karate Association. In 1963, the National Karate Association was

officially created, and has since changed its name to Karate Canada.

Kata competitors perform a series of movements that simulate defense and counterattack in front of a panel of judges.

Kumite features a one-on-one sparring competition in front of a panel of judges, in which athletes spar to reach an eight-point advantage within the three-minute round. Points are scored when a contestant has scored a clean "killing" point.

Kobudō, like kata in style, is a martial arts that focuses on the weapons training of traditional Okinawan weapons. Participants are judged on their form and technique by a panel of judges who have been trained prior.

Para-Karate, a parallel form of karate for athletes with a disability, will also be featured at the upcoming tournament. It consists of four kata divisions for junior and senior participants: intellectually impaired, wheelchair users, blind and visually impaired, and standing mobility impaired.

The Canada Open Karate Championships is marking its first event since the pandemic.

"COVID has certainly affected the participation of karate across the province. We lost a few clubs, but most survived the pandemic, and we are at about 75 per cent of pre-COVID numbers at this point. We are hopeful that participation among competitive athletes will be about the same by the end of the year," says Kuntze.

Karate BC is excited to be able to host this year's event and looks forward to seeing participants from all around the world.

"This tournament is also a warmup for our association, as we are bringing a World Karate Federation event to Richmond in April of 2023 (that) will bring the top athletes in the world to compete. You may even see some Olympians compete at the event," says Kuntze.

For more information, visit karatebc.org/2022-canada-open-karate-championships

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Two groups donate to hospital foundation



Photo courtesy Richmond Hospital Foundation

Hunan Fellow Association of Vancouver (pictured) and Wong's Insurance both donated recently to Richmond Hospital Foundation.

The Richmond Hospital Foundation recently received two donations from community groups to help further its goal of building a better and healthier future for Richmond.

The Hunan Fellow Association of Vancouver raised \$30,000 for the hospital foundation at its 16th annual golf tournament, which took place in August.

"We want to bring good news to the Richmond community by helping

Richmond Hospital," says Coco Luo, president of the Hunan Fellow Association. "Giving back to our community is part of our purpose, and we're delighted to have such strong support and enthusiasm from our members and friends."

The Vancouver Hunan Fellow Association is a non-political, non-profit social organization that seeks to unite and help members who have ties to Hunan and Vancouver. The association has raised more than \$70,000 for Richmond Hospital Foundation since the start of the pandemic. In April 2022, the organization hosted a fundraising dinner and raised over \$20,000 for Richmond Hospital's new medical imaging centre. Prior to that, the organization raised more than \$20,000 for Richmond Hospital's COVID-19 response fund.

Wong's Insurance also raised over \$120,000 for the hospital foundation's Trio of Life Campaign. The donation wrapped up the campaign—which raised \$580,000 in all—to replace aging and vital diagnostic equipment for Richmond Hospital's cardiology, pulmonary, and neurology specialties.

"Having state-of-the-art diagnostic tools is essential to providing excellent health care," says John Wong, chief executive officer of Wong's Insurance. "Richmond Hospital is an important part of our community and we're happy to lend our support to improve care for local residents."

Wong's Insurance, which has locations in Richmond and Vancouver, has been a longtime supporter of Richmond Hospital Foundation with annual gifts towards several Richmond health care initiatives. The company has supported the Yurkovich Family Pavilion and the Milan and Maureen Ilich Medical Imaging Centre Campaign. This past August, the team hosted a fundraising gala at Continental Restaurant to benefit the Trio of Life Campaign.

New LifeLabs facility opens in Ironwood

By **SAMUEL CHENG**
Reporter

The Ironwood community recently celebrated the grand opening of LifeLabs' newest location.

"LifeLabs is a vital collaborator for the Pacific Autism Family Network in B.C. Their commitment to serving patients with autism in a safe and positive environment with a dedicated trained staff allows for successful procedures and a stress-free experience," says Kyle Nguyen, director of operations at Pacific Autism Family Network B.C.

The new service centre marks an important step in making British Columbia's diagnostic testing more accessible and equitable, with the highest quality possible. It features a unique collection room designed to serve patients with autism spectrum disorders through the partnership with the Pacific Autism Family Centre.

"I'm thankful for LifeLabs' commitment to providing caring, efficient, reliable, and high-quality services to our community," says Aman Singh, MLA for Richmond–Queensborough. "Ironwood Patient Service will serve the growing population of Richmond, providing the necessary diagnostic testing closer to home."

Throughout the course of 50 years, LifeLabs has aimed to provide its communities with the best possible diagnostic healthcare. It helps over



Photo submitted

A new LifeLabs facility has opened near No. 5 Road and Steveston Highway in Richmond.

20,000 customers and patients on a daily basis and performs over 150,000 daily tests across seven labs.

"Our Ironwood Patient Service Centre staff are here to support our clients through their healthcare journey. They care about the individual needs and expectations of everyone who enters our doors," says Louise Nagy, director of client services

at LifeLabs.

The Ironwood Patient Service Centre is located at #120-10880 No. 5 Rd. The facility is open weekdays from 7 a.m. to 5 p.m. and Saturdays from 7 a.m. to noon. Its services include blood collection, Holter monitoring, and electrocardiography services.

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Canadian TV personality still a shining star

By JIM GORDON & LEETA LIEPINS
Contributors

Erin Cebula is a television personality and former West Coast correspondent for Entertainment Tonight Canada. She continues to be a familiar face on television and in print throughout B.C. The *Our City Tonight* team recently spoke with Cebula about her career highlights.

Our City Tonight: *One of the things you have done extremely well is to include diversity in your career. You have (had) a lot of different jobs over the last 20 years—what (do) you have going on right now?*

Erin Cebula: I've always believed in the "side hustle," that you can't put all your eggs in one basket. We all know in broadcasting that there often isn't that "unicorn job" that will keep you employed for years and years. I'm also a variety junkie, and I like to do lots of different things professionally with a variety of different people. I actually started my career behind the scenes filming and editing. I'm at a new place in my life and I have a new motto which I didn't have before. I was such a grinder, thinking you had to work seven days a week to be happy and successful—now I choose only good projects with good people. I also want more free time than I did when I was younger. I have found that I'm better at my job if I have time to get off the "hamster wheel" and allow myself to be calm, be grounded, spend time with family and friends, and take care of myself.

OCT: *You have had several long runs on various TV shows including Entertainment Tonight Canada, which took you all over the world. When you do that for a long time, you maybe do need something challenging that would allow you to be in one place for a little while.*



Photo courtesy Erin Cebula
Erin Cebula is a Canadian television personality based in Vancouver.

EC: At first it was the best—it was glamorous. I've been all over the world and I'm very grateful for my years with them, but you can get to the point where you realize you are away so much that you just can't pack another suitcase, can't miss another loved one's birthday, or niece's first day at school. That has always been important to me. It was my husband who one day said to me, "You have to leave something for us," and I really took that to heart. Those experiences I'll never forget, but now when I get on a plane it's for me.

OCT: *We should talk about another long-running job, which I understand is close to your heart: the BC Children's Hospital Lottery.*

EC: That came along at the perfect time in my life. I was busy with three jobs at the time and it was wonderful, but I felt there was a void. I was always taught to give back, and at that point in my life, it felt like it was time to start doing that. I had been given a lot of great opportunities and had good luck, but it was time. It just so happened that, I believe it was Jennifer Mather who was moving on to other things, and there was an opening. I immediately raised my hand and said, "Me, me, please." My thinking was if I could do something in TV where I could use my skills and also give

back to my community, that would be wonderful. I believe I've been with them for 15 years and we have raised nearly \$50 million for the hospital—that's incredible. How many TV jobs give you that opportunity? The team is the same people that produce it; they have become family and are the greatest people to work with.

For the full video interview, visit richmondsentinel.ca/videos
Jim Gordon and Leeta Liepins are contributing writers to the Richmond Sentinel.

STR8TS

No number can be repeated in any row or column. Rows and columns are divided by black squares into compartments. Each compartment must contain a 'straight,' a set of numbers with no gaps in any order, eg. [4,2,3,5]. Numbers in black cells are not part of straights but also cannot be repeated in their row or column.

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