



**LUNAR NEW YEAR**



**02**

# OUR CITY

## Richmond

### 'GOOD TO KNOW'

by Florence Gordon



Photos via Freepik.com

#### Chinese New Year traditions

Chinese New Year, also known as the Lunar New Year marks the first day of the New Year in the Chinese traditional calendar that is determined by the location of the sun and the moon relative to the Earth. This is why, on the Western calendars, the date changes each year. In 2024, New Year celebrations are Feb. 9 to 15. Each year is also represented by a different Zodiac animal (12 in total) and according to legend, these 12 animals participated in a race that determined their place of order in the Chinese calendar. In 2024, the dragon represents good fortune, prosperity and good luck.



#### Lucky Red Envelopes

At the Lunar New Year it's tradition to give the gift of money in a bright red envelope to your family and friends. It's not the money it's the red envelope that symbolizes prosperity and happiness for the coming year.

#### Entertainment

Lion and dragon performances are part of the festivities through out the Chinese New Year celebrations.

#### New Year's Traditional Food



Dumplings are a Chinese recipe served New Years because it represents wealth.



Niangao Sweet Rice Cakes symbolizes hope for a better year ahead served specifically at New Year festivities.



Tangerines and oranges' round shape and gold colour symbolizes prosperity and good fortune.

#### Families Celebrate Chinese New Year



Homes and restaurants are decorated with lucky red lanterns.



Before COVID-19 families travelled to their homeland to pay respect to their elders and celebrate Chinese New Year.



# Helping build more homes, faster in Richmond

With federal funding and federal leadership, we are changing how cities let housing get built in their municipalities. With a greater focus on high-density housing, student housing, homes near transit and affordable housing, we are going to get more homes built for Canadians at prices they can afford.

The Government of Canada and the City of Richmond announced that they reached an agreement to fast track more than 1,000 housing units over the next three years. This work will help spur the construction of over 3,100 homes over the next decade.

The agreement under the Housing Accelerator Fund (HAF), will provide \$35.9 million to eliminate barriers to building the housing we need, faster. Richmond's Action Plan commits to eight local initiatives that enable a variety of housing forms and densities to meet the diverse needs of the community. The city has a strong focus on creating affordable and housing below market prices through a variety of programs and partnerships with the non-profit sector. They will also fast track development applications and provide grants to support building new rental homes, cooperative housing, co-housing communities, and creating an affordable home ownership program. Additionally, the funding will support a number of zoning reforms, local area plans and optimizing the permitting process with the use of technology and software.

HAF is helping cut red tape and fast track at least 100,000 permitted new homes over the first three years, which cities and regions estimate will lead to the creation of over 450,000 permitted new homes for people in towns, cities, and Indigenous communities across Canada over the next decade. It asks for innovative action plans from local governments, and once approved, provides upfront funding to



Photo courtesy City of Richmond

**Jan. 22, 2024 Government of Canada's Housing Accelerator Fund announcement at Richmond City Hall. From left to right city councillors Alexa Loo and Carol Day; Member of Parliament Wilson Miao; city councillor Michael Wolfe; Member of Parliament Parm Bains, Richmond Mayor Malcolm Brodie; city councillors Andy Hobbs and Bill McNulty.**

ensure the timely building of new homes, as well as additional funds upon delivering results. Local governments are encouraged to think big and be bold in their approaches, which could include accelerating project timelines, allowing increased housing density, and encouraging affordable housing units.

The Government of Canada is making life more affordable for Canadians—and housing is key to our work. We will continue to work with provincial, territorial, and municipal governments, as well as Indigenous partners, to keep building more homes for Canadians, faster.

## New Community Services Connector Program

A new Community Services Connectors Pilot Program aims to connect Richmond residents living on low income with one-on-one assistance to find information about social service benefits, affordable housing supports, employment resources and other community programs. The drop-in sessions will run each Sunday from 2 to 4 p.m. in the Living Room at Ironwood Library (8200-11688 Steveston Highway), beginning on Jan. 28 and ending on May 26.

In addition, a series of monthly "Snacks and Facts" sessions will also be hosted at Ironwood Library on the fourth Tuesday of each month (Fe. 27, March 26, April 23 and May 28). These workshops will be led by local organizations and are designed to support Richmond residents with lower incomes to find and access services.

The goal of this new pilot program is to contribute to reducing poverty in Richmond by increasing residents' access to resources and supports needed to move out of poverty. The Community Services Connectors

Program complements the Community Services Pop Ups held monthly at Brighthouse Library by providing an additional option for Richmond residents outside of the city centre, at more frequent program times, and with one-on-one support.

The program is co-led by the City of Richmond and Richmond Public Library in collaboration with a number of community organizations. The Province of British Columbia, through the Union of British Columbia Municipalities, provided funding for this pilot.

Both the Community Services Connectors Pilot Program and the Community Services Pop Ups further actions in the city's 2021-2031 Collaborative Action Plan to Reduce and Prevent Poverty in Richmond, and support the development of program and service delivery, and the implementation of targeted outreach programs for residents at risk of or living in poverty.

For more information on resources that support Richmond residents living on low income, visit [richmond.ca/CommunityResources](http://richmond.ca/CommunityResources).

# Embracing tradition of Lunar New Year

By TAMMY LO  
Student writer

Chinese New Year, also known as the Spring Festival or Lunar New Year, is a time of vibrant celebrations, deep-rooted traditions, and the spirit of renewal for millions around the world. This auspicious occasion marks the beginning of the lunar calendar and is a time for families to come together, reflect on the past, and welcome the promises of the future. Rooted in ancient customs, Chinese New Year is a spectacle of colours, festivities, and symbolic rituals that bring people closer and foster a sense of unity and hope.

Chinese New Year has a rich history that spans over 4,000 years, with its origins traced back to the Shang Dynasty. The festival traditionally honors deities and ancestors and is believed to ward off evil spirits. Legend has it, that the mythical monster Nian would terrorize villages until the people discovered that loud noises and the color red frightened it away. Hence, the tradition of setting off fireworks and firecrackers, and decorating homes in red during the New Year celebrations. Additionally, The Chinese zodiac, with its 12 animal signs, is another integral part of the New Year celebrations. Each year is associated with a specific animal, and people believe that the traits of that animal influence the personalities and destinies of individuals born in that year. Overall, Chinese New Year is a time for reflection, renewal, and the strengthening of family bonds, deeply embedded in China's rich cultural and historical tapestry.

The weeks leading up to Chinese New Year are bustling with preparations. Families meticulously clean their homes to sweep away bad luck and make way for good fortune. It is customary to decorate with red lanterns, banners, and traditional Chinese paper-cuttings, symbolizing prosperity and happiness. Shopping for new clothes, traditional foods, and gifts is also a common practice.

The pinnacle of Chinese New Year celebrations is the reunion dinner on the eve of the festival. Families gather from near and far to share a sumptuous feast featuring dishes with symbolic meanings, such as fish for abundance, dumplings for wealth, and longevity noodles for a long and prosper-



Families gather together near and far for a reunion dinner.

Photo via Freepik.com

ous life. The act of sharing this meal is a representation of unity and the importance of familial bonds.

As the clock strikes midnight on New Year's Eve, cities across China and Chinese communities worldwide light up the sky with spectacular fireworks displays. The Lantern Festival, which officially concludes the celebration on the 15th day of the lunar new year, sees streets adorned with beautiful lanterns of various shapes and sizes. Lantern riddles, parades, and dragon and lion dances further add to the festive atmosphere.

In contemporary times, Chinese New Year has since transcended cultural boundaries, becoming a global celebration embraced by people from diverse backgrounds. Major cities worldwide host parades, cultural performances, and other events to join in the festivities. The Chinese diaspora actively participates in passing down traditions and ensuring the continuity of cultural heritage.

Chinese New Year is more than a festival; it is a testament to the resilience of cultural traditions and the enduring importance of family and community. As the world ushers in each lunar new year, it not only celebrates the rich tapestry of Chinese culture but also welcomes the hope and promise of a brighter future. In the spirit of renewal, Chinese New Year stands as a universal symbol of joy, togetherness, and the perpetual cycle of life.

**RICHMOND**  
**SENTINEL**  
OUR COMMUNITY NEWS

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

**Advertising & Sponsorship**  
marketing@richmondsentinel.ca  
778-325-1297

**Newsroom**  
newsroom@richmondsentinel.ca  
778-297-5005



**Download our app**  
from the  
App Store or  
Google Play Store.



# 2024 Lunar events for the family



File photo by Chung Chow



**The Richmond Centre Mall** celebrates the Year of the Dragon. Take selfies with their vibrant, tree-style decorations; they'll be on display here until **Feb. 19**. But be sure to visit on **Feb. 10** (from 2 p.m. onwards) for lion and dragon dances plus an appearance by the God of Fortune. There will also be additional Chinese New Year cultural performances and displays on **Feb. 13** (7 to 8 p.m.), **Feb. 14** (5 to 7 p.m.), **Feb. 18** (1 to 3 p.m.) and **Feb. 21** (5 to 6 p.m.).  
Photo courtesy CF Richmond Centre



**Aberdeen Centre's** popular Flower & Gift Fair runs daily from Feb. 2 to 11. There's also a special God of Fortune Photo Booth to check out, so book a photo of you and your loved ones and you'll be inviting blessings throughout the year. On Feb. 9, the mall will stay open past midnight for its televised New Year Countdown, complete with cultural performances, high-spirited crowds and an all-important visit from the God of Fortune himself. Return the next day for the 11 a.m. Golden Dragon and Lion Dance in the mall's Outdoor Courtyard plus entertaining indoor performances throughout the afternoon. There will be additional performances on February 11 (between 1 and 4:15 p.m.).  
Photo courtesy Aberdeen Centre



**Lansdowne Centre** will be especially popular with fans of a particular construction toy this year. Head to the mall on Feb. 3 and 4 to watch Robin Sather, Western Canada's only Certified LEGO Professional build a huge dragon model from scratch. The giant creation will be on display in the Centre Court area until Feb. 25. And, don't forget to drop by on Feb. 10 (from noon to 4 p.m.) for celebratory dragon and lion dances, arts and crafts, an artisan market, interactive activities with Robin, family photo portraits and more.  
Photo courtesy Lansdowne Centre



## 2024 Lunar New Year 49th Chinatown Parade

The Year of the Dragon begins on Feb. 10 in 2024. The parade normally takes place on the first Sunday after the start of the New Year. In 2024, that means the parade takes place on the Feb. 11.

### When and where

Vancouver's Chinese New Year's parade happens in Chinatown from 11 a.m. until about 1:30 p.m. Get there early to find a good place to watch from, somewhere along Pender, Gore or Keefer near the entrance gate to Chinatown. Unless it's raining and miserable, prepare yourself for the crowds.

### New Year Parade Route

The parade goes down West Pender under the Chinatown Millennium Gate, up Gore Street, and then back up along Keefer Street. In total the route is about 13 kilometres long and usually lasts for up to two-and-a-half hours.



# Inspiring stories to start the New Year

## Growing up and giving back:

It may be a new year, but this story starts nearly a decade ago, back in 2015.

At the time, Ava Koldenhof was a Grade 4 student at Dixon Elementary School. Her family had always stressed the importance of community involvement and charitable giving, which prompted Ava—with support from her grandmother—to launch her own fundraising initiative, called Ava's Angels.

She and her grandmother began making and selling a variety of angel charms and ornaments, with proceeds benefitting local charities. Ava's first donation, totaling \$500, was to the Richmond Christmas Fund.

Year after year, Ava kept making angels—and donations. She gave to the Heart and Stroke Foundation, the Richmond Food Bank, and the Make-A-Wish Foundation, among other organizations.

Along the way, she was recognized for her efforts, winning the News 1130 Unsung Hero Contest and, in 2018, being named the Rick Hansen Foundation's Student Difference Maker of the Year.

Ava had set a fundraising goal of \$10,000, and in the summer of 2021, she was nearly there. To reach

by the RCRG office with an envelope containing \$1,500. It was a donation for the Christmas Fund, the proceeds coming from a fundraising campaign started by a kind-hearted nine-year-old, who has grown up before our eyes.

## A creative art project sparks conservation awareness:

Last fall, Opal Chen, a student at Woodward Elementary School, successfully applied for a Youth Neighbourhood Small Grant, receiving \$500 to organize a workshop in which she'd teach other young people about conservation and recycling.

To pique their interest, she turned to art—specifically, papier-mâché. In addition to a presentation on the value of recycling, the workshop would feature a participatory art project, where attendees would work together to create an animal out of recycled materials.

After some research, Opal decided upon a sturgeon, due to its local connection, and the fact that it's particularly vulnerable to water pollution, as it often ingests plastic particles.

The workshop was held in her school gym, with 85 students and parents in attendance. After the presentation, which highlighted both recycling and sturgeon conservation, participants divided into two groups.

The first applied papier-mâché to a sturgeon made of bottles, Styrofoam, cardboard, and other recycled materials. The second painted a six-foot papier-mâché sturgeon that Opal had built at home.

When the art project was finished, Opal asked participants to complete an online survey, which came back with overwhelmingly positive feedback on both the educational and creative aspects of the workshop.

She had earned every bit of praise, having turned her \$500 grant into a fun and inspiring community project. It's probably best that the two sturgeon aren't released into the Fraser, but hopefully, they'll find a good home.

Applications for the 2024 Neighbourhood Small Grants program open March 7. **A different kind of scholarship**

At RCRG, we're passionate about youth leadership development. The latest example of this is our Community Accelerator program, which gives young people an opportunity to develop skills, gain experience, and forge connections that will help



**Opal Chen, a student at Woodward Elementary School constructed a six-foot papier-mâché sturgeon out of recyclable materials.**

them become successful social entrepreneurs.

The program's lead sponsor is RBC—an ideal fit, since the company is as passionate as we are about supporting and empowering youth. Look no further than RBC Future Launch, a 10-year, \$500 million initiative aimed at preparing young people for the future of work.

Which brings us to the RBC Future Launch Scholarship. The financial award, valued at \$1,500, is available to youth between the ages of 15 and 29 who either aren't going to school, or are only enrolled part time.

If you have a plan for the future, but aren't quite sure how to get there, this scholarship can help you take that all-important next step. It can be used for a short-term course, a workshop, a certificate program, or any books or equipment you'll need to succeed.

The path to your dream career may not run in a straight line. There may be a detour or two along the way. But one thing's certain: an RBC Future Launch Scholarship will keep you moving forward, towards your ultimate goal.

Applications are open year-round, and are reviewed on an ongoing basis. Submit yours today.



*Photos courtesy Richmond Cares, Richmond Gives*  
**Ava Koldenhof (left) with Ed Gavsie (right) and an envelope containing \$1,500 for her donation to the Christmas Fund.**

the milestone, she decided to bring things full circle and donate, once again, to the Christmas Fund. This time, her gift was \$1,000.

Since then, Ava has continued her community involvement. She began serving as the Christmas Fund's first ever Youth Ambassador, and in 2023, she received a Volunteers Are Stars Award, honouring her achievements as a young community leader.

Ava is now in Grade 12, and we understand that her educational journey may take her away from Richmond, to somewhere new. If that's the case, she provided an extremely generous going away present.

Earlier this month, Ava and her mother stopped



**RBC, sponsor of the Community Accelerator program, gives an opportunity for young people to develop skills, gain experience, and forge connections.**

# In honour of our soldiers: Frederick Nathan Gay

By **SAMUEL CHENG**  
Reporter

In a series of Richmond's 'poppy' street signs in memory of our fallen soldiers, we share the story of Gay Road.

Aug. 29, 1893 marks the birth of a boy named Frederick Nathan Gay in Richmond, BC.

Prior to enlistment, Gay worked as a farmer and lived with parents and two siblings. The couple, William and Jane Gay, owned a dairy farm in Steveston. William also served on the Richmond Council for three consecutive years from 1911 to 1913.

Seven months before Gay's 23rd birthday, he was enlisted in the 72nd Battalion in Vancouver on Jan. 29, 1916. The 72nd Battalion is a Canadian infantry that was later merged with the 72nd Overseas Battalion Canadian Expeditionary Force.

Gay was sent overseas to Liverpool on the Empress of Britain and arrived on May 7th, 1916. After a month, Gay was transferred to the 12th Brigade, which was a Canadian Machine Gun Corps. He arrived in France two months later.

On April 9th, 1917, the unthinkable happened – Gay was killed in action. Mourned by their son's death, the Gay couple received a plaque, a scroll, and a memorial cross from the Canadian govern-



A poppy engraved road sign of Gay Road.

Screen grab from Google Maps

ment four years later to commemorate Gay's effort and sacrifice in the war.

Gay's possessions were inherited by his mother, who went on to live until November of 1940.

On Dec. 6, 1954, the Richmond Council decided to adopt one of the many poppy roads in honor

of Frederick Nathan Gay. Today, the road can be found at north of Francis Road, and to the east of No. 3 Road. It is connected with Bowcock Road, another poppy road that we introduced early on in this series.

•taic@richmondsentinel.ca



**BLUNDELL  
CENTRE**

**HAPPY LUNAR NEW YEAR!**

**Celebrate  
the Year of  
the Dragon!**



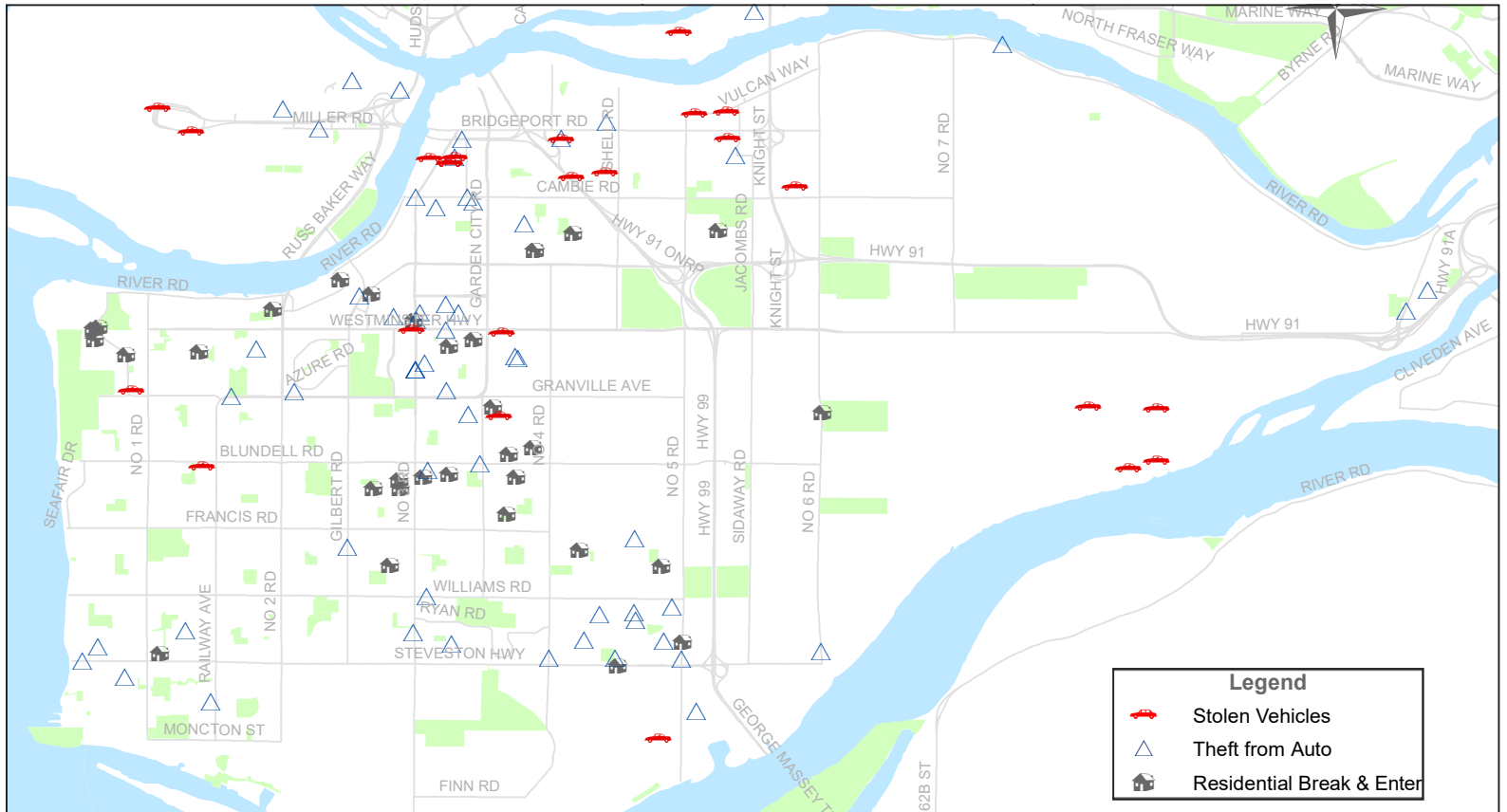
**42 quality merchants ready to serve you**  
Located at Blundell & No 2 Road





# RCMP

## Crime Map Dec. 1 - 31, 2023



# HAPPY LUNAR NEW YEAR



**PARM BAINS**  
Member of Parliament  
STEVESTON - RICHMOND EAST  
[Parm.Bains@parl.gc.ca](mailto:Parm.Bains@parl.gc.ca)



**WILSON MIAO**  
Member of Parliament  
RICHMOND CENTRE  
[Wilson.Miao@parl.gc.ca](mailto:Wilson.Miao@parl.gc.ca)





**LITTLEPAWS**  
ANIMAL CLINIC  
by  **TELUS** Health



# First vet exam free? Paw-some.

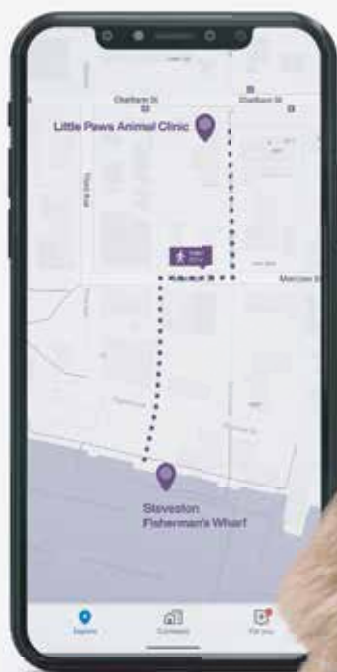
Same-day<sup>1</sup> veterinary care for dogs, cats and pocket pets available in multiple languages. **Little Paws Animal Clinic** is conveniently located just a few blocks from Steveston Fisherman's Wharf.

First exam free<sup>2</sup>: Call **604-241-7387** to book.

Value \$91.30+tax.



**Little Paws Animal Clinic**  
12011 Second Ave #130,  
Richmond, BC, V7E 3L6



Visit us at [littlepawsvet.com](https://www.littlepawsvet.com)

<sup>1</sup> Subject to availability. Not open on stat holidays and Sundays. <sup>2</sup> One (1) complimentary exam, regular price \$91.30 plus tax. Appointment must be booked by April 30, 2024. Offer subject to change without notice. Limited time offer for new clients only. Can only be redeemed once per client. Offer excludes emergency consultations and prescriptions. Other restrictions also apply. Screen image is simulated. The Little Paws Animal Clinic veterinarians are working in affiliation with TELUS Health. TELUS, TELUS Health MyPet and the TELUS Health logo are trademarks of TELUS Corporation, used under license. All copyrights of images, artwork and trademarks are the property of their respective owners. © 2024 TELUS

# From the Bachelor's kitchen: purple rice congee

By SAMUEL CHENG  
Reporter

The subject of food and drinks have been a universal language across cultures and nations around the world. The *Richmond Sentinel* shares delicious food and drinks recipes that anyone can make in the convenience of their own home.

Today, we share the recipe of coconut and purple rice congee.

## Utensils:

- a food weigh scale
- a couple of bowls (steam safe)

- a spoon
- a ladle
- a steamer
- a pot

## Ingredients:

- hot water: 250 cc
- cold water: 720 cc
- purple rice: 75 grams
- white glutinous rice: 35 grams
- coconut milk: 80 cc
- brown sugar: 40 grams
- milk: 200 cc
- salt: one pinch

## Steps:

1. Weigh out 75 grams of purple rice and gently wash under cold water in a bowl. (Note: Wash gently as the purple rice is very brittle)
2. Soak the purple rice in cold water for 60 minutes.
3. Weigh out 35 grams of white glutinous rice and gently wash them under cold water in a bowl.
4. Soak the white glutinous rice in cold water for 30 minutes.
5. Drain the water from both of the bowls and



Recreate this recipe in the convenience of your own home.

Photo courtesy 索艾克

pour both rice together into one bowl.

6. Add 720 cc of cold water to the steamer and place the bowl of rice into the steamer.

7. Bring 250 cc of cold water to a boil and add it to the bowl of rice and steam for 45 minutes. (Note: Feel free to extend the steaming time to 60 minutes if a softer and gooey rice is desired.)

8. Take the bowl of rice out of the steamer and give it a gentle mix.

9. Add 40 grams of brown sugar and a pinch of salt to the rice and mix well.

10. The congee can be enjoyed either warm or a cold. Follow the directions from step 11 to 14 for a warm soup recipe and 15 to 20 for a cold soup recipe.

11. For a warm variation of the recipe, follow the directions below:

12. Add 200 cc of milk and 80 cc of coconut milk to a pot and bring it to a slight boil. Stir occasionally to prevent the bottom of the pot from burning.

13. Pour the milk mixture into the bowl of rice and mix well.

14. Use a ladle and serve the congee in a bowl

and enjoy.

15. For a cold variation of the recipe, follow the directions below:

16. After mixing in the brown sugar and salt with the rice. Set it aside until it cools before placing it in the fridge.

17. Let the rice sit for about 3 hours.

18. Take the bowl of rice out of the fridge and add 200 cc of milk and 80 cc of coconut milk to the bowl.

19. Stir and mix well.

20. Use a ladle and serve the congee in a bowl and enjoy.

Voila! A delicious coconut and purple rice congee is ready for you to share with

family and friends.

Black rice, also known as purple rice has a distinguishable color compared to other types of rice in its family. Known for its health benefits, this dessert is perfect for a cold snowy weather or on a hot humid day.

Purple rice contains more antioxidants compared to regular white rice, which in turn improves heart health and balances out the level of cholesterol.

On top of that, purple rice is rich in sources of fiber, protein and iron. Making it an excellent source of nutrients for our body.

The origin of this dessert is unknown, but it is speculated to have originated from Asia, most notably Hong Kong and China. This dessert can be enjoyed by children and adults of all ages. Even seniors will be a fan of this delicious dessert as there is very little chewing involved.

For the full recipe, please visit [youtube.com/watch?v=31rYoyklz7c](https://youtube.com/watch?v=31rYoyklz7c)

•[taic@richmondsentinel.ca](mailto:taic@richmondsentinel.ca)

## Call for nominations for 2024 Richmond Arts Awards

Do you know any extraordinary emerging or established artist, arts leader, cultural practitioner, educator, group or arts business that has significantly contributed to the arts in Richmond and is deserving of recognition? Nominate them for a Richmond Arts Award.

Nominations are being accepted in six categories:

- Arts Education
- Artistic Innovation and Excellence
- Business and the Arts
- Cultural Leadership
- Volunteerism
- Youth Arts

All artistic disciplines are eligible: culinary, literary, performing and visual arts, as well as craft, environmental arts, new media and social practice.

The award winners will be honoured at a Gala awards ceremony hosted by Mayor Malcolm Brodie.

The Richmond Arts Coalition will award a \$300 cash prize to the winner of the Youth Arts category, which recognizes a performing literary, media or visual artist 24 years of age or younger, whose artistic practice demonstrates outstanding promise and commitment to the Richmond arts community.

Nominations are being accepted online at [richmond.ca/ArtsAwards](https://richmond.ca/ArtsAwards) until 5 p.m. on Monday, March 11.

The 16th annual Richmond Arts Awards are presented through a partnership between the City of Richmond and Richmond Arts Coalition. The program has recognized 91 honourees since 2009.

For more information on the Richmond Arts Awards and to submit a nomination, visit [richmond.ca/ArtsAwards](https://richmond.ca/ArtsAwards) or email [culture@richmond.ca](mailto:culture@richmond.ca)





**Joe Biz** — by *Joe Leary*

## Marathon of Hope

Over the course of a decades-long broadcast career I've had the good fortune to meet and become acquainted with scores of famous people in numerous fields such as arts, sports, politics, media and entertainment alike.

Whenever questioned about the most cherished brush with fame I've experienced along the way, the answer is simple: Terry Fox. It's not every day you meet a modern day hero. My personal Terry Fox encounter occurred a scant few months prior to his death in June, 1981.

While the meeting was brief it was a personal exchange that I will forever hold near and dear.

Terry's story is one of determination and inspiration combined. Having lost a leg to cancer in his teens, the Winnipeg-born, Coquitlam-raised Fox took it upon himself to become an activist in the cause of cancer awareness and chose to run across Canada in 1980 in a fundraising effort.

As the representative of the Canadian Cancer Society in Toronto at the time, Bill Vigars first encountered Terry Fox shortly after the run began.

He would spend almost the entirety of the historic 'Marathon of Hope' by the young man's side.

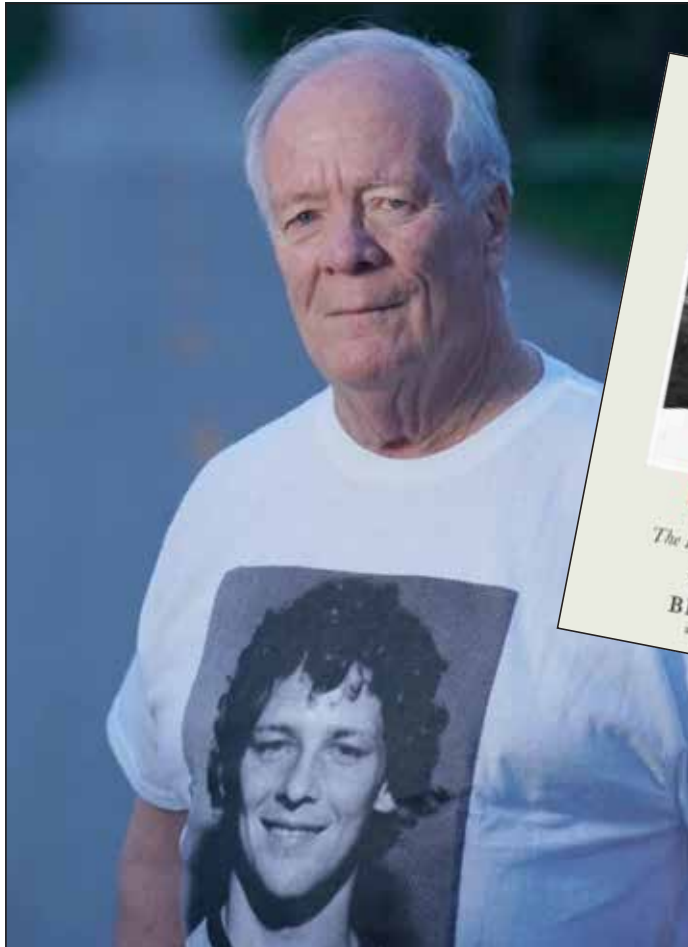
Their incredible journey together is chronicled in the number one bestseller, *Terry and Me*, available on Amazon and all major book stores.

"My first introduction to Terry was at 4 am in Edmunston, New Brunswick," recalls Vigars. "After a short conversation we hopped into his van heading down the dark deserted highway to where he had finished the day before.

Few words were spoken; it was too early for everyone.

We dropped him off and drove away leaving him in the chilling morning air.

There were no cars on that lonely highway, just the odd transport rumbled by. I watched him that morning—in awe of how he was able to run on that



**Bill Vigars, author of *Terry & Me*.** Photo courtesy Shane Harvey

jerry-rigged artificial leg". Prosthetics have come a long way in the past 40 years. Terry Fox performed miracles, given the primitive nature of his artificial limb.

Vigars remembers, only too vividly; Fox's face being a combination of concentration, pain and determination. "I will never be able to understand how he was physically able to accomplish what he did: 143 days—a marathon each day. His recuperative ability was beyond my comprehension". The pain was palpable.

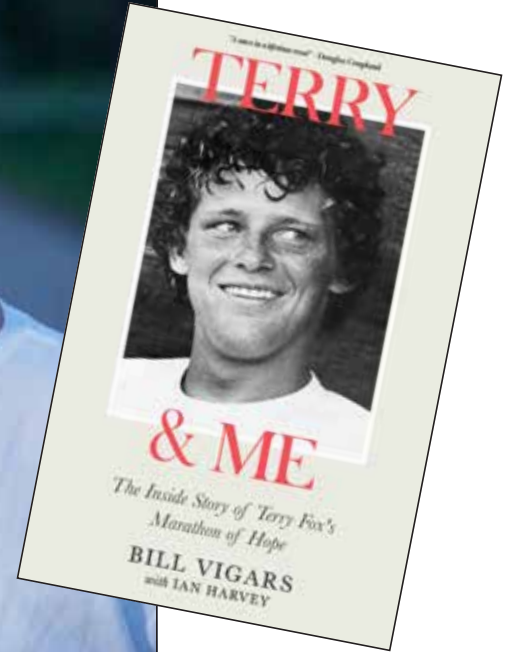
"He would suffer severe shin splints; abrasions to the stump of his prosthetic that would cause bleeding and that heavy artificial leg jamming up into his groin with every step. He used to say "Mentally, can't run a marathon a day so I break it down into small segments, from one telephone post to the next, repeatedly for 26 miles".

In reading Vigars recollections it's clear that Terry Fox was on a mission and shunned the heroic accolades that were hoisted upon him along the journey. "He was just a regular young man but doing an amazing feat," says Vigars.

"I heard him speak to a crowd of people in a park as he told his story of seeing the suffering of children in the cancer clinic that he shared with them back home.

They stood transfixed as he spoke of his desire to help raise funds to find a cure. I had great respect for him and realized his intentions were pure".

Fast forward to 2024 and nearly a billion dollars has been raised since the 'Marathon of Hope'



in 1980.

Events continue to be held annually; not only across Canada but around the world in Terry's name, thanks to the hard work of thousands of volunteers.

Our education system plays a major role in keeping his legacy alive, using Terry's selfless journey as an example of how one person can make a difference in the world and that through hard work dreams can come true.

"Terry said time and again that he was no different than the next guy and fame was not his goal.

He was single-minded in what he wanted—to raise funds for research to find a cure for cancer. I also found out that he was a gentle, kind person with a dry sense of humour".

Since his passing the name and legacy of Terry Fox endures to this day as High Schools, Parks; Community Centres and natural landmarks across Canada bear his name in honour. "Although he was very appreciative of any accolades he was happier to see the outpouring contributions to his cause," adds Vigars.

"Millions of dollars were pledged in the weeks and months after his run ended and by the time he passed away in June, 1981; we reached his goal of raising \$1 dollar for every Canadian. The population of Canada at the time was 24 million people".

While the image of Terry Fox remains one of determination, focused on the road ahead and obvious pain as he endured, Vigars can attest firsthand that regardless of his personal discomfort or fatigue, there was another level to this Canadian hero altogether.

"At the end of the day Terry was relaxed and funny; kind and gentle. We would all enjoy dinner together just like a family".

X-@reallyjoeleary • #instagram-@joeleary

# Recognizing the Sports Wall of Fame: 2018

By MATTHEW CHEUNG  
Reporter

**The *Richmond Sentinel* looks back at the 2018 inductees of the Richmond Sports Wall of Fame.**

Since the end of 2023, the *Richmond Sentinel* has highlighted past inductees and their journey into the Richmond Sports Wall of Fame. In this edition, we take a look at the sports contributions of the Richmond Sports Wall of Fame, Class of 2018.

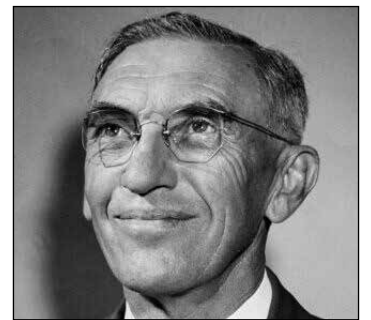


## AJ Sander – Hockey

AJ Sander started playing Hockey in 1980. He attended Burnett and Richmond High Secondary School. In 1983, he joined the Richmond Minor coaching staff as an assistant before becoming a head coach five years later. While coaching in the Richmond Minor Hockey Association, AJ was recognized as Coach of the Year during the 1995-1996 season. He was also named Coach of the Year that same year as a coach in the Pacific Amateur Hockey Association, Sander would win the award in the 1998-1999 season as well. While coaching Richmond Rep teams, AJ would be awarded the Richmond Minor Hockey Association's Coaching Excellence Award six times between 1995 to 2007, having coached 1042 games with a win-loss record of 556 wins and 370 losses. He would move on to coach the Richmond Girls Ice Hockey team, an organization he is still coaching for to this day.

## Archie Blair – Athletics

Archie Blair was born and raised in Richmond; his parents were amongst the founding families of Richmond. Archie graduated from the University of British Columbia in 1923. He served the city in many different roles as a dairy farmer, city councillor, sports advocate, and public servant. In the battle of Vimy Ridge, Archie was wounded but returned home without any lasting injuries. He would return home to participate in sports and would be recognized for many years of service to the city with an Honour of Freedom of the Municipality award. In the sports world, Blair played on the Richmond Youth and Men's Lacrosse team for 15 years between 1915 and 1930, winning several city and league championships, as well as tournament gold medals. He was a key in keeping the sport of lacrosse alive and helping it grow to the sport it is today. In 1997, the Archibald Blair Elementary School was named after him to commemorate his outstanding community work.



## Chim-Hing Stephanie Chan – Table Tennis

In 1997, Chim-Hing Stephanie Chan immigrated to Richmond. As a child she encountered many tribulations having contracted polio but till this day continues to represent Canada in para table tennis. Chan first started training for para table tennis at the age of 44, she would quickly become a champion at multiple events. She has collected over 60 medals between 2006 and 2016. She won a bronze medal in the Open Singles standing and a silver medal in the Singles Class 6-8 at the 2007 Parapan American Games in Rio, a silver medal in Singles Class 7-9 in 2011, and a gold medal in Singles Class 6-7 at the 2015 Parapan American games in Toronto. The final medal punched her ticket to the 2016 Rio Paralympics where she would come in fourth place in Singles Class 7. Now, Stephanie volunteers as a table tennis instructor at her church and at the Richmond Centre for Disability and strives to encourage seniors and people with disabilities.

## Doug Staveley – Football

Doug Staveley taught around schools in Richmond for 40 years, spending time at four of the 10 secondary schools. He taught and coached at Steveston High, Cambie Secondary, Hugh Boyd, and Steveston-London. He was a five-sport athlete at Lord Byng Secondary School playing football, rugby, basketball, baseball, and cricket. He would continue his athletic career at UBC, playing football and rugby. At Steveston High School, Staveley would take on the role of Assistant Coach for the Senior Boys Football team, head coach (1973-1978) and assistance coach (1979-1984) of the senior boy's basketball team. In 1996 he would go to Cambie Secondary as an assistant coach for the junior boys basketball team. From 2002 to 2008 he would also be the assistant coach of Hugh Boyd's boys high school football team. While teaching, Staveley also officiated in the CFL between 1985 and 1988. As a coach, two teams have become BC Champions, the 1984 Steveston senior boys basketball team and the 1993 Steveston senior girls basketball team.



## Dr. Jack Taunton – Sports Medicine

Jack Taunton is in a class of his own when it comes to Canadian Sports Medicine. He attended Simon Fraser University to pursue an education, double majoring in math and history, but he would transfer to UBC to pursue medicine. He co-founded many runs around the Vancouver area and many sports medicine centres as well. Some races include the Vancouver Marathon in 1972 and the Vancouver Sun Run in 1985. In 1977, he co-founded the Terra Nova Sports Medicine Centre which would be moved to UBC in 1979 and renamed as the Allan McGavin Sports Medicine Centre. For 31 years, Jack and his family lived in Richmond, home of Kajaks Track and Field club, an organization he would work with as a runner and a coach. He was also Team Physician for the Vancouver Grizzlies. He's been awarded countless accolades for his contributions to sports medicine in Canada, including a medal from the Government of Canada and the Queen's Diamond Jubilee.



## The *Richmond Sentinel* looks back at the 2018 inductees of the Richmond Sports Wall of Fame.



### Ian Anderson – Football

Ian Anderson grew up in Vancouver and was always an athlete. He played football at Lord Byng and would go on to play on UBC's football team and rugby team. After graduation, he would accept a job to teach in the Richmond school district at Steveston Secondary school. Anderson would coach the Steveston football team, he started out as an assistant coach before taking on the head coach position in 1972. He would end with a coaching record of 122 wins, 70 losses, and four ties, leading them to two lower mainland championship wins in 1968 and 1985. During his tenure, his team would also capture the Jim Jordan trophy 16 times, defeating cross town rival Richmond Secondary. In 1998, Anderson took on the head coaching role for Steveston's grade 8 football team for one year. While coaching, Ian took on roles with the BC High School Football Coaches Association and BC Football Officials Association as well.

### Kelly Sutherland – Hockey

Kelly Sutherland is currently a referee in the National Hockey League. He grew up in Richmond and attended Steveston High school. At a young age he fell in love with the sport of hockey and began officiating at the age of 11. In 1999, after being released from the minor league due to a change in the system last year, he returned to the Western Hockey League and was given the Allen Paradise Award, an award given to the league's top official. He joined the NHL in 2000 and was given the opportunity to officiate in the NHL playoffs in 2003, a role for only the best officials. He would join the big leagues in 2000 and continue to work doing what he loves most. In 2003, he was given the opportunity to officiate in the NHL playoffs, a feat that only the best officials of the league get to do. He's officiated a total of 24 seasons, ten Stanley Cup Finals, including the 2011 series between the Boston Bruins and Vancouver Canucks, the 2014 Sochi Olympics, and four outdoor games. His hometown has even named him Official of the Year four times.

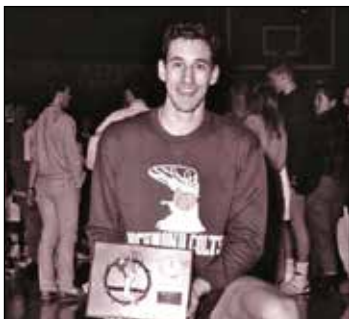


### Les Hamaguchi – Basketball

Les Hamaguchi fell in love with the sport of basketball at a young age. He grew up in Richmond and was a two-sport athlete playing basketball and hockey. He played on Hugh Boyd and Steveston Secondary's basketball teams and would pursue a career in basketball coaching when he graduated high school. Unlike the traditional coach, who normally taught at the school, Hamaguchi volunteered his own time to coach his teams. Hamaguchi began coaching in 1975, coaching the Hugh Boyd grade 8-9 boys team before taking on an assistant coaching role for the Richmond High senior boys basketball team in 1977. His coaching career would take him to other schools including Burnett Junior Secondary, Palmer Junior Secondary, Richmond High Secondary, and Steveston London Secondary. Teams coached by Hamaguchi have had lots of success, winning multiple Richmond and Vancouver district championships, and provincial championships with the 1984 Palmer junior girls team and 1991 Richmond High senior girls team.

### Moseley Peter Jack – Track and Field

In 1974, Moseley Peter Jack arrived in Richmond with his three children. He worked in the school district for 32 years as a teacher and counsellor. Moseley began coaching in 1977 as the coach for the West Richmond ANAF 284 Bobcats soccer team. For 11 years, he coached the soccer team, winning multiple league cups. During this time, Moseley also took on a coaching role at Kajaks Track & Field Club in 1980, he has been coaching for them ever since. In 1991, he was given the Lifetime Membership Award by the Richmond Youth Soccer Association for being a leader in youth soccer committee. He won three coaching awards while coaching at Steveston London, winning outstanding athletic achievement in coaching for cross-country, table tennis, and track & field. He was given the 2004 Richmond Secondary School Athletic Association for his outstanding service in developing young athletes for 10 years.



### Ron Putzi – Basketball

Growing up in Richmond, Ron Putzi was a natural athlete growing up, he played badminton, soccer, track and field, volleyball, and gymnastics. His true passion was in basketball, and he would get to truly grow his love for the game when he attended Burnett High and Richmond High. During his time with the Richmond Colts, Ron averaged an astounding 34 points and 10 rebounds a game. His team would finish back-to-back seasons with a provincial championship, with Ron leading the way. In the 1988 provincial championship finals game, he would set a provincial record for most points in a finals game with 60 points. That same year he had set a school and tournament record for 61 points at the Vancouver College Emerald tournament. Ron would spend four years at New Mexico State before playing professionally in Europe for ten years. He represented Canada internationally as well between 1990 and 1993, since then he has taken on the role of director at the Canada One Athletic Foundation.

# OUR CITY *tonight*

## SPOTLIGHT ON MOVIES, COCKTAILS, AND TV



Photo courtesy Cineplex Pictures

### THE THEATRE VIEW – *Ordinary Angels*

Hilary Swank has had an interesting career that has seen her get a start in TV shows like *Buffy the Vampire Slayer*, then films like *The Next Karate Kid*, followed by great success in critically-acclaimed films like *Boys Don't Cry* and *Million Dollar Baby*, both performances earning her Academy Awards for Best Actress. Along the way she has also produced a number of successful films and TV. Now comes *Ordinary Angels*, a film, based on a true story, of a small, Kentucky town hairdresser named Sharon who finds a great sense of purpose when she meets a widower (Alan Ritchson) who is trying his best to care for his two daughters, one of whom, is waiting on a liver transplant. *Ordinary Angels* is in theatres starting Feb 23.

### THE HOME COCKTAIL – *Thinking about Drinking Ltd.*

We have had some of the best mixologists in the Lower Mainland offer ideas for delicious cocktails you can enjoy and serve at home. One of our go-to creators is Martin Kovalcik. This time, he is offering advice on what tools you need at home in order to make that perfect cocktail courtesy of Thinking About Drinking Ltd, a Vancouver based company and creators of a series of carefully designed cocktail kits with all the essential tools to shake, stir or build a wide



Photo courtesy Martin Kovalcik

array of classic or modern cocktails. Whether it's a classic Whisky Sour or trendy Espresso Martini, these cocktail kits are designed to uphold the highest standards, ensuring that enthusiasts can consistently create bar-quality cocktails in the comfort of their own homes. Every cocktail kit includes the "tools", cocktail recipes and guidance to mastering the art of proper shaking, stirring or rolling. "The art of crafting the perfect cocktail is a passion that goes beyond simply mixing ingredients," Kovalcik tells us, "it's about creativity, precision and the joy of sharing exquisitely crafted libations with friends and loved ones."

**thinkingaboutdrinking.ca** is offering our readers the chance to win a perfect home cocktail kit. Simply email: [@info@ourcitytonighttv.com](mailto:@info@ourcitytonighttv.com) for your chance to win.



Photo courtesy ABC Photo Archives

### THE HOME VIEW – *Moonlighting: The Complete Series*

The TV show revived the career of actress Cybill Shepherd and made a star of little-known actor Bruce Willis. The premise was quite simple: Shepherd's Maddie Hayes is a former model who loses pretty much everything except ownership of Blue Moon Detective Agency. She meets the staff, including Willis' wisecracking detective David Addison, and not long after, is involved in the agency's cases. Back in the late eighties *Moonlighting* became must-watch TV, with viewers everywhere waiting to see if and when Maddie and David would finally go beyond, well, let's say, work colleague status. This comedy drama was full of sharp dialogue, sexual tension, romance, and lots of laughs. Now, almost 35 years after the last original episode aired, comes the release of the entire series, remastered in HD, with the original Grammy-nominated title track recording by Al Jarreau. *Moonlighting* is available now on all major digital retailers, including Prime Video, Apple TV, and Vudu.



# The musical support behind so many iconic songs

In 2008, producer-director, Denny Tedesco, released a documentary called *The Wrecking Crew*. It told the story of a group of 1960s studio—or session—musicians who contributed to some of the greatest songs of that decade. They worked with Sinatra (Frank and daughter, Nancy), Elvis, The Beach Boys, Sonny & Cher, Glen Campbell, The Mamas and the Papas, The Monkees, Phil Spector, Dean Martin, and many more. For music fans, the film became a classic. But the film was also a loving tribute: Denny Tedesco's father, Tommy, a guitarist who died in 1997, was part of that amazing group of 1960s musicians.

Jump ahead to the 2023 Whistler Film Festival and producer-director, Denny Tedesco, is back with his latest film, a sequel, called *Immediate Family*. It is the story of the next generation of session musicians who were part of some of the greatest songs of the 1970's, 80's and beyond. They were there, creatively, at the beginning for so many now-legendary singer-songwriters like James Taylor, Carole King and Jackson Browne. They also worked with other legends like Linda Ronstadt, Keith Richards, Don Henley and David Crosby. These studio musicians—Danny Kortchmar, Leland Sklar, Russ Kunkel, and Waddy Wachtel—also grew names for themselves, even touring and recording their own albums.

**OCT:** *Denny for us, this film is a wonderful sequel to The Wrecking Crew. Is that okay to see it that way?*

**DT:** That's what I've been calling it!

**OCT:** *We're going to talk about some of the great songs of the 70s. There is so much fantastic music in this documentary and these session musicians were there at the beginning with so many great artists. What I really found fascinating was singer-songwriter-producer, Peter Asher, was he the first guy to put the names of the musicians on the studio albums?*

**DT:** Kind of. In the movie it says that but in truth, it was Lou Adler. He was the first one to do this and he actually did this with Jan and Dean and the Mamas and Papas. He did do it for a lot of guys but in that genre Peter Asher was one of the first. It made a big difference in everyone's careers.

**OCT:** *James Taylor says in the movie that he wanted these guys for his songs, that these guys were developing a fan base due to the recognition. That guitar player, that base player, that drummer, he knew their names. To see the names of these musicians on albums and being introduced during concerts was new.*

**DT:** And also, people wanted to know who did James Taylor's or Carole King's album. Was it Leland, Russ? Then you say, okay I'll hire those guys. When you're



Photo courtesy Mongrel Media

**Denny Tedesco delivers sequel to his musical love letter.**



Photo courtesy IMDb

**Tommy Tedesco early years with The Wrecking Crew.**

going into a project and you like someone else's project, why not surround yourself with the best.

**OCT:** *Watching the film, it is amazing the thread that runs through The Wrecking Crew members to Immediate Family members, sometimes it's just a session member contributing one chord or one base note or one drum beat to a song and it becomes an iconic song, even all these years later.*

**DT:** The weird thing is, these guys were just recording these songs and these songs were not hits and then it wasn't until later they became hits. Some of those signature guitar "licks", like Danny Kortchmar's solo in, *It's Too Late* by Carole King I can't tell you the lyrics, but I can identify that solo.

**OCT:** *So true, which reminds me, what was that famous musical instrument solo in a song that almost didn't happen the way we know it now? It started with one of the musicians saying, the song can't have a horn solo there. It's got to be a guitar solo and it's got to be me.*

**DT:** That was the song, *Oh, Sherrie* by Steve Perry. These session guys are called in and the producers know what they want from them. Waddy Wachtel, one of the great 8-note guitar players around, comes in to the studio, does his part for that song and they say great, thanks Waddy, take care. And Waddy says, what do you mean take care, where is the solo part? They told him they were going to put a sax solo there and he said no "bleeping" way. He knew, he could hear it in his head. (Side note, if you are old enough to remember that massive hit which was released 40 years ago this spring listen to it again and try to imagine a sax solo where that iconic guitar solo comes in. Waddy was 100 per cent right)

**OCT:** *I love the attitude these guys had. They accepted that the other person is the singer-songwriter and the star and that they will get the final say on whatever you do. But they often say, let me add this or let me add that.*

**DT:** My dad, Tommy Tedesco, used to say he would play for smiles. If they didn't like it, he'd change it until they smiled. It might not be what I think is right but I'm there because he's paid me and that's what he wants. Leland Sklar says everything I play is moulded in mud and it's flexible.

**OCT:** *Be sure to check out 2008's The Wrecking Crew—we call it a love letter to Denny Tedesco's musician father—as well as the newest documentary, Immediate Family, a sequel to The Wrecking Crew.*

For the full interview video go to [richmondsentinel.ca/videos/dennytedescotour.com](http://richmondsentinel.ca/videos/dennytedescotour.com)



RICHMOND SENTINEL SPONSORS

**OUR CITY TONIGHT**  
JIM GORDON & LEETA LIEPINS

airing on CHEK TV Sundays Novus Entertainment

at 10:30 DAILY



OUR CITY TONIGHT



## RICHMOND'S NEWEST SENIOR LIVING COMMUNITY



Independent Living, Assisted Living and  
Full Care Suites available

**MOVE IN TODAY!**

Call our Sales & Leasing Team at  
**604.214.5700** or [sales@hhsr.ca](mailto:sales@hhsr.ca)

*Exceptional Senior Living*

**hhsr.ca**  
23100 Garripie Avenue, Richmond B.C. V6V 0B9