



VOL. 8 ISSUE 2

NOT-FOR-PROFIT

FEB. 13 - 26, 2024

## AWARD WINNING CITY

Richmond wins four  
national awards

04

City of Richmond is recognized nationally with several awards.

Photo courtesy Richmond Sentinel

# OUR CITY

## Richmond

**'GOOD TO KNOW'**

by Florence Gordon

For the last 7 months *Richmond Sentinel* has published interesting facts on the City of Richmond here on page 2. For those who like to read a hard copy or don't have access to the internet, we hope you enjoy the series.

## Wayfinding in Richmond



Information and photo courtesy LetsTalkRichmond.ca

### What is Wayfinding

Wayfinding connects people to their surroundings and helps them find their way—for example, through directional signage, digital tools and visual landmarks. Wayfinding can also identify attractions, places of special interest and the best routes for moving about the city. Over time, as the strategy is implemented, Wayfinding will help residents and visitors navigate throughout Richmond with ease by foot, on wheels or via public transit.

### What the city heard

There were opportunities for the general public and representatives from the community and other groups to provide input on this initiative from Feb. 22 – April 9, 2023.

People were able to complete a survey on *LetsTalkRichmond.ca* and attend pop up events in the city centre and in Steveston. Stakeholders also participated in focus groups.

Some of the Wayfinding topics that were explored were:

- How do you navigate the city?
- Where do you feel there are challenges or opportunities?
- What are your thoughts on the general aesthetics and style that could be used to design Wayfinding?
- What are the places of interest in Richmond you would recommend to visitors. You can review more information from the initial Wayfinding engagement activities by downloading the 'What We Heard Report' on *LetsTalkRichmond.ca*

The city will be gathering more community input in Spring 2024. *Richmond Sentinel* will try to keep you informed with updates and more opportunities to participate. The city welcomes your questions or comments that can be sent to the Tourism Development Liaison via the email address shown above in the "Who is listening" section.

### Next steps

On Oct. 10, 2023, Richmond City Council endorsed the project's Guiding Principles that will be used to inform the development of a draft Community Wayfinding Strategy. This draft will include an overview of Wayfinding in Richmond, design concepts and recommendations.

- In Spring 2024, another set of public engagement activities to gather feedback on the draft strategy will take place.
- In Summer 2024, the Community Wayfinding Strategy is anticipated to be completed.

## Whose listening

Tourism Development Liaison Economic Development  
Office @ City of Richmond  
[EconomicDev@richmond.ca](mailto:EconomicDev@richmond.ca)

### Learn & share ideas

Learn more about Wayfinding in Richmond, share ideas and stay updated on the project

### Draft Community Wayfinding Strategy

- This is an upcoming stage for Wayfinding in Richmond.
- Spring 2024.

### Engagement activities

- This is an upcoming stage for Wayfinding in Richmond.
- In Spring 2024, we will be gathering more community input on the Community Wayfinding Strategy.

### Final Community Wayfinding Strategy

- This is an upcoming stage for Wayfinding in Richmond.
- Summer 2024.



# Richmond Children's Arts Festival returns

The popular Richmond Children's Arts Festival is returning with free, hands-on fun on BC Family Day (Monday, Feb. 19) from 10 a.m. to 4 p.m. at the Richmond Cultural Centre. Mayor Malcolm Brodie will be kicking off the event at 11 a.m. on the "Once Upon A Time Stage" located in the Launchpad area of the Richmond Public Library.

This annual event serves as an avenue for fostering creativity and artistic exploration among young minds. Entry to the festival site is free and includes drop-in access to a range of creative activities and performances. In addition, children can be pre-registered for scheduled and structured artist-led Creativity Classes through the festival website at [ChildrensArtsFestival.ca](http://ChildrensArtsFestival.ca).

New for 2024, the recently opened Richmond Cultural Centre Annex will be the home of the "Story Time Pavilion" stage. It will feature Haida and Squamish Stories and Songs with Kung Jaadee; Sally's New Look with Richmond illustrator Dawn Lo; and Wild and Wonderful West Coast: Storytelling Songs, and Movement with Ginalina.

Recognizing Black History Month, artists including Edward Sembatya, will delight audiences with music and dance from East and West Africa. Also new this year is the presentation of the play, *Division Infinity Saves the World!* at Gateway Theatre. Produced by Vancouver's Newworld Theatre, the creative team features local artist and former Branscombe House Artist-in-Residence Keely O'Brien, who is known for her immersive art instal-



Photo courtesy City of Richmond

**Live musical performances will be part of this year's Richmond Children's Arts Festival on BC Family Day, Monday, Feb. 19 from 10 a.m. to 4 p.m.**

lations throughout Richmond.

The festival aims to encourage discovery and love for the arts to inspire the next generation of artists in our city. The Children's Arts Festival is produced by the City of Richmond and presented

by Lansdowne Centre. The community partner is the Richmond Public Library and the Media Sponsor is the Richmond News.

For full festival details, visit [ChildrensArtsFestival.ca](http://ChildrensArtsFestival.ca)

## 2024 Richmond Community Celebration Grant

Are you a Richmond-based non-profit group, not-for-profit faith-based group, Parent Advisory Committee, Community Association or Student Council planning to host a Richmond-based that builds community, is free of charge, and open to the public? If so, you are encouraged to apply for a Richmond Community Celebration Grant now through Sunday, Feb. 25. Examples of events that may be eligible for funding include cultural celebrations, community concerts and movies in the park.

This Grant Program provides funding up to \$2,000 to support the delivery of initiatives that will build local capacity, provide opportunities for Richmond residents and community groups to collaborate, and increase a sense of community pride and belonging.

Local artists and community members are encouraged to connect with local, not-for-profit organizations to develop proposals that capi-



Photo courtesy City of Richmond

The Richmond Community Celebration Grant provides funding of up to \$2,000 to support the delivery of initiatives that will build local capacity, provide opportunities for Richmond residents and community groups to collaborate, and increase a sense of community pride and belonging.

get required.

Find out more about the Richmond Community Celebration Grant Program and submit an online application at [richmond.ca/CelebrationGrant](http://richmond.ca/CelebrationGrant). Deadline for submissions is Sunday, Feb. 25, 2024.

talize on the power and potential of the arts to support community-building and promote social connections.

Event must:

- take place in Richmond between June 1 and Dec. 31
- demonstrate alignment with program objectives including creating events that build community in Richmond
- be inclusive, accessible and demonstrate engagement of community members from diverse backgrounds
- be free and open to the public

In addition, applicants must show evidence of capacity to host event and show a realistic estimate of resources needed and total bud-

# City of Richmond wins four national awards

Congratulations for the honour and recognition bestowed upon our community.

## Silver Leaf Awards of Merit

City received two national awards from the Silver Leaf Awards of Merit from the International Association of Business Communications (IABC) for Communication and Community Engagement to increase awareness and compliance with its (single-use plastic ban) and for its (rethink waste think tank engagement campaign) to generate ideas for reducing waste.

Silver Leaf is Canada's premiere professional awards program celebrating excellence in business communication. Winning a Silver Leaf places the City of Richmond in a league with some of the best communicators in the field from across the country. This national award of distinction recognizes organizations that are setting the standard for communications excellence. The stringent judging standards for these awards involves evaluating entries based on a clear understanding of the organization's needs, recognition of target audiences and their interests, and the strategic use of communication tactics to inform and influence audiences. The award judging also requires reporting on performance indicators to measure how communication has supported achieving goals and objectives.

"These engaging campaigns brought Richmond residents and businesses together to make changes that significantly reduce unnecessary waste and support a circular economy," said Mayor Malcolm Brodie. "Council is steadfast in our commitment to being a leader in environmental sustainability and it is an honour to receive these awards."

Some of the notable successes stemming from the two communication and engagement campaigns include an estimated 48 per cent reduction in single-use plastic items at the landfill that are coming from Richmond, an overall decrease in Richmond's household garbage, extensive busi-



Photo courtesy City of Richmond

**From left to right: Mayor Malcolm Brodie, City of Richmond; Helene Perndl, Trade Relations Officer, Austrian Federal Economic Chamber; Alan Postolka, manager, Lulu Island District Energy.**

ness awareness and compliance with the new single-use plastic ban and more than 300 ideas shared by the community on topics like repurposing and reusing household items, reducing food waste, ways to share, donate and sell gently-used household items, and tips for doing simple repairs.

## District Energy National award

City's award-winning Lulu Island Energy Company has been named winner of the coveted 2023 National Energy Globe Award for the expansion of its city centre utility.

Presented annually by the Energy Globe Foundation, an Austrian-based non-profit organization, the National Energy Globe Award recognizes projects focusing on energy efficiency, sustainability and the use of renewable energy or emission free sources in over 180 countries.

"The City of Richmond continues to be an international leader in reducing greenhouse gas emissions and the sustainable delivery of environmentally-friendly energy," said Mayor Malcolm Brodie. "Over the next three decades, 70 per cent of our city's growth will occur in and around the city centre. This Lulu Island District Energy expansion will not only provide efficient low-carbon energy at competitive rates to residents and businesses in that area, but continue to meet our goals of net

zero emissions by 2050."

The award celebrates the innovative City Centre District Energy Utility expansion, part of the Lulu Island District Energy system launched in 2013. The first three city centre developments have already been connected to low carbon energy plants. By 2028, sewer heat recovery technology will be fully operational, fulfilling both climate action and circularity objectives of the city.

Once complete, the City Centre District Energy Centre (CCDEU) will be connected to 170 residential and mixed-use commercial development sites covering 50 million square feet. The CCDEU is projected to save over one million tonnes of carbon emissions compared to conventional energy systems.

## Business Friendly award

City also has been recognized for approaches and initiatives that make it one of Canada's most business-friendly cities. NAIOP, a North American organization representing the commercial real estate industry, has awarded the City of Richmond with the title of "Most Business Friendly" in its annual Awards for Municipal Excellence.

The Canadian Federation of Independent Business (CFIB) also named Richmond as the "One to Watch" in its 2024 Golden Scissors Awards for the MyBusiness and MyPermit online service portals that reduce administrative burden and streamline the city's licensing and permit process by providing an online self-service option that eliminates the need for applicants to apply in person. Some 7,000 businesses used the platform in its first year.

The NAIOP award is based on input to its 2023 annual Cost of Business Survey highlighting municipalities that have excelled in creating positive business environments. The city received the award because its fees and approval timelines for industrial development encourage the creation of industrial space, which supports and welcomes local businesses and the economy.

**RICHMOND**  
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OUR COMMUNITY NEWS

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# In honour of our soldiers: James Walter Gibbons

By **SAMUEL CHENG**  
Reporter

In a series of Richmond’s ‘poppy’ street signs in memory of our fallen soldiers, we share the story of Gibbons Drive.

Born on Aug. 10, 1911 in Kelowna, BC, the Gibbons family relocated to Richmond in 1924, when James Gibbons was a young teenager. Having attended and graduated from the Richmond High School, Gibbons went on to have a rich and extensive resume under his belt.

Gibbons worked in a nursery as well as for his father for nearly a decade. The Gibbons family operated a well-known florist shop on No.5 Road in Richmond. At the time of his enlistment, Gibbons was in a joint venture with his brother, George Gibbons, before he was sent off to be stationed in various locations. Unlike many other soldiers prior in this series, Gibbons was married to Lorraine O'Donnell Champion with two kids.

Dec. 13, 1941 marks the date in which Gibbons formally enlisted. He chose the Royal Canadian Air Force as his choice of service and was sent off to Edmonton, Alberta as his first stop. Afterwards, he was transferred to St. Hubert and then Toronto for training to become an air navigator. He flew off to England in the November of 1942 and was soon promoted to Pilot Officer in the



A poppy engraved road sign of Gibbons Drive.

Screen grab from Google Maps

following year.

The tragedy struck during a night attack on Leipiz, Germany. Gibbons, along with four other crew members, were killed in a plane crash, and one was taken as a prisoner of war (POW). The crew members were initially buried at the Gohre Cemetery and were later on re-buried at the Ber-

lin British Military Cemetery.

On Feb. 4, 1949, the Richmond City Council decided to erect a street sign on Gibbons Drive in honor of our fallen soldier. Today, the road is located to the south of Westminster Hwy and to the east of No.1 Road.

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# Opportunities, recap, and celebrations at RCRG

## Richmond Christmas Fund Year in Review

Is the Richmond Christmas Fund season ever truly over? It seems that, as soon as we wrap up one edition of the program, we're already planning for the next. During the transition, however, we do try to pause and reflect not just on the program's impact, but the story behind it.

Which brings us to our 2023 Richmond Christmas Fund Year in Review. By now, you probably know that, this past holiday season, the Christmas Fund helped 3,920 people—far more than ever before. The review includes other statistics as well, all of them trending upwards, all of them speaking to a significant community need.

If we only wanted to highlight the program's impact, we could have stopped there. On their own, the numbers tell a simple and powerful story.

But there's so much more to the narrative. It starts with Lansdowne Centre, who donated space for the Christmas Fund to operate. It continues with our volunteers, who took on additional shifts so we could extend the program's hours. And it keeps going this time with our donors, who stepped up with one generous contribution after another.

The Christmas Fund Year in Review is our attempt to go beyond the numbers, and tell a story about Richmond's giving spirit. Most of all, it's a chance to thank our community for a year we'll never forget.



On Feb. 13, Richmond Cares, Richmond Gives will be hosting a New Year Party for all caregivers to enjoy.

## A New Year's Celebration for Caregivers

If you're reading this, it's probably the end of January, or perhaps early February. It's fair to say, in any case, that 2024 is well underway.

But here's the thing: our Family & Friend Caregiver Hub has been busy. In December alone, the Hub hosted a dozen workshops and support groups! Staff barely had time to catch their breath before the calendar flipped and the new year brought—you guessed it—even more workshops!

Amid this hectic schedule, the team at the Hub still wanted to ring in 2024—and to do it in style. Now, finally, a date for the celebration has been set: Tuesday, Feb. 13. Is it a little late? Sure. All good things, though, are worth waiting for.

The event will be held at the Richmond Caring Place, from 1:30 to 3:30 p.m., and is open to anyone who provides unpaid care to an older adult living in Richmond. Of course, care recipients are also welcome to attend.

In the words of the Caregiver Hub, you can expect "a delightful afternoon filled with light refreshments, meaningful connections, and engaging games."

It's not exactly a new year anymore, so think of the event as a new beginning—a chance to relax, recharge, and refresh amongst fellow caregivers, and to strengthen your support network.

**Learn more and register for free on the Caregiver Hub website**

The Richmond Family & Friend Caregiver Hub is funded by TD Bank Group, with additional support from United Way Healthy Aging.

Through the Hub, unpaid caregivers can access resources, one-on-one support, and a wide range of educational and recreational workshops. All Hub services are free of charge, and available in English, Cantonese, and Mandarin.



Photos courtesy Richmond Cares, Richmond Gives

Richmond Cares, Richmond Gives provides a review on the Richmond Christmas Fund this past year.




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<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





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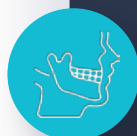
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# HAPPY LUNAR NEW YEAR!

Greetings from BC United Leader, Kevin Falcon  
and Richmond North Centre MLA, Teresa Wat



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# 2024

YEAR OF THE DRAGON





# From the Bachelor's kitchen: snow fungus pear soup

By **SAMUEL CHENG**  
Reporter

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

Today, we share the recipe of snow fungus pear soup.

## Utensils:

- a scale
- two bowls
- large size bowl (steam safe)
- a ladle
- a steamer

## Ingredients:

- snow fungus: 120 grams (see ingredient explanation below)
- pear: 1/2 pear
- hot water: 1500 cc
- cold water: 540 cc
- red dates: 6 to 8
- rock sugar: 100 grams

## Steps:

1. Peel and chop the pear into bite-size pieces. Remember to remove the core.
2. Cut off the root of the snow fungus and discard the root. Tear the snow fungus into pieces by hand.
3. Soak the snow fungus in a bowl of cold water for 15 minutes
4. Add 540 cc of cold water into the steamer.
5. Drain the water off the snow fungus.
6. Using a large size bowl, add 1500 cc of hot water.
7. Add the chopped pear, the snow fungus and add 6 to 8 red dates in the bowl and place into the steamer.
8. Steam together for 30 to 40 minutes
9. Afterwards, add 100 grams of rock sugar into the soup and mix well.
10. The soup can either be enjoyed hot or cold.
11. Use a ladle and serve the soup in a bowl and enjoy.

Voila! A delicious snow fungus pear soup is ready for you to share with family and friends.

Snow fungus, white fungus, or *Tremella fuciformis*, all refer to the white, edible mushroom that grows on the bark on a tree. It has a pale white, translucent looking color with a soft and jelly-like texture. It is similarly shaped to black fungus or even corals found in the ocean.

This specific breed of mushroom is commonly found and used in traditional Chinese medicines and in cuisines throughout China, even until today. It is often praised for its multifaceted benefits and nutrients.

Referred to as the "fountain of youth", the snow fungus is sought to promote longevity and health benefits such as reducing inflammation, strengthening the immune system, improving skin health and many more.

Benefits aside, the texture that it offers is one-of-a-kind as well. Not to mention the ease of the cooking it. The cooking process of the snow fungus can be broken down into three simple steps: soaking, trimming and washing.

Often times, the snow fungus that most people acquired are the air-sealed, dried snow fungus. To "wake up" the fungus, all you need to do is soak it in a bowl of cold water until it becomes soft and jelly-like.

Next, as it is still considered a type of mushroom in the encyclopedia of vegetables, the root of the fungus still needs to be discarded, as its rough



Recreate the soup in the convenience of your own home.

Photo courtesy 索艾克



Photo via Wikimedia Commons

## Snow Fungus grows naturally on tree.

and hard texture bringing an undesirable taste and texture to our palate.

Lastly, like all vegetables, it needs to be washed carefully and thoroughly to get rid of the possible dirt and grime from harvesting. When it's clean, be sure to drain the water before moving onto the cooking process.

Being one of the most versatile type of mushroom there are, the snow fungus can be made into a savory dish in a form of a soup or simple stir-fry. Alternatively, it can be created and also served as sweet dessert, which is the case with this particular recipe even though we refer to it as a soup.

Whichever method you wish cook the snow fungus in, it will sure to bring a different form of taste and texture to your taste buds.

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

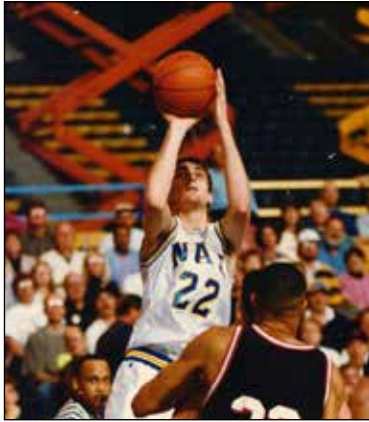
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# Recognizing the Sports Wall of Fame: 2017

By MATTHEW CHEUNG  
Reporter

## **Richmond Sentinel looks back at the 2017 inductees of the Richmond Sports Wall of Fame.**

Since the end of 2023, *Richmond Sentinel* has highlighted the past inductees and their journey into the Richmond Sports Wall of Fame. In this edition, we look at the sports contributions of the Richmond Sports Wall of Fame, Class of 2017.



### **Andrew Mavis – Basketball**

Andrew Mavis grew up in Richmond as a three-sport athlete, playing soccer, track and field, and basketball. "During his time at Richmond High, he discovered his true passion for the sport of basketball and fell in love with the game for good. Between 1992 and 1994, Mavis and his teams reached the Junior Boys Basketball Provincials and the BC 3A High School Boys' Basketball Provincials. As a tenth grader he would be named First Team All-Star at a tournament where his school, Palmer, would be crowned the Junior Boys Provincial Champions. In the following years of high school he would be named Second Team All-Star and then First Team All-Star while attending Richmond High. In his first year out of high school, Mavis earned 1st Team All-conference honours in the Scenic West Athletic Conference. In the summer of 1997, Mavis transferred to Northern Arizona University where he would be named NCAA Big Sky Conference Newcomer of the Year. In his junior year, he would be named the NCAA Big Sky Conference Player of the Year and his team would win their first Big Sky conference championships. After graduating he played professionally in England for two years, played on the 2000 Olympic team that placed seventh, before calling it a career.

### **Arjan Bhullar – Wrestling**

Arjan Bhullar was born and raised in East Richmond, he attended Whiteside Elementary school and McRoberts Secondary. He finished high school a three-time high school Provincial Champion. After graduating, Arjan attended Simon Fraser University (SFU), where he would win the bronze medal in the 2006 University World Championships in Mongolia while representing SFU. In 2007, he represented Canada at the Pan American Games in Brazil, finishing with another bronze medal. 2008 was a big year for his athletic career, he was named Athlete of the Year at SFU, becoming the only wrestler in SFA history to win a university national title in Canada and the United States, and he was named Outstanding Wrestler of the National Tournament in the United States. In 2009, Richmond Sports Awards named him the University Athlete of the Year, as he went onto place top ten at the World Championships. The following year he captured the gold medal at the 2010 Commonwealth Games in the 120-kilogram weight class. In 2012 represented Team Canada at the Olympics and was awarded the Queens Diamond Jubilee Award in 2013 by the Lieutenant Governor for significant contributions and achievements. In 2014, Bhullar would transition to mixed martial arts, going pro in November. He has fought in the Ultimate Fighting Championship and the ONE Championship, as this article is being written, Bhullar is set to fight Amir Aliakbari at ONE 164.

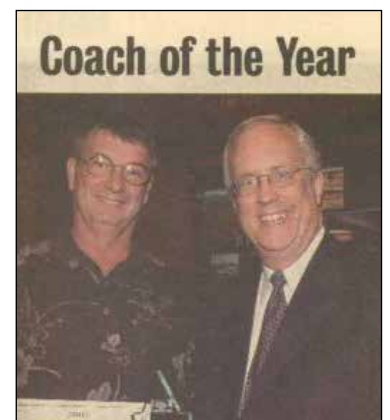


### **Darcy Marquardt – Rowing**

Like her fellow 2017 Richmond Sports Wall of Fame Inductee Arjan Bhullar, Darcy attended Whiteside Elementary school and McRoberts Secondary. Growing up Darcy was a three sport athlete playing softball, figure skating and cosom hockey. After high school, Darcy would attend the University of Victoria (UVIC), joining the rowing team. As a freshman she would capture the 1999 Rowing Rookie of the Year award. She won the Women's Henley Championship in 2000 and would go onto become the Team Captain in her third year at UVIC. Their rowing team would win University of Victoria Team of the Year and become Great Britain Canadian University Rowing Champions in 2001 and 2002. Between 2002 and 2013, Darcy competed on behalf of the Canadian National Team for ten years. In her first two year representing Canada her team won a silver and bronze medal in consecutive World Championships. In 2004, she competed in the 2004 Athens Summer Olympics finishing fourth. In 2006 she won gold at the Rowing World Championships. In 2010 and 2011, she and her team captured silver medals at the World Championship level. In 2012, representing Canada, she would be part of the team that won an Olympic Silver medal at London Summer Olympics.

### **Dr. Doug Nielsen – Softball**

Doug Nielsen has lived in Richmond since 1949. He has a passion for baseball and bowling, a sport that can be traced back to his first job when he was setting up bowling pins at his father's bowling lane at Skyway Bowling Lanes and his time on the Richmond youth bowling team. As a member of Skyway Lanes Bowling Club between 1955 to 1965 he almost bowled a perfect game. He competed in three marathons between 1970 and 1990 and even helped his neighbourhood out by essentially being a one man block watch on his runs. Between 1985 to 2003, Doug spent coaching Richmond Rep A girls aged 10 to 18 years old in the Richmond Girls Softball Association. While coaching the team, he would also coach other teams including team BC's softball team that would win silver medal in the Western Canadian Championships in 1990 and a team that would win the bronze medal at the Kamloops "Believe in Dreams" Canada Games. His dedication to coaching the next generation and helping develop their skills led to him winning many awards including Coach of the Year in 2003, an American College of Dentistry Fellowship in 2008, a Dr. Paul Rondeau Humanitarian Award in 2010, and a Queen Elizabeth II Diamond Jubilee Medal in 2012.



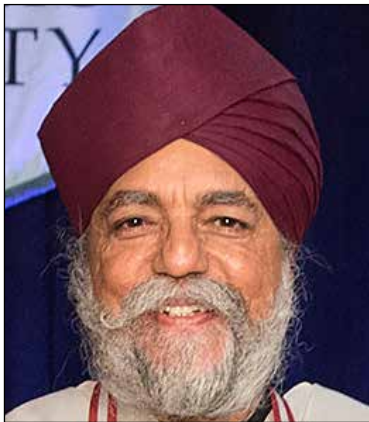


**Richmond Sentinel looks back at the 2017 inductees of the Richmond Sports Wall of Fame.****Glenn Kishi – Basketball**

Glenn Kishi grew up in Richmond and attended Austin Harris Elementary School. He would then attend Lord Byng before moving on to Hugh Boyd Secondary. He transferred to Steveston High and would graduate attending the University of British Columbia. His football career at UBC was abruptly cut short due to a serious neck injury. He would go on to start his coaching career in 1975 at Steveston High. He started teaching in Richmond in 1988, continuing to coach football and basketball at the high school level and in the community. Teams he's coached have won the 1980 Football League, 1986 Basketball League, back to back football provincial championships in 1989 and 1990, juvenile boys basketball zones championship in 1990, a junior boys basketball provincial championship in 1991, two minor football championships in 1996 and 2001 in the Vancouver Mainland Football league and provincial tournament, and a league championship in 2005. He was awarded the 1994 Bill Goodman Memorial Coaching award, 2001 Coach of the Year by Richmond Sports Award, and the Richmond Secondary School Athletics Association's 20 Years' Service Award in 2013. Glen retired from teaching in 2013 but his teachings are carried on by players that went pro and former players turned coaches.

**Jennifer Joyce – Track and Field**

Jennifer was born and raised in Richmond graduating from McRoberts Secondary in 1998. Growing up she was a three sport athlete playing soccer, volleyball and track, having lived close to Minoru Park was certainly an advantage for an athlete that wanted to work on their skills. Like many who excel in track and field, Jennifer's success in the sport began as a member of Kajaks Track & Field Club. From her junior year in high school to her freshman year in university, Jennifer captured the title of Canadian Junior National Champion, High School Athlete of the Year in 1998, and University Athlete of the Year from 1999 to 2000. In 2002 she won the Pac-10 championships, placed third at the NACAC U25 Championships, and 7th at the Commonwealth Games while representing Canada. She held the Canadian record in hammer throw for five consecutive years. In 2003, she took on a coaching role at the University of California Berkley campus, while participating in Hammer Throw Championships, capturing four titles including a three-peat from 2003 to 2005. She qualified for the 2004 and 2008 Olympic Games, and in 2009 became the second Canadian woman to break the 70 meter barrier in hammer throw, recording a distance of 70.34 metres.

**Kanwal Singh Neel – Track and Field**

Kanwal Singh Neel as born in Mombasa, Kenya, together with his family they moved to Canada when he was 16. He was initially enrolled at Kitsilano Secondary school before transferring to Steveston High to finish his high school diploma. He enrolled into the Bachelor's of Science program at UBC, majoring in mathematics and computer science while continuing to compete in track and field events with Kajaks Track & Field Club. Injuries forced him to transition from an athlete to an official so he could still be part of the sport. After graduating from UBC, he began teaching in the Richmond School District while officiating sports events. As an official he was named BC Track and Field Official of the Year in 1979, given an Olympic Celebration 1988 Award, and given four commemorative medals in 1992, 1994, and 2001 for recognitions of contributions to compatriots, community and to Canada, for the 1994 Commonwealth Games, and the 2001 World Athletic Championships. He has also represented Canada as a technical official in the 1978, 1982, and 1994 Commonwealth Games, as well as the 2001 and 2010 World Track and Field Championships. He has also been involved in events like the World Police & Fire Games, the Vancouver Sun Run, and the BMO Vancouver Marathon.

**Nancy Carey – Field Hockey**

Nancy Carey joined the Richmond School District as a teacher in 1975, she introduced the sport of field hockey to the school district and helped raise awareness and popularity in the sport at the community level. She taught for over 30 years and was key in coaching many successful Richmond school field hockey teams. At her first school, McRoberts Junior Secondary, she coached the junior girls field hockey team until 1976. In 1984, she started the first Richmond girl's field hockey team that would blossom into a large club with more than 200 members. By 1999, Nancy coached a variety of teams as a coach in the Richmond Field Hockey Club. She was awarded the President's Awards Dedicated to Sport in BC in 1999 and the team she was coaching at the time, The Richmond Eagles, were named Female Youth Team of the Year. Between 1990 and 2000, the Eagles went undefeated for nine seasons, winning six provincial championships. In 2009, a Vancouver-Richmond league championship trophy and a \$1000 scholarship for a graduating Richmond Field Hockey Club member was created. The scholarship was created to honour Nancy and her husband Lance; a member of the Richmond Sports Hall of Fame, Class of 2016, for their contributions to the sport of field hockey.



# OUR CITY *tonight*

SPOTLIGHT ON  
SUPERB HOMEVIEWING  
& A WINTER COCKTAIL

## The Home View #1 – *Griselda*

Sofia Vergara became best known to TV viewers around the world for being part of the cast in the brilliant TV comedy, *Modern Family*. In her latest project – a dramatic limited series called *Griselda* which she stars in and executive produces – Vergara is Griselda Blanco, a Colombian drug lord who was also known as “the Cocaine Godmother”. Set in Miami during the 1970’s and 80’s, *Griselda* was also a ruthless and ambitious woman who led one of the most powerful cartels in history. This series was co-created by *Narcos* and *Narcos: Mexico* showrunner Eric Newman, and all six episodes were directed by *Narcos* director, Andres Baiz. For Sofia Vergara, this is a major step to a new chapter for her as an actress (and producer). *Griselda* is available now on Netflix. [netflix.com](https://netflix.com)



Photo courtesy Netflix

## The Hot Sip – *The Smokey Negroni*

Executive Table Group is one of our closest partnerships on *Our City Tonight* TV and we have always enjoyed filming in their restaurants, located all over the Lower Mainland, including Free Bird Table & Bar Restaurant in Richmond (5991 Alderbridge Way). It is there, you can enjoy a wonderful winter cocktail called *The Smokey Negroni*. We were joined at Free Bird by Claire Wright, Partner & Director of Operations for Executive Table Group. “*The Smokey Negroni* use craft gin with botanicals that evoke a sense of freedom and uniqueness,” Wright tells us, “and involves a cedar smoked element, which is best finished at tableside.” Trying this at home? Start with 1 oz Gin, .5 oz Campari, .5oz Red Vermouth, dash of Orange Bitters, Lightly muddle ½ orange wheel in rocks glass, add ice, add liquor and bitters. Stir thoroughly. Then add your choice of wood smoker/chips of choice – cedar and alder are most aromatic. [thefreebird.ca](https://thefreebird.ca)



Photo courtesy Executive Table Group

## The Home View #2 – *Messi’s World Cup: The Rise of a Legend*

He is, without much debate, the greatest soccer (or football) player on the planet. Lionel Messi has won many personal awards, including like Ballon d’or eight times, domestic titles in Spain and France and capped off a wonderful international career by winning the 2022 World Cup for his home, Argentina. He was also crowned the 2022 tournament’s best player. Now, as he winds his career down playing for Inter Miami in MLS (we think he’s winding down), Apple TV gives his fans *Messi’s World Cup: The Rise of a Legend*. Told in his own words, with the most personal interviews to date, this 4-part documentary also includes conversations with teammates, coaches, competitors, devout fans and commentators who talk about the incredible influence and impact he has on the world stage and his nation (try to imagine carrying the weight of an entire country on your shoulders during World Cup competition). This documentary is now available. [tv.apple.com](https://tv.apple.com)



Photo courtesy Apple TV



# Tina Turner rocks again with Truly Tina

By JIM GORDON & LEETA LIEPINS  
Contributors

Samira is Truly Tina as she delivers an electrifying tribute to the 80s Tina Turner when the legendary rock star was at the peak of her career. Samira brings the signature legs, the body, the voice, the provocative costumes, and of course, the endless energy that makes Tina Turner the reigning queen of rock 'n' roll. *Our City Tonight* (OCT) sat down with the charming and talented Samira (S) aka Truly Tina celebrity impersonator.

**OCT: Samira, you have had such an exciting career. I was privileged to have attended one of your performances back a few years ago. How did you become a celebrity impersonator and how did you decide to choose Tina Turner?**

S: I've always loved to sing and dance, since I was a child. I was at a house party many decades ago and I was dancing when this fellow came up to me and said, "Did you know you dance like Tina Turner?" I actually didn't know who she was but a couple days later I saw the video of *What's Love Got To Do With It*. That was Tina's big comeback and I thought "Oh, that's who she is".

One day my friends and I were downtown and as usual I was the designated driver because I don't drink and besides, I just want to dance. There was this rockstar singing contest, and I thought I'm going to enter that but then I thought who am I going to be? It occurred to me that I should be that Tina Turner woman. I entered the contest, and I won!

This gentleman from BCTV, as it was known at the time, wanted to put me on the news because Tina Turner was coming to town. This was in 1985 and the interview was to promote her Private Dancer tour. I couldn't tell my mom as I was born in the Middle East. It's a cultural thing. I wasn't raised wearing a hijab or anything, it is just a respect thing in my culture. So, I didn't tell my mom as it was harmless. On the news broadcast they taped me singing along with *What's Love* because they didn't have karaoke back then. In fact, it was Deborah Hope and Jim Hart that interviewed me. It was just a quick, maybe one-minute clip. I came home and my mom had seen it and that was the end of the show so I kind of stopped.

But then I fell into it again in the 90s, the same thing happened. I was in the newspaper and then I stopped again. I started back up again in the year 2000.

**OCT: You've had huge success with this performance and career, you're well-known in Las Vegas, you've travelled around the world to places like Amsterdam, Australia, China, Mexico, just to name a few. And you are one of**



Photo courtesy trulytina.com

Samira, Tina Turner impersonator.

**the most sought-after Tina Turner impersonators. You have some interesting similarities to Tina Turner. Tell us about these.**

S: Yes, I didn't realize that Tina believed in reincarnation, and she believed she had been the queen of Egypt. With me being Egyptian, I had lived in Alexandria because my dad's Egyptian and my mom is Lebanese. I thought that was an interesting similarity, especially when my favourite song is called *I Might Have Been Queen* and it's about that reincarnation. Also our birthdates are two days apart, we're both very short she's 5'4" and I'm 5'2" but I think I've shrunk.

**OCT: Which leads me to say that you wear the highest heels I have ever seen a dancer wear and you dance flawlessly, beautifully and energetically.**

S: I started young and I used to wear spiked clogs in grade 9.

**OCT: Samira, you've had a lot of highlights during your career. Can you name a couple that stand out to you?**

S: I was more than honoured and very scared, to perform at Tina's hometown of Nutbush, I believe that was in 2014. They made a museum out of her elementary school and she donated all her memorabilia and costumes. That was the first ever Heritage Days celebration in Nutbush, Tennessee, and *Nut Bush City Limits* is the only song that Tina

Turner wrote. I have to say I have sung in front of all different types of audiences but to sing for people who actually lived and went to school with Tina Turner, that was scary.

**OCT: Tina Turner's recent passing must have been very sad for you, but there is a little bit of a light for you as well. This event encouraged you to do what you're so good at and that's performing your Tina Turner show. Please share what's upcoming in this next chapter for Samira/Truly Tina.**

S: I had worked in the United States for quite a while, and was feeling kind of done. Then when Tina passed, people started saying you have to do her some justice. I performed with Reckless and the Bryan Adams tribute band. They had me come out and sing the duet that Tina did with Brian Adams, *It's Only Love*. They hired me to come out on Canada Day in Delta to sing this duet. That got me thinking that I can do this again.

I'm going to be working with a gentleman named Terry Raible, who does a Joe Cocker tribute, and the show is called *Feeling Alright*. Joe Cocker had opened for Tina Turner and they toured together in 2000.

To watch video interview in full go to [richmondsentinel.ca/videos](http://richmondsentinel.ca/videos)  
For information TrulyTina.com or [trulytina@gmail.com](mailto:trulytina@gmail.com)



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