



## RICHMOND FIRE RESCUE

12,262 reported  
incidents 2023

09





*Beautiful smiles  
created by the artisans  
at Esthetics Denture  
Studio*



## ADVANTAGES & BENEFITS

### OF BEING AN ESTHETICS DENTURE STUDIO PATIENT

- Alex Hupka has 26 years of experience as a registered dental technician and 22 years of experience as a registered dentist.
- A Combined experience of 48 years in the dental field produces results of esthetic beauty with unparalleled accuracy in all our products.
- Natural beauty esthetics and function, immaculate attention to detail.
- We provide integrated treatment planning with your dentist or surgeon.
- Implant-supported and retained denture treatment planning and engineering.
- Highest quality dental materials available with no compromise.
- We have an in-house laboratory to maintain product and quality control for all your needs.
- 5-year warranty against breakage during eating.
- Free home care kit, including professional denture cleaner with new cosmetic and partial dentures for the lifetime of being our patient.

## COSMETIC PRECISION DENTURE SYSTEM

- Premium quality Cosmetic Precision Dentures instill confidence and provide optimum function while eating, speaking, and laughing. Sophisticated instrumentation records facial and anatomical information to recreate your natural smile and the youthful facial contours of your lips and cheeks.
- Our premium quality teeth duplicate natural teeth. Our premium teeth contours are designed to match your skeletal type with feminine and masculine characteristics to accentuate your appeal.



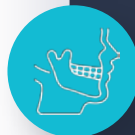
### Esthetics

Created with natural nuances so you can confidently speak, smile, and laugh.



### Contours

Naturally sculpted tissue surfaces make Cosmetic Precision Dentures almost indistinguishable from natural tissues.



### Health

Eat virtually any food efficiently to improve digestion. Strength and Fit – extremely dense materials provide a strong, secure, non-irritating, comfortable fit.



### Biocompatibility

Dense equalized materials aid in preventing stain and odour buildup.

**ALEX  
HUPKA**  
RD, RDT,  
Denturist.



No referral needed, call to book your **free consultation**

📞 **604-279-9151** 🌐 **bcdenturist.ca**



#240 – 3671 Westminster Hwy,  
Richmond, BC V7C 5V2  
2<sup>nd</sup> floor of Terra Nova Shopping Centre



# Wear pink on Feb. 28 for Pink Shirt Day

The City of Richmond, Richmond School District No. 38, Richmond Fire-Rescue, Richmond-RCMP and Richmond Public Library are encouraging everyone to wear pink on Wednesday, Feb. 28 in honour of Pink Shirt Day to promote kindness and anti-bullying.

Pink Shirt Day activities taking place in the community on and around Feb. 28 include:

- Instagram Selfie Photo Contest for youth at City Centre Community Centre
  - Cookie decorating for children and youth at Steveston Community Centre
  - Chalkboard wall messages of recognition at Cambie Community Centre
  - Window and lobby displays at community centres, Minoru Centre for Active Living and other city facilities with messages about kindness
  - Themed decorations and book displays at all four Richmond Public Library locations focusing on kindness and anti-bullying
  - Richmond Fire-Rescue duty crews wearing pink epaulettes on their uniform
  - School District No. 38 encouraging schools to access online resources, including Pink Shirt Day and SOGI123 websites, and the Dalai Lama Centre.
  - Richmond-RCMP Community Engagement Team will be out in the community connecting with youth.
- For a listing of Pink Shirt Day activities and initiatives, check out [richmond.ca/PinkShirtDay](http://richmond.ca/PinkShirtDay)



Photo courtesy City of Richmond

The City of Richmond supports the upcoming Pink Shirt Day on Wednesday, Feb. 28. (L to R): Councillors Andy Hobbs, Carol Day, Alexa Loo; Mayor Malcolm Brodie; Councillors Bill McNulty; Chak Au, and Michael Wolfe.

## About Pink Shirt Day

Pink Shirt Day originated in 2007 when Travis Price and David Shepherd, two high school students from Nova Scotia, learned a Grade 9 student had been bullied for wearing a pink shirt to

school. Shortly after, both students distributed pink shirts to their fellow students in solidarity. This act of kindness sparked what is now known as Pink Shirt Day—an international anti-bullying movement.

# Applications open for Youth Advisory Committee

Richmond City Council is pleased to open the call for applications to become a member of its new Richmond Youth Advisory Committee. Enthusiastic youth and young adults are encouraged to submit their application by 5 p.m., Monday, March 4.

This council-appointed advisory committee supports the city's commitment to amplify youth voices and ensure their perspectives contribute to plans, programs and services that are important to youth and impact their lives. This includes supporting the implementation of the city's Youth Strategy 2022–2032.

This unique volunteer opportunity for youth and young adults will provide meaningful input for council and support youth development and civic leadership while providing lasting and notable contributions to the community and Richmond as a whole.

The committee will have up to 15 volunteer members – five organization representatives, nine citizen representatives between the ages of 13 and 24, and one citizen representative over 24 years old who plays a significant role



Photo courtesy City of Richmond

**Applications to volunteer a role on the Richmond City Council's new Richmond Youth Advisory Committee is now open until 5 p.m., Monday, March 4.**

and/or has a significant interest in positive youth development in Richmond.

The following positions are open:

- Four to five individuals between 13 and 18 years
- Four to five individuals between 19 and 24 years
- One individual older than 24 committed to positive youth development

Additionally, the city is calling for one voluntary youth representative ages 16 to 24 for the Child Care Development Advisory Committee. This council-appointed committee provides advice to council regarding the planning, development, support and promotion of a range of quality, affordable and accessible child care.

Those interested in applying for either committee are asked to submit their completed online application and resume via [richmond.ca/advisory](http://richmond.ca/advisory) by 5 p.m. on Monday, March 4.

For more information, please contact the City Clerk's Office at email [cityclerk@richmond.ca](mailto:cityclerk@richmond.ca) or call 604-276-4007.

To view the city's Youth Strategy 2022–2032, visit [richmond.ca/youth](http://richmond.ca/youth)

# Keeping kids safe online and in school

The province is moving forward on three important actions to keep kids and young people safe from online threats, restrict cellphones in school and hold social media companies accountable.

"Today, kids live with different challenges than they did a generation ago, and they face them all in the palm of their hand," said Premier David Eby. "While cellphones, the internet and social media help us connect with each other, they also present risks that can harm kids. The impact and influence of these tools is so great, and the corporations so powerful, it can be overwhelming for parents. That's why we are taking action to protect kids from the threats posed by online predators and the impacts of social media companies."

The announcement includes three concrete actions to keep kids and young adults safe:

- restricting the use of cellphones in schools;
- launching services to remove images from the internet and pursue predators; and
- legislation to hold social media companies accountable for the harm they have caused.

Research shows that frequent cellphone interruption in the classroom, social media platforms with addictive algorithms and predators who seek to exploit young people all present significant risks to young people. Studies have found that children's mental health and physical safety can suffer as a result of body-image distortion, cyberbullying, images shared without consent and disturbing instances of sextortion.

The province will work with school districts to ensure all schools have policies in place by the start of the next school year to be able to restrict students' cellphone use in the classroom.

"Having cellphones in the classroom can be a distraction from the kind of focused learning we want kids to experience at school," said Rachna Singh, minister of education and child care. "There also is a time and a place for cellphones, including when they support student accessibility purposes. By learning in a safe school environment how to use their cellphones responsibly and respectfully, including when to put them away, students will be better able to develop healthy habits around technology and social media use in their everyday lives."

The province is also ensuring more digital literacy training is available for students so they have the knowledge and tools they need to stay safe from online



Keeping kids safe online.

Photo courtesy BC Government

predators, become good digital citizens and develop healthy relationships with technology.

On Monday, Jan. 29, 2024, the province will launch two new services to help people stop or prevent the distribution of explicit images of them and pursue damages from the perpetrators. These services will improve access to justice and offer a clear path to legal action.

"Technology can be an extremely useful tool, but when used by bad actors it can have devastating impacts on people's lives," said Attorney General Niki Sharma. "That's why we are providing supports for people, especially young adults, to take down their private images from websites and pursue damages

against predators."

In spring 2024, to keep kids healthy and further protect them from other long-term detrimental impacts, the province will be introducing legislation to hold companies accountable for the harms their products may have caused the public. When it comes to social media companies, this legislation would enable the government to recover costs caused by harms to children and adults associated with their platforms and algorithms. The government could use those recovered funds to provide treatment and counselling programs, and put in place monitoring systems and educational programs about the harms of using these products and services.

These actions are part of a larger effort to keep kids safe and healthy, which includes expanding Foundry youth mental-health centres, launching an anti-vaping strategy and expanding school food programs through Feeding Futures.

## Learn more:

For information about mental-health and addictions resources, including resources specifically for youth, visit: [helpstartshere.gov.bc.ca](https://helpstartshere.gov.bc.ca)

Find Erase resources online: [www2.gov.bc.ca/gov/content/erase](https://www2.gov.bc.ca/gov/content/erase)

To report bullying, visit: [erasereportit.gov.bc.ca/](https://erasereportit.gov.bc.ca/)

For information about digital literacy training through Erase, visit: [pages.saferschoolstogether.com/erase-family-session](https://pages.saferschoolstogether.com/erase-family-session)

To learn more about the Intimate Images Protection Act, visit: [news.gov.bc.ca/releases/2023AG0036-000657](https://news.gov.bc.ca/releases/2023AG0036-000657)

To read about supports available for survivors of gender-based violence, sexual assault or domestic violence, visit: [www2.gov.bc.ca/gov/content/safety/public-safety/domestic-violence](https://www2.gov.bc.ca/gov/content/safety/public-safety/domestic-violence)

**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](mailto:marketing@richmondsentinel.ca)  
778-325-1297

**Newsroom**  
[newsroom@richmondsentinel.ca](mailto:newsroom@richmondsentinel.ca)  
778-297-5005



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



# In honour of our soldiers: Hugh Boyd Gilmore

By **SAMUEL CHENG**  
Reporter

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

Halloween of 1923 wasn't just all spooky costumes and candies, it was the date of birth for Hugh Boyd Gilmore. Born in Vancouver, Gilmore attended and graduated from Richmond High School in 1940.

He worked for his father on a family farm that was located on 695 Shell Road. Growing up, Gilmore was an avid sport enthusiast as he participated in lacrosse and football. On top of that, Gilmore was also a member of the Presbyterian Church.

Two years after graduating from high school, Gilmore voluntarily enlisted himself in the Royal Canadian Air Force on November 18, 1942. He was sent to be posted in Edmonton and several different bases in Quebec. During this time, Gilmore was under the training of an air gunner.

Bournemouth, England was the first overseas destination for Gilmore as he was sent to join the Royal Canadian Air Force Squadron #429. He was promoted to Pilot Officer Air Gunner on July 30, 1944.

Tragedy struck during an operational attack



A poppy engraved road sign of Gilmore Crescent.

Screen grab from Google Maps

on Coquereaux, France on July 31, 1944. Gilmore, along with six other members onboard the LV950 aircraft failed to return to the base after their mission. Gilmore was officially declared dead in February of 1945.

Gilmore was buried in the cemetery at Saint-Martin-au-Bosc, France. In the following year, the

Richmond City Council passed the decision to erect Gilmore Crescent in memory of our brave, fallen soldier.

Today, the road can be found to the south of River Road, east of No. 4 Road and west of Shell Road.

•taic@richmondsentinel.ca



**BLUNDELL  
CENTRE**

## *Winter is coming to an end!*

*Enjoy the weather  
while it lasts*



**42 stores to enjoy the last few days of winter**  
Located at Blundell & No 2 Road

# What is omakase?

By **SAMUEL CHENG**  
Reporter

As our lifestyle becomes more and more sophisticated, the ever-evolving food and dining culture has also gotten the attention of dining out. The process of creating, prepping, serving and presentation of the foods has turned into a form of art.

Omakase, or お任せ, is a form of Japanese culinary and dining experience like none other. The word "omakase" is derived from the verb "makaseru", or 任せる, which is the definition of to trust, or to leave it to someone else.

In essence, omakase is a series of small portions of each course served, which is mainly sushi and prepared entirely by the chef. The customers are in the dark as to what the menu will consist of until the very moment that the food is presented to them right in front of their very eyes, thus, entrusting the chef entirely.

Omakase didn't popularize until about three decades ago in the 1990s. There are many popular speculations as to how the omakase culture solidified its place within the Japanese culture.

It is rumored that omakase tradition stemmed in Japan during the peak of its economic growth, when people were financially well off and looking for new experiences to spend their money. At the



**Omakase offers a variety of courses for one's tasting.**

*Photos courtesy Takuya Suzuki*

same time, the lackluster knowledge about sushi and the craving for a pleasant dining experience created a unique segment in the culinary world.

To hide their inexperience and lack of knowledge of omakase, leaving the menu up to the chef's discretion was the obvious and simplest solution. In turn, this catering model greatly benefited the chef as well as they did not have to disclose to the customers if they were running low on a certain ingredient or that they were at the mercy of what was fresh from the fish market that day. This allowed the chef to be creative while using fresh produce.

More importantly, the lack of menu forces the chef to put on his or her creative hat and be ex-

plorative with the creative presentation of the day. The creativity can be anything from the theme of the courses, to working with seasonal ingredients, to pairing the right type of alcohol that complements the course that is being served.

Today, omakase has evolved to more than just a type of dining experience. Omakase can be found in wine tasting, hairstyles, clothing and even vacation packages in Japan.

If you're wanting to try out omakase for the first time, look no further. Being a multicultural rich city, Richmond offers several locations of Japanese restaurants that offer omakase services.

Recently added to Richmond's dining experience is Masa Ishibashi with a Michelin Star Chef on Bridgeport and in Vancouver, Sushi Okeya Kyujiro, the newest addition to the Michelin starred restaurants, both offering a one-of-a-kind theatrical and interactive experience that elevates omakase to a whole new level. Other local restaurants like Msayoshi, Tojo's Restaurants, Tetsu Sushi Bar and more offer omakase at different price points as well.

Next time you decide to have Japanese cuisine for lunch or dinner, be sure to give local omakase restaurants a try.

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

## No supervised consumption site in Richmond

Richmond will not have a stand-alone supervised consumption site following confirmation from Vancouver Coastal Health (VCH) that such a site is not the most appropriate service for those at risk of an overdose in the city.

On Tuesday, Feb. 13, Richmond City Council voted to proceed with a study of the feasibility of creating a supervised consumption site in Richmond. The Motion recognized that any such site would require support from VCH.

As the local health agency, VCH is responsible for an application to Health Canada for an exemption under Section 56.1 of the Controlled Drug and Substances Act. Council and the City of Richmond cannot open or operate a supervised consumption site. Only VCH or an agency approved by Health Canada can do so.

On Wednesday, Feb. 14, VCH issued a statement that a stand-alone supervised consumption site "is not the most appropriate service for those at risk of overdose in Richmond". As a result, it will not be moving forward with a stand-alone supervised consumption site in the city.

VCH stated that stand-alone sites work best in communities where there is a significant concentration of people at-risk and, based on public health data, will continue working with the City of Richmond to assess how it can strengthen overdose prevention services and keep people in the local community safe.

Supervised consumption sites provide a safe location for individuals with an addiction to administer their own drugs under the supervision of a qualified health professional. They do not hand out drugs to users and do not encourage drug use. They provide important access to addiction treatment and recovery services operated by VCH and other health partners.

Council remains committed to ensuring services are in place to support residents living with an addiction as well as recreational drug users. The city respects VCH's position as the lead health agency and will work with them to identify appropriate solutions for Richmond, despite confirming there will be no stand-alone supervised consumption site.



**AIR CANADA**  
Official Airline Sponsor

BRIDGE TO S.U.C.C.E.S.S.  
中僑星輝夜  
**GALA**  
2024

**MARCH 16, 2024**

**Westin Bayshore Hotel**  
1601 Bayshore Drive, Vancouver

**Ticket Price 票價**  
\$388 / \$588 / \$888\*

\*Partially tax deductible  
\*部份門票可獲退稅

**Special Performer 特別表演嘉賓**  
《中年好聲音》  
Miranda Lee & Rason Lo 李佳 & 羅啟銳

Official Airline  
SponsorOfficial Hospitality  
SponsorSustainable Global  
SponsorProgram Support  
SponsorSpecial Performance  
SponsorOfficial Printing  
SponsorTechnical &  
Lighting Sponsor

Diamond Sponsors

VIP Reception Sponsor

Silent Auction Sponsor



Silver Sponsors

Bronze Sponsors



Major Media Sponsors

Media Sponsors

Special Thanks



Tickets Purchase & Inquiry 購票及查詢  
[www.successfoundation.ca](http://www.successfoundation.ca)  
[fundraising@success.bc.ca](mailto:fundraising@success.bc.ca) / 604-408-7228






# 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



In their own words...

# Richmond Fire-Rescue serving our community



**Bill McNulty**  
Councillor

A team of over 250 dedicated firefighters at Richmond Fire-Rescue respond to multiple calls every day, keeping Richmond safe and protected. Their duties range from emergency response to public outreach and education as well as planning, managing and working with City departments to support the community and City staff.

Most recently, on Jan. 26, 2024, emergency response crews responded to a structure fire at the Super Grocer and Pharmacy in Steveston, arriving within 3.5 minutes of the alarm, with three vehicles and 19 members responding. A working fire was declared, and an additional unit was dispatched. Subsequently, the situation was elevated to a 2nd alarm fire and three more vehicles were dispatched, including Ladder 7. Over the course of two days, six of Richmond's seven fire halls responded to the blaze, a total of 34 Richmond Fire-Rescue crew members.

The structure was a total loss, but the stubborn blaze was knocked down,

neighboring businesses were saved, and no injuries were reported. This is just one example of the exemplary dedication, training and preparedness within the department, and we commend their efforts.

During 2023, there were 12,262 reported emergency incidents of all types, including 1,965 alarms, 6,523 medical calls, 1,087 public service calls, 980 motor vehicle incidents, and 545 fire calls. As well as serving the residents of Richmond, the RFR responds and provides support for emergencies at YVR.

Richmond's first Fire Department was established in Steveston in 1897 to support the cannery and fishing port. There are now seven fire halls located strategically throughout the city. Over the years, they have been renovated or rebuilt to bring them up to post-disaster response readiness and ensure they will remain operable should a major seismic event occur. Several feature a sustainable "green" initiative designed to Leadership in Energy and Environmental Design (LEED) Gold standards. Cambie Fire Hall #3 is the first facility in a major British Columbia city with both Fire-Rescue and Ambulance services in one building.

Richmond Fire-Rescue is progressive and innovative in providing public outreach and education regarding fire safety, fire prevention and emergency planning with an online education plan for the public, a



fire safety plan, mobile medical ID, and fire watch programs. They decommissioned a front-line vehicle and repurposed it to be used for education, training and community events. The members proactively, through strategic City partnerships and programs, ensure community preparedness and safety, thereby enhancing the City's livability. Enforcing B.C. building and fire codes is also part of the mandate of RFR.

The City of Richmond's Community Safety Committee, of which I am a member, receives monthly updates from Fire Chief Jim Wishlove. I want to extend my appreciation to him and his team for their dedication and commitment to the citizens and businesses of Richmond.

## City of Richmond Council Meetings Calendar

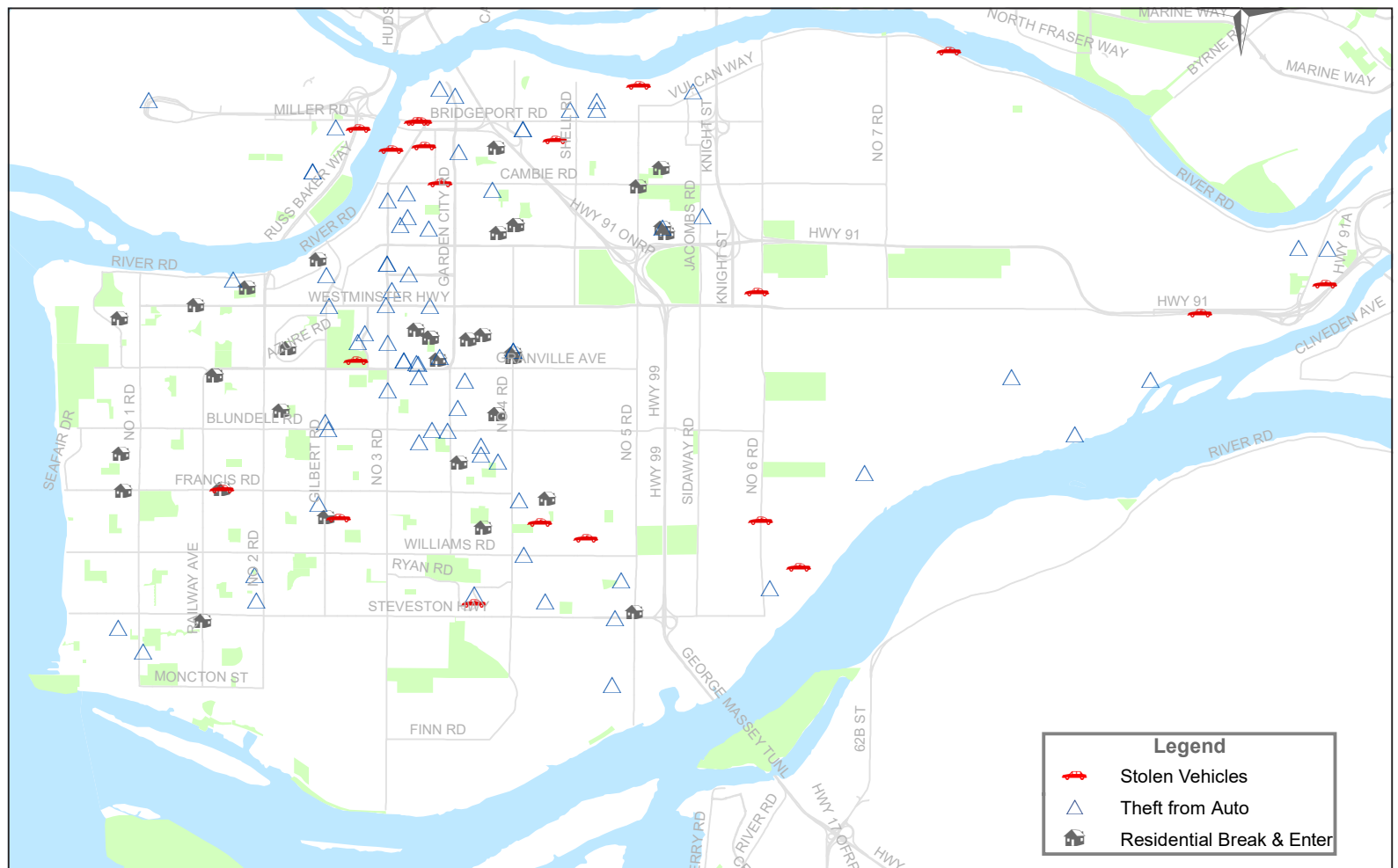
<p>The City of Richmond Council and Committee Meetings are available online. Watch live or view previous meetings by visiting <a href="http://richmond.ca/WatchOnline">richmond.ca/WatchOnline</a>.</p> <p>For further information, meeting schedules and assistance in participating either virtually or in person, please visit <a href="http://richmond.ca/CityHall">richmond.ca/CityHall</a> or contact the City Clerk's Office at 604-276-4007 or <a href="mailto:CityClerk@richmond.ca">CityClerk@richmond.ca</a>.</p>	<b>Feb 28   3:30pm</b> <b>Development Permit Panel</b>	<b>Mar 12   4:00pm</b> <b>Community Safety Committee</b>	<b>Mar 19   4:00pm</b> <b>Planning Committee</b>
	<b>Mar 4   4:00pm</b> <b>General Purposes Committee followed by Finance Committee</b>	<b>Mar 13   3:30pm</b> <b>Development Permit Panel</b>	<b>Mar 20   4:00pm</b> <b>Public Works &amp; Transportation Committee</b>
	<b>Mar 5   4:00pm</b> <b>Planning Committee</b>	<b>Mar 18   4:00pm</b> <b>General Purposes Committee followed by Public Hearing   7:00pm</b>	<b>Mar 25   7:00pm</b> <b>Council Meeting</b>
	<b>Mar 11   7:00pm</b> <b>Council Meeting</b>		<b>Mar 26   7:00pm</b> <b>Parks, Recreation &amp; Cultural Services</b>

For meeting agendas and reports, visit [richmond.ca/CityHall](http://richmond.ca/CityHall). Meeting schedule subject to change



# RCMP

## Crime Map Jan. 1 - 31, 2024



## Annual free Income Tax Clinics at Brighthouse Library

Richmond Public Library, in partnership with the Lord's Harvest Fellowship, is once again offering free Income Tax Clinics at the Brighthouse library. Trained volunteers will help community members with low income to file their income tax returns. This year's clinics will continue to follow a drop-off and pick-up format.

To qualify for this service, individuals must have a maximum income of \$35,000 and a couple must have a maximum income of \$45,000 plus \$2,500 per child. Couples will need to sign up for one appointment per person.

Interested community members can register for an appointment by calling 604-231-6413 or visiting Brighthouse library's second floor Ask Me desk. A piece of government-issued ID and all relevant tax slips such as T4, T5 and Canada Child Benefit slips must be brought to



Photo by Jaana Björk

the appointment. All print documents will be returned to the participant at their pick-up time.

"It has been an amazing 13 years of partnership with Richmond Public Library in offering the Income Tax Clinic," says Pastor Abe Lagayan, representative of The Lord's Harvest Fellowship. "We are always thankful and blessed in extending help to seniors, students, new immigrants and people with modest incomes, to prepare and file their income taxes. We are also grateful to Richmond Public Library for their continuous support in providing this vital service to the community."

The clinics are offered in English and run on Saturdays from March 2 to April 27 (no clinic on March 30), with drop-off appointments available between 10:30 a.m. and 3:30 p.m.



# Recognizing the Wall of Fame: 2016

By MATTHEW CHEUNG  
Reporter

Since the end of 2023, *Richmond Sentinel* has highlighted 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 2016, the inaugural group of inductees since the establishment of the program.

## 2016 Richmond Sports Wall of Fame Inductees



### Avril Douglas – Track and Field

Avril Douglas began living in Richmond in 1970, she joined the Richmond Kajaks Track and Field Club in 1988 as a runner, and trained vigorously, she would have her first competitive race in 1989. Between 1989 and 2001, Avril held three world records and 12 Canadian records, while looking after two children and working 12-hour shifts. She captured the silver medal in the 800m and bronze in the 400m category at the 1993 World Masters Athletics Championship in Miyazaki Japan. She was named BC Masters Athlete of the Year from 1990 to 1992, and BC Athletics Master's Female Athlete of the Year in 1991, 1992, and 1994. In 2000, she was named Outstanding Female Athlete at the Canadian National Championships, and Richmond Kajaks' Master's Female Athlete of the Year. In 2011, she was inducted into the Canadian Masters Hall of Fame. During her athletic career, she has also held three world records in the 200m and 400m at age 55, and 800m at age 47.

### Betty Hedges – Swimming

As a young athlete, Betty had developed a love for the sport of swimming, but because of World War II, what could have been a promising swimming career was cut short. She would move to Richmond with her husband and fellow Richmond Sports Wall of Fame inductee, Dennis Hedges, in 1947. She and Dennis would go on to actively help create the Richmond Swim Club that is now known as the Kigoos Swim Club. In addition to being one of the founders of the swim club, she would go on to use her past experience as a swimmer to coach others. In 1967, one of the athletes she coached, Bob Thomas would go on to win a bronze provincial medal in Victoria. Betty Hedges, passed away peacefully on March 6, 2005 at the age of 83, the efforts she put into improving the Richmond Swim Club will continue to be remembered by the City of Richmond.



### Dennis Hedges – Swimming

In 1947, Dennis immigrated to Richmond from the UK with his wife. He helped develop the Richmond Swimming Club and the Richmond Juvenile Soccer Association. In addition to being a co-founder and founder of these clubs, Dennis was also very involved with the development of the teams. He was a coach for the youth soccer team and was the equipment manager and chief announcer at every swim meet. Between 1967 and 1971, he was the manager for the Richmond Inter-City Junior Team, in 1971 he would have the chance to manage and coach the Vancouver Inter-City Junior All-Stars team. In 1968, the Richmond Juvenile Soccer Association made him an honorary life member, three years later he was named Richmond Sportsman of the Year in 1971.

### Don Fennell – Athletics

Many people in the sports world in Richmond know of Don Fennell. He was a sports reporter and sports editor at the Richmond review for 25 years from 1990 to 2015. After the *Richmond Review* closed down, Don would join the *Richmond Sentinel* as a sports reporter and later added Editor to his credentials until he retired. It was because of Don's dedication and hardwork to local sports that many athletes of all levels were able to get recognized. Don spent countless hours at local rinks, pools, diamonds, tracks, gymnasiums, and sports fields building connections with athletes, coaches, and sports organizations. In his honour, the Richmond Sports Awards named an award after him for his endless promotion of local community sports.



### Gwen McFarlan – Track and Field

Gwen McFarlan first became a Richmond resident in 1966, she participated in her first marathon at the age of 60 in 1994 and the rest was history. In 2001, Gwen joined Kajaks Track and Field Club constantly running 10K races during the weekend. In 2009 at the age of 75, Gwen broke the world record for time set by someone age 75, finishing the Vancouver Marathon with a time of 3:57.30, and the Victoria Half Marathon with a time of 1:50.0. Between 2001 to 2012, Gwen has run 18 marathons, each time qualifying for the Boston Marathon, and volunteered her own time throughout the city. Between 2009 and 2014, Gwen was named Richmond Kajaks Master Athlete of the year six times and BC Master Athlete of the Year twice in 2010 and 2012. In 2009, Gwen won gold at the B.C. Senior Games in the 3000m and set Canadian records in the 5000m and 10000m races. In 2014, at the Ottawa Marathon she achieved a world record time set by someone age 80 with a time of 4:12.43. In the 2016 Senior Games, she captured five gold medals.

## 2016 Richmond Sports Wall of Fame Inductees

**Jason Jordan – Soccer**

Jason Jordan was born and raised in Richmond on May 30, 1978. He attended Richmond High and played soccer for their team and Richmond Soccer. He represented Canada at the CONCACAF U-20 Championship in 1996. In 2002, he turned down a contract opportunity from the Colorado Rapids of Major League Soccer (MLS) in order to remain with the Vancouver Whitecaps. At the time, the Whitecaps were part of the United Soccer League (USL). In 2005, Jason scored 17 goals for the team and was named USL Most Valuable Player, and USL All League First Team. He was also named Whitecaps Player of the Year and received the Domenic Mobilio Golden Boot, awarded to the club's leading scorer of that season. The Whitecaps captured the 2006 and 2008 USL Championships. He retired in 2008 and has since taken on the role of founding technical director of Fusion Football Club and Vancouver Football Club.

**Jim Donaldson – Rugby**

Jim Donaldson is regarded as one of the most decorated players to ever play Rugby in Richmond. Jim joined the Richmond Rugby Club in 1969 and was named Most Valuable Player (MVP) from 1971 to 1986. He was also the representative player for BC's Provincial Rugby team, during that same period his team would capture ten Canadian Championships. From 1978 to 1986, Jim also represented Canada a total of 30 times, 13 of which were full international matches. While also competing with the Richmond Rugby Club, Jim was also a part of a Fraser Valley Rugby Union where he was named MVP from 1982 to 1984. In addition to playing rugby, he also coached the sport for 12 years at the Richmond Rugby Club and amassed a total of 20 years coaching experience at local schools. He's coached Hugh Boyd's senior boys basketball team and Cambie Secondary School's rugby and girls basketball team.

**Jim Lamond – Athletics**

The late Jim Lamond was a pillar of sport in Richmond, having been a long-time resident and a member of the Richmond Sports Council. He frequently volunteered his time to sports in Richmond for over 40 years as a coach, administrator, chairman, and board member. Jim started off as a coach, board member, and referee at South Arm Soccer Club from 1970 to 1976. He then joined the Richmond Youth Soccer Association and took on the roles of coach, board member, and vice chair from 1976 to 1980, he was named chair in 1980 until 1989. From 1989 to 1999, Jim stepped down from his role as a referee, but remained a board member and chair from 1992 to 1999. He would elevate to the national team, taking on the role of board member and chair of the competitions committee from 1999 to 2003. Through his dedication to community sport, Jim was named a lifetime member by Richmond Youth Soccer Association, BC Soccer Association, and Richmond Sports Council.

**Matt Phillips – Football**

Without Matt Phillips, there would be no football programs for three high schools: Steveston Secondary School, Cambie Junior High, and London Junior Secondary. Matt Phillips was selected to play in the Canadian Football League as a free agent for one year when he graduated from school. One year later, he created a football program at Steveston Senior Secondary in 1960. Starting with virtually nothing, all equipment needed had been donated by existing programs around the city. He also took on the role of head coach of the program until 1971. In 1972, Matt would start another football program at Cambie Junior Secondary and coach their team as well until 1978. In 1979 he started a third football program at London Junior Secondary and took on the role of head coach as well. He would later donate the equipment that had been donated to him before to Hugh Boyd Junior High, helping them start their own football program.

**Paul Alexander – Air Gun**

Paul Alexander arrived in Richmond at the age of 6 in 1947, he joined the Richmond Rod and Fun Club in 1969. As a member of the club, he served as an official, administrator, athlete, and even the clubs president at times. As an athlete, he competed in multiple tournaments and even won the silver medal at the 1988 BC Summer Games that were held in Victoria. He was part of the Richmond Rod and Gun club's shooting division from 1969 to 2014 and served as an official for the Shooting Federation of Canada (SFC) from 1986 to 2015. He was also an international official, attending numerous tournaments around North America. In 2005, Paul received the Alois Lander Volunteer Award and the SFC 2009 Official of the Year award. He was the only one with a B-International Coaches License in air pistol in the province, and volunteered his own time promoting competitive shooting in Richmond.

**Rick Henderson – Soccer**

Rick Henderson attended the University of Calgary playing basketball and soccer before transferring to the University of British Columbia to complete a law degree. He is a founding member of multiple sports organizations around Richmond including the Richmond Sports Council, the Senior Men's Basketball League, and the Richmond Masters Basketball League. He would take his athletic experiences and apply them to coaching Richmond youth soccer, basketball, and ringette. In 1992, he captured a silver medal at the BC Winter Games in Ringette-Zone 4. His athletes would follow up that victory with four trips to the Ringette Provincials where they would be crowned provincial champions three out of four times. In 1997 he and his team captured the Richmond Masters League basketball league championship. In 2003, Richmond Sports Council named him a lifetime member, till this day he is still practicing law.





## 2016 Richmond Sports Wall of Fame Inductees



### Ronald White – Football

Ronald White lived in Richmond from 1964 to 2010, during that time he contributed to the city's local football program and a drug education program. He helped establish the Richmond Raiders football program and served as an executive, manager, and coach of various football teams and leagues. Between 1964 and 1969, Ronald was the coach of six different championship teams, four in Richmond and two Richmond/Delta combined teams. In 1972, Ronald's Roughriders Bantam team were crowned BC Provincial champions. In 1986, the BC junior football association recognized him as executive of the year, three years later he would receive the 1989 Builder Award from Football BC and be named a Lifetime Member by the Canadian Jr. Football League. The Richmond Raiders would induct him into their hall of fame in 1990. In 2002, BC Football Conference named the Community Service Award for Ron White Award for his contributions to the sport of football in BC.

### Sam Gilmore – Athletics

Sam Gilmore was a long-time Richmond resident who had a large impact on the founding and organizing of lacrosse in Richmond. He was the father of Audrey Wylie, Boyd Gilmore, and served in the Canadian Expeditionary Force, 29th Battalion during World War I. He was pivotal in the organization of the July 1st Armed Services Sports Day in France during World War I. When he returned from the war, he and his brother both took up farming and pushed for the sport of lacrosse in Richmond. In the 1930s, Sam would go on to coach and manage the South Arm Sovereigns. As a coach, manager, and player, lacrosse teams travelled by boat to compete against other local teams in New Westminster, Vancouver, and Burnaby. Sam Gilmore was awarded the Good Citizen award in 1963 and had a lacrosse box named after him at Brighouse Park. It can be found at the intersection of No. 3 Road and Granville Avenue.



### Turlough O'Hare – Swimming

Turlough O'Hare grew up in Richmond, he attended Donald E. McKay Elementary School. From 1980 to 1987, he swam for both Vancouver College and the Richmond Aquanauts. In 1987, he transferred to the University of British Columbia to complete a degree in Kinesiology while swimming competitively as well. He captured two silver medals in 200m Freestyle and 400m Freestyle category at the 1987 CIS Championship. The following year, he captured the gold in the 400m Freestyle, Bronze in the 200m Freestyle, and Silver in the 1500m Freestyle categories at the 1988 CIS Championship. He participated in the 1988 Summer Olympics in Seoul, won Gold at the 1989 Pan Pacific Games in Tokyo. In 1990, Turlough captured silver at the Commonwealth Games, three gold medals and three silver medals at the 1990 CIS Championships. In total, Turlough won 12 gold medals for the University of British Columbia at the CIS Championships.

### Wally Iverson – 10 Pin Bowling

Wally Iverson lived in Richmond from 1964 until 2004. He loved the sport of bowling and competed individually and on various teams. In his bowling career, he bowled two perfect games; once in 1950 in a five-pin bowling match and the other in 1959 in a 10-pin bowling match. Wally bowled individually from 1958 to 1985. From 1961 to 1973 he bowled for the American Bowling Congress and scored 700 or more five times. In 1976 he was inducted into the BC Bowling Hall of Fame. Wally also bowled for Richmond's Top Gun Lanes alongside his son Ian. Wally has represented the province and the nation in multiple events. In 1973, he represented BC in the World Cup Roll offs, in 1974, he represented the Nation as a member of the Canadian Ten Pin Federation Team in Caracas Venezuela. His bowling career has seen him face off against some of the best bowlers in America including Dick Hoover, Buzz Fazio, and Bob Strampe.



### Yuichi Akune – Kendo

Yuichi Akune lived in Richmond from 1927 to 1995, he was influential in the establishment of the Steveston Kendo Club. He was part of the Steveston Seine Kai (Young Men's Association), joining as a member, before quickly becoming the head instructor of the association and captain of the Canadian team at an international kendo tournament. He won the title of Grand Champion in 1932 at the USA & Canada International Championships. Due to the internment of Japanese Canadians during World War II, Yuichi and his family were interned in Raymond, Alberta in 1942. Upon returning from internment, Yuichi would re-establish the Steveston Kendo Club as chief instructor from 1952 to 1980. During that time, Yuichi organized and attended many international championships. The Japan Kendo Federation awarded him his 7th degree in 1958 and 8th degree; hanshi or master swordsman – first class, in 1970. In 1960, Yuichi was elected president of the Canada Kendo Federation.

### 1996 U18 Air Attack – Volleyball

The 1996 U18 Air Attack team started out in grade 8 as members of Burnett Junior High School. They would attend Richmond High School together, continuously developing their skills and chemistry as a team. The team has seen lots of success individually and collectively. In 1994, Candice Hayden, Kristina Laffling, and Adrienne Sankey were named First All-Stars at BC High School Championships. From 1994 as a Burnett Breaker to 1996 as a Richmond Colt, the team experienced three undefeated seasons, subsequently becoming champions. Laffling and Sankey would be named First All-Stars again in 1995 and 1996. In 1996, Adrienne Sankey was named First All-Star at the National Women's Championship and Kristina Laffling was named Most Valuable Player of the whole tournament. The team went undefeated in U-18 club play and were crowned BC and Juvenile National Champions, becoming only the second team from BC to win a National Championship.



Photos via rswof.amds.ca

# OUR CITY *Tonight*

SPOTLIGHT ON  
SUPERB HOME VIEWING  
& A WINTER COCKTAIL



Photo courtesy Apple TV



Photo courtesy VVS Films



Photo courtesy Axis Planning Inc.

## The Home View #1 – *The New Look*

Inspired by true events, this 10-episode, historical drama takes place in German-occupied France during WWII and also post war as the city of Paris rises to become the fashion capital of the world. The main focus is fashion icon, Christian Dior, who created a ground-breaking line of clothing, that critics called the “new look”. Dior was also busy competing (and fighting with) fellow icon, Coco Chanel. The cast is superb including Emmy Award winner Ben Mendelsohn as Christian Dior, Academy Award winner Juliette Binoche as Coco Chanel, Maisie Williams (*Game of Thrones*) as Catherine Dior, and Academy Award/Emmy Award Nominee John Malkovich as Lucien Lelong. *The New Look* is available now for viewing on Apple TV. [tv.apple.com](http://tv.apple.com)

## The Home View #2 – *One Life*

The setting is a British TV studio in the late 1980’s and Sir Nicholas Winton is in the audience, unknowingly surrounded by people who are there because of his courageous act 50 years earlier. *One Life* is the true story of how a young Winton—then a successful 29-year-old London stockbroker—in 1938-39, helped a large group of Jewish children escape German-occupied Czechoslovakia as the Nazis were on the march to conquer all of Europe and implement their Final Solution of the Jewish race. Anthony Hopkins and Johnny Flynn play the old and young versions of Winton, and the strong supporting cast includes Helena Bonham Carter, Jonathan Price and Lena Olin. Truly a touching powerful example of how one life can touch so many others. *One Life* is in theatres March 15. [vvsfilms.com](http://vvsfilms.com)

## The Winter Sip – *Plum Devil*

We continue our spotlight on delicious cocktails for the winter season, this time with our partners at Axis Planning Inc., who have been on *Our City Tonight* a number of times, showcasing a variety of cocktails from the Japanese brand known as CHOYA. Like all our suggestions, we first sampled the cocktail of choice at a restaurant, in this case, Ancora Waterfront Dining and Patio in the West Vancouver area of Ambleside (they also have a location in False Creek). The team at Ancora, whose menu embraces the harmony of Peruvian and Japanese cultures while incorporating the bounty of the West Coast, was keen to have us try the *Plum Devil*, one of several cocktails they’ve created with the Choya brand. Ingredients include 1.5oz CHOYA 23, 0.75oz Suntory Toki Whisky 0.5oz Amaro Nonino, and Drop Plum and Root Beer Bitters. [axisplanning.com/en/](http://axisplanning.com/en/) and [viaggiohospitality.com](http://viaggiohospitality.com)



# Award-winning local actor continues to thrill audience

By JIM GORDON & LEETA LIEPINS  
Contributors

**O**ur City Tonight likes to capture the stars that attend the Whistler Film Festival each year and the movies that they are starring in or directing. At the annual festival, we do interviews on the red carpet, attend many great parties, and of course, see great films. Often, we will keep some of these interviews that we do with the actors, or the film directors and we will hang onto those interviews until the films are released. That is the case with Camille Sullivan. We interviewed her at the Whistler Film Festival in late 2022 and held onto this interview until now. The film has finally been released, a film that we both loved, and it is called *EXILE*.

Camille Sullivan is a Leo award-winning actress, and she moves seamlessly between TV and film acting in some really great projects.

**OCT:** Congratulations on the worldwide premier of *EXILE* which has been released after debuting at the 2022 Whistler Film Festival. We loved you in these thriller movies and previously watched you in *HUNTER HUNTER*, and now in *EXILE*, another great thriller. How do you prepare for this type of role?

**CS:** I really love doing the thrillers too. I have started doing more horror movies and I even have another one coming up later this year. I find myself loving it so much because it is so much fun. You asked how do I prepare for these roles, well for any movie I try to figure out what my character's world view is and that can affect the decision how I can get what I want and then figure out how I go about getting what I want. In *EXILE*, I think her worldview can be summed up by saying "no one is going to save me so, if I want my life, it's up to only me to grab it".

**OCT:** So, you would describe your character as strong and vulnerable. Audiences are getting more and more knowledgeable with films, and we must say, this movie kept us guessing until the very end. Surprisingly, that is not as common as people might think when it comes to a plot. Often, we'll

say that we saw that coming, with this movie we didn't. Tell us a little bit about the journey you went on in the film and a little bit about Adam Beach, who plays your estranged husband.

**CS:** It is a journey, and when I was watching it the other day, at the premier, I couldn't believe it even though I knew what was going to happen, obviously. I kept having this feeling as I'm watching the film that there's so much more yet to happen. You think it's going to go like this, but it goes in a completely different direction and then it swings back. And because it's a psychological thriller, you have to ask is this real or is it in his head, is he delusional? Am I delusional? My character does some pretty crazy things as well and I make some interesting choices. So, to prepare for the role, I start with that world-

view and then I figure out what this person needs to live. What do they need to be happy and then how they'll achieve these goals, and then I throw myself into the role as much as possible.

**OCT:** It's important to mention that one of the stars of the film really is the backdrop, which is Powell River, BC. We have to ask, was it as cold as it looked?

**CS:** Oh, yes.

**OCT:** We understand you couldn't do this movie in the summertime as you needed to have that desolate and isolated look about it.

**CS:** We got that for sure. There was an atmospheric river, there were torrential rains with winds, it was real. And Sterling Bancroft, our director of photography, was so good, and it all looks so beautiful on the screen.

**OCT:** We should mention Adam Beach, your co-star, who also gave a great performance. Additionally, you also had a great supporting cast. The environment is also one of the cast members in this film, and we love Garry Chalk too, that must have been fun working with him.

**CS:** Garry Chalk had one of my favourite lines in the whole movie and it's a curse, so I actually can't say it here. But it made me laugh so hard.

**OCT:** It is a great cast, and there are characters in the film that could easily slip into cliché, but they don't. On a sidenote, we certainly want to mention nostalgically that you were in, if not the first, but possibly the second episode of our television show that appeared online back in 2015. This early version of the show was only a seven or eight-minute online show at the time. You were also on the first TV version which was extended to a 30-minute show in 2016.

**CS:** Wow, and you keep having me on the show, thank you.

**OCT:** Of course, we love having you on the show and we look forward to seeing more films with one of our favourite actors, Camille Sullivan.

Check out the movie *EXILE* now available on Home Streaming. For video interview in full go to [richmondsentinel.ca/videos](http://richmondsentinel.ca/videos)



Photo Courtesy of Camille Sullivan

Camille Sullivan is Leo Award actor.



RICHMOND SENTINEL SPONSORS

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

airing on CHEK TV Sundays Novus Entertainment

at 10:30 DAILY





## 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