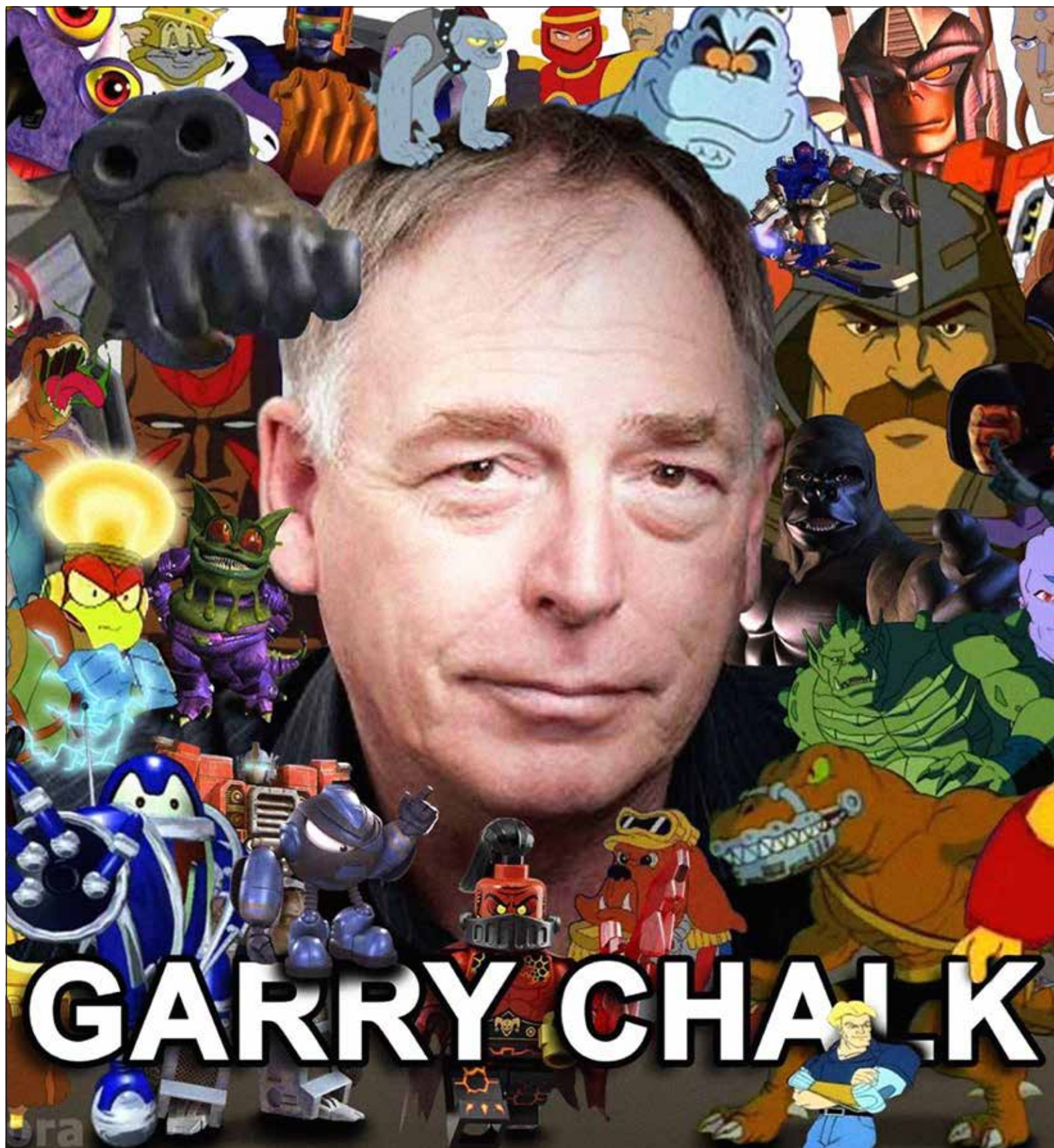




VOL. 7 ISSUE 18

NOT-FOR-PROFIT

SEPT. 26 - OCT. 9, 2023



Vancouver's Garry Chalk, award-winning actor and anime voice-over artist.

Photo courtesy Garry Chalk

OUR CITY

Richmond

'GOOD TO KNOW'

by Florence Gordon



Photo courtesy City of Richmond

Who to Call in an Emergency—Dial 9-1-1

Dial 9-1-1 in an emergency situation when you require the immediate assistance of the **police, the fire department or an ambulance**. For more information on calling 911, visit: [the Richmond Fire-Rescue website](http://thefirerescue.richmond.ca/) at firerescue.richmond.ca/ or [When to Call Police](http://When to Call Police infocentre.richmond.ca/app/answers/detail/a_id/105) infocentre.richmond.ca/app/answers/detail/a_id/105

For other urgent matters such as serious water and sewer problems, road obstructions, traffic signal malfunctions, downed trees, icy roads or other problems of this nature, please call the **24 hour City Emergency Line at 604-270-8721**.

Richmond RCMP—604-278-1212

For All NON-Emergency Incidents
Main RCMP Detachment, 11411 No. 5 Road

Richmond Fire-Rescue—604-278-5131

NON-Emergency Inquiries

Reporting child abuse—1-800-663-9122

After hours call 604-660-4927

Anyone who has reason to believe that a child has been or is suspected to have been abused or neglected, or is in need of protection has a legal duty to report it to the Ministry of Children and Family Development.

Discarded needles—604-270-8721

If a needle is found in a public space, please call the city's Public Works Department with as much information as possible as to where the needles are and where city staff should look. This is a 24-hour service and staff treat discarded needles in public spaces as a priority.

REMINDER: do not touch or pick up discarded needles.

City of Richmond—604-276-4000

Public Works 24 Hour Call Centre at 604-270-8721 to report:

- Potholes, cracks, and other problems with street surfaces, sidewalks, and curbs
- Missing or damaged signs on city property
- Missing, damaged or blocked traffic signs
- Watermain leaks or water quality (dirty water)
- Burned out street lights or damaged light poles

Transportation

Call 604-247-4616 for traffic signal problems.

Call 604-204-8707 to report traffic safety and parking-related matters

Animal protection services

BC SPCA

Phone: 604-709-4668

Community Bylaws—604-276-4345

- Property use violations
- Boulevard maintenance issues
- Signs placed on city property

Parking—604-276-4345

To report parking violations or to inquire about parking tickets.

Emergency programs—604-233-3333

Staff work with the community to increase Richmond's level of preparedness in the event of a major emergency.

For more information at richmond.ca

Tranklink partners with Lime

Translink has teamed up with Lime, the operator of Richmond's e-bike and e-scooter share system, to offer discounted rides from these stations.

Until Oct. 31, weeknights between 9:30 p.m. and 4:30 a.m., access a 40 per cent discount with Lime for rides starting from Bridgeport, Aberdeen, Lansdowne, and Richmond-Brighouse stations. Lime e-scooters and e-bikes will be available during these days and times outside all four stations.

To unlock your discount, simply scan the QR code located at select bus stops or open this link on your mobile phone while at the station.

The bus stops where you can scan the QR code are Bay 2, 3, and 4 at Bridgeport Station, Bay 1 and 2 at Aberdeen Station, Bay 1 and 4 at Lansdowne Station, and Bay 1 and 2 at Richmond-Brighouse Station. The QR code is also available for scanning on the public bike racks at Bridgeport and Lansdowne stations.

This offer provides customers affected by the Capstan Station construction another travel option in addition to the extra bus service, which operates up to every 10 minutes.

Train service on the Canada Line, between Bridgeport and Richmond-Brighouse stations, is currently ending at 9:30 p.m. on weeknights until Tuesday, Dec. 19 to allow construction crews to work on the new station. Regular service in Richmond is set to resume on Wednesday, Dec. 20.

Friendly reminder, e-scooters and e-bikes are not to be ridden at SkyTrain stations or on sidewalks.



Photo courtesy Translink

Translink has partnered with Lime to provide an additional travel option to those who will be affected by the Capstan Station construction.

Applications being accepted for city advisory groups

The City of Richmond is accepting applications to fill vacancies on a number of advisory committees, boards and commissions. Over 60 positions are now open for terms beginning in January 2024. The council appointed roles are voluntary and committee sizes vary, as do the length of terms.

The committees, boards and commissions provide feedback to council in areas ranging from arts, culture and heritage, to recreation, social development and environmental awareness.

Residents interested in serving the community in a volunteer capacity are invited to submit an application, along with their resume, to the attention of the City Clerk's Office no later than Friday, Sept. 29, 2023.

For more information, including a list of vacancies, application guidelines and the application form, please visit: richmond.ca/advisory or call 604-276-4007.

In honour of our soldiers: Ernest Edward Edgington



Screen grab from Google Maps

A poppy engraved road sign of Edgington Avenue.

By **SAMUEL CHENG**
Reporter

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

Ernest Edward Edgington was born on Feb. 12, 1923, in Rutland, BC. He attended the Richmond High School during his teenage years and worked as a carpenter apprentice and a trucker driver before his enlistment.

Edgington enlisted in Vancouver on April 15, 1941. He was posted to the Royal Irish Fusiliers, an Irish infantry regiment under the British Army. He spent a little

over a year in Canada to train and prepare for the war before being finally sent off to England in June of 1942.

Shortly before his departure, he was transferred to the First Battalion of the Seaforth Highlanders of Canada. Upon his arrival in England, Edgington was not sent to the battlefield immediately. Instead, he took on several training courses, including one to become a dispatch motorcycle rider.

Edgington was devoted to his family, often keeping in touch with his parents, James and Susan Edgington, as well as his three brothers. The four brothers, Ernest Edward, Victor Cecil, John Henry and Arnold George all served in different divisions in the Canadian Armed Forces. The family members communicated through letters during Edgington's time in England.

The First Battalion of the Seaforth Highlanders of Canada landed in Sicily on July 10, 1943. Edgington's unit was sent into action three days later. He spent the rest of his life on the island of Sicily before being killed in action on Dec. 11, 1943.

Edgington was buried in the Moro River Canadian War Cemetery in Ortona, Italy. He was unmarried at the time of his death and had listed his parents to be his next of kin.

On Feb. 4, 1946, the City of Richmond has decided to adopt the name of Edgington Avenue. 71 years later in 2017, a new Edgington Avenue was rebuilt. Today, the road can be found along No. 4 Road, between Granville Avenue and General Currie Road.

•taic@richmondsentinel.ca

Richmond community clears shorelines

On the morning of Saturday, Sept. 16, over 100 Richmond business community members rolled up their sleeves and got to work, clearing trash and debris from three locations: Garry Point Park, Terra Nova Rural Park, and Nelson Road Beach.

The Shoreline Clean-up was a joint initiative organized by the Richmond Chamber of Commerce, Platinum Pro-Claim Restoration, and 505-Junk with the aim to create a positive impact on the environment by fostering awareness and action towards preserving the natural beauty of our beloved Richmond coastline and keeping debris out of our waterways.

Over 2,800 lbs of waste were taken off the shoreline and then sorted, ending with an 89 per cent diversion rate. Richmond dignitaries, Member of Parliament for Steveston-Richmond East, Parm Bains, and City of Richmond councillor, Michael Wolfe, also rolled up their sleeves to clear waste.

The finds included: huge pieces of styrofoam, marine nets, an old couch, tires, drink containers,



Photo courtesy Teresa Hao

Some volunteers and organizers of the shoreline cleanups Nelson Road location.

and much more.

The Ocean Legacy Foundation, a Richmond-based non-profit, dedicated to removing all

plastic waste from our oceans, was also on-site with information about marine plastic's impact on our ecosystem.

Province caps annual rent increase below inflation

For the second consecutive year, B.C.'s maximum allowable rent increase is being set below the inflation rate. The maximum increase for 2024 will be 3.5 per cent.

"Across the country, costs have been increasing—especially for housing—at a rate that's unsustainable for many people," said Ravi Kahlon, Minister of Housing. "We know that's the case for both landlords and renters, and that's why we've found a balance to protect renters while helping to keep rental units on the market."

The rent cap of 3.5 per cent is well below the 12-month average inflation rate of 5.6 per cent and applies to rent increases with an effective date on or after Jan. 1, 2024. If landlords choose to increase rent, they must provide a full three months' notice to tenants using the correct Notice of Rent Increase form. B.C. landlords can increase rent only once every 12 months.

The province has been taking steps to support renters throughout British Columbia. Before 2018, the annual allowable rent increase was based on the inflation rate plus 2 per cent. Following a recommendation by the Rental Housing Task Force, the rent increase was reduced to just the inflation rate. A rent increase freeze was put in place in 2020 and 2021 to support renters during the COVID-19 pandemic. To protect renters from high inflation in 2023, the province capped rent increases at 2 per cent, well below the 5.4 per cent inflation rate that would have otherwise applied.

"With renters facing a possible rent increase of almost 6 per cent, the

government listened to the voice of renters and acted, and I'm so glad they have," said Spencer Chandra Herbert, Premier's Special liaison for Renters, former chair of the Rental Housing Task Force and MLA for Vancouver-West End. "We also know people renting out homes are facing increased costs and want to make sure they continue to make places available for long-term renters."

The 2024 maximum allowable rent increase is significantly less than what it would have been prior to changes made by the province in 2018 that limited rent increases to inflation. As inflation returns to normal levels, the province intends to return to an annual rent increase that is tied to B.C.'s Consumer Price Index in future years. Under the previous government, maximum rent increases could include an additional 2 per cent on top of inflation. This change has saved families hundreds of dollars.

Since 2017, the province has taken steps to better protect renters, including banning illegal renovations and strengthening the financial penalties for landlords who evict tenants in bad faith. A renovation is an eviction that is carried out to renovate or repair a rental unit.

In addition, government provided the Residential Tenancy Branch (RTB) with \$15.6 million in additional funding to improve services and reduce delays. The capacity of the RTB's Compliance and Enforcement Unit was also increased to allow for earlier interventions and to eliminate the need for hearings in the first place.

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OUR COMMUNITY NEWS

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

B.C. secures measures to ensure families feel safe

To help ensure kids and families feel safe in their communities, the province has received approval from the federal government to prohibit the possession of illegal drugs at playgrounds, spray pools, wading pools and skate parks.

Effective Monday, Sept. 18, 2023, possession of illicit drugs within 15 metres of any play structure in a playground, a spray or wading pool, or a skate park will be prohibited. B.C. had made a request to Health Canada for an amendment to the decriminalization policy to add these spaces to existing exclusions on possession, including on the premises of K-12 schools and licensed child care facilities. The federal minister of mental health and addictions and associate minister of health has approved B.C.'s request.

"Our government is committed to breaking down barriers and connecting people to the supports they need," said Jennifer Whiteside, B.C.'s minister of mental health and addictions. "We requested this amendment from Health Canada to ensure that families feel safe in their community while continuing to use every tool available to fight the toxic-drug crisis and save lives."

With this amendment, police officers may enforce the Controlled Drugs and Substances Act when individuals are found to be in possession of illegal drugs in these child-focused spaces. Intoxication remains illegal in all public places.



Photo via flickr.com

"Everyone, especially children, should feel safe in their communities," said Ya'ara Saks, federal minister of mental health and addictions and associate minister of health. "This cannot be forgotten as we continue to work relentlessly to reduce substance use related harms. This amendment ensures that law enforcement has the tools needed to address public drug-use concerns, while continuing to provide support for some of the most vulnerable people in our community who use drugs. Our government recognizes the tremendous work B.C. has been doing across the full continuum of care to address the overdose crisis and we will continue to work with them to save lives."

The province has also recently completed consultations on public drug use with key stakeholders, and is planning to introduce provincial legislation to further regulate public drug use this fall.

The B.C. government is also releasing data on mental-health and substance-use services in the

province. This new data snapshot will show how the ministry is expanding mental-health and addictions care to help people connect services, including early intervention, harm reduction, treatment and recovery, and after-care supports.

The data snapshot includes information about the impacts of decriminalization, including law-enforcement data, research on the emotional well-being of people living with addiction, and connecting people to services, including treatment. It also reflects the work accomplished to date as part of A Pathway to Hope, issued in 2019, a strategy that lays out government's 10-year vision for mental-health and substance-use care. The province has released a report to highlight progress to date on key priorities and action areas.

Since decriminalization came into effect, the provincial and federal governments have continued to work closely to monitor this exemption to ensure it is meeting the desired outcomes and that any potential unintended consequences are promptly addressed.

The B.C. government is working to build an integrated system of mental-health and addictions care that works for everyone. This includes adding hundreds of new treatment beds, expanding services for youth, and increasing access to programs that reduce harm and help keep people safe, such as drug-checking measures.



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CENTRE**

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AUTUMN WEATHER**

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Children's Hospital offers back to school wellness kit

BC Children's Hospital is offering families a 'back-to-school wellness toolkit' with guidance and resources to support families, young children and teenagers this fall.

For some children, particularly those with social anxiety and other mental health issues, the first few months of the back-to-school transition can be challenging and emotional; conversely, others rely on school for social and emotional stability and support, and adapt more easily.

BC Children's clinicians advise families to tailor their approach to meet the unique mental, emotional and physical needs of their child or teenager. Some steps families can take to support mental and emotional well-being include:

- Open communication: Talk honestly and openly with your child, address their concerns and validate their feelings. Normalize that school can be challenging and that feelings of anxiety and related emotions are normal.
- Create safe and supportive environments: Value and praise your children for their unique strengths and encourage a healthy and balanced relationship with academics.
- Model behaviour: If your child is expressing strong emotions during this transition, remain calm, listen and show empathy. To teach them resiliency, you can encourage productive ways of coping, such as exercise, talking to others, exploring creative outlets and practicing mindfulness.

Speaking about the back-to-school transition, Dr. Jana Davidson, chief medical officer for BC Children's and BC Women's Hospital + Health Centre said, "School is an important environment for healthy development in young people's lives. Families who create safe and caring environments where their child is valued for who they are, and where strong emotions are normalized, produce



Photo via bcchildrens.ca

BC Children's Hospital created a chat bot to help support families with general questions about respiratory season and other hospital services.

healthy, more emotionally-balanced adults. In the weeks and months ahead, I strongly encourage families to access supports and resources to create this environment for their child or teenager during what can be a challenging transition."

There are also steps families can take to promote physical health and well-being. These include ensuring a consistent sleep routine and encouraging their child to have breakfast every morning. Families with financial constraints can engage with school leadership or community groups for support with this. Immunizations are also critical in preventing some serious illnesses. Public Health may visit your child's school during the school year to offer certain vaccines, which protect not only your child, but also your family and the entire school community.

To support families during this transition and throughout respiratory season, BC Children's has launched "Sunny Bear," a new chat bot feature on its website (bcchildrens.ca). This platform offers

families guidance on where to access care, services available at BC Children's, and information on how to reduce the risk of serious viral infections.

Back-to-school wellness resources

- bcchildrens.ca/about/news-stories/stories/bc-children-s-launches-sunny-bear-chat-bot
- bcchildrens.ca/health-info/healthy-living/back-to-school
- healthlinkbc.ca/bc-immunization-schedules
- keltymentalhealth.ca/
- keltymentalhealth.ca/
- keltymentalhealth.ca/breathr (free)
- familysmart.ca/

First responders cycle across coast of BC

Sept. 15 to 22, 34 law enforcement and emergency services personnel began cycling 800 km across the coast of BC, with Cops for Cancer Tour de Coast in support of the Canadian Cancer Society (CCS)

Riders will engage area residents with tour stops at schools, local businesses, and community events on their journey across the region to raise funds for life-saving childhood cancer research and a national support system for children affected by cancer and their families.

With cancer being the leading cause of disease-related death in children under the age of 15, the Canadian Cancer Society is partnering with first responder agencies for the 24th Cops for Cancer Tour de Coast, to improve outcomes and change the future of childhood cancer forever.

Funds raised through Tour de Coast will support life-saving cancer research and national support services such as Camp Goodtimes, an essential program that gives families of children diagnosed with cancer opportunities to enjoy a summer camp experience in a stress-free and medically supervised environment.

"The whole world just falls out from underneath you when they say that your son has cancer," says John Togyi, a Cops for Cancer volunteer medic and Camp Goodtimes regular with his son Avery. "Camp Goodtimes gives families a break. You have this instant connection with people who have similar experiences. It lets you relax a bit and not have to put up barriers."

An estimated 1,050 children (ages 0-14) in Canada were diagnosed with cancer in 2021. As the largest charitable funder of childhood cancer research in Canada, CCS has invested \$16.4 million toward the cause over the last 5 years. This investment is contributing to improved outcomes as the 5-year survival rate for childhood cancer is now 84 per cent, an increase from 71 per cent in the 1980s. However, 2 out of 3 children diagnosed with cancer suffer long-term or late side effects from their treatment.

"My father went through his journey with cancer in 2020, ultimately passing despite a valiant fight. I remember speaking with him while he was going through his treatment. It was the toughest fight he had ever been in, but despite that, he showed

remarkable selflessness. He told me that even though the treatments had been difficult, what had troubled him the most was the thought of children having to face the same. He said no child should have to experience what he was going through," says rider Mike Wheeler, a member of the Vancouver Police Department. "His words had a remarkable impact on me, inspiring me to honour his memory by doing everything I could to help those children, and their families, facing their own journey through cancer. I also wanted to take the opportunity to teach my two young sons the importance of selflessness and battling for a cause bigger than ourselves. I want to impart the values of my father, into them, by setting an example for them to remember for the rest of the rest of their lives."

This year, longtime Cops for Cancer supporter Applewood Auto Group has signed on as the presenting sponsor for all four Cops for Cancer cycling tours taking place throughout the province.

Now more than ever, we need your support. To learn more about the program, find an event in your community, or make a donation, please visit copsforcancer.ca

Gateway Theatre hosts free concert

Gateway Theatre is inviting music lovers to attend a free concert on Oct. 13 where the Jade Music Festival presents *Time to Play for the Lost Time*.

"At Gateway Theatre, we believe music is one of the most joyous ways to bring audiences and communities together", says Yanting Qiu, Gateway's community engagement producer, adding "We are excited to celebrate the diversity of arts and culture happenings in our province."

Time to Play for the Lost Time is a cross-generational presentation of music. Within diasporic communities, one of the most important conversations for first and second-generation family members is how their varying life experiences can create barriers in their relationship. Second-generation Taiwanese Canadian artist Van Lefan incorporates elements from singers beloved by her parents during their youth into her arrangements. This fusion of old and new encourages conversations about the influence of music on culture throughout different eras. This event is presented by the Jade Music Festival. Launched in 2022, JMF's goal is to present a majority of Chinese language artists from Canada, hoping to give Chinese-speaking



Photo courtesy Gateway Theatre

Van Lefan will be performing *Time to Play for the Lost Time* at Gateway Theatre on Oct. 13.

Canadians the representation and equal opportunities in the Canadian and international music scene they deserve. *Time to Play for the Lost Time* will begin on Oct. 13, at 10 a.m. at the Gate-

way Theatre. Admission is free but registration is required.

For more information on free, all-ages events visit gatewaytheatre.com

New museum exhibit explores childhood in Richmond

The Richmond Museum's engaging new exhibition, *Richmond Kids*, takes a trip down memory lane, exploring what it was like to grow up in Richmond in different times.

Quotations, photographs and objects from different decades bring to life diverse childhood experiences ranging from school days to buying candy at the local corner store to playing road hockey, Saturday morning language lessons, falling in ditches and adventures with family pets. The exhibition opened to the public on Saturday, Sept. 23 in conjunction with Culture Days activities at the Richmond Cultural Centre.

"The Richmond Museum's newest exhibition looks at Richmond's past through the eyes of children," said Mayor Malcolm Brodie. "It will evoke memories for visitors of all ages. Family members can reminisce about how times or places have changed,



Photo courtesy City of Richmond Archives

Children play on sand dunes in Garry Point Park.

however so much of childhood is the same."

Visitors will get hands-on with interactive exhibits, testing themselves in a Richmond-based game of chutes and ladders, sharing favourite childhood memories, building imaginative structures with tiles and blocks, playing games of "I Spy" and hopscotch, creating colourful art and enjoying a quiet moment with a book in the story corner.

Richmond Kids runs until Sunday, Aug. 25, 2024 at the Richmond Museum (7700 Minoru Gate), located in the Richmond Cultural Centre. Operating hours are 9 a.m. to 9 p.m. weekdays and 10 a.m. to 5 p.m. weekends. Ad-

mission is by donation.

For more information about the Richmond Museum, visit richmond-museum.ca

Asphalt Paving Advisory

April 15 to October 31, 2023

The City of Richmond has contracted BA Blacktop Ltd. to grind and pave the following locations in Richmond **from April 15 to October 31, 2023.**

PROPOSED 2023 PAVING LOCATION DETAILS

12000 Westminster Highway (No.5 Rd – MOTI) – including the No.5 Road Intersection
9000 Block Cambie Road (Garden City Road – No.4 Road) including both intersections
10000 Block No.6 Road (Steveston Hwy – Triangle Rd) including both Intersections
11000 Block Shell Road (Steveston Hwy to Hammersmith Gate)
Cambie Road (No.5 Road to Jacombs Road)
10000 Block Wilkinson Road (No.4 R – Swinton Crescent) – both intersections included
12000 Block Steveston Highway (No.5 Rd to MOTI) – No.5 Road Intersection included
4000 Block Francis Road (No.1 Rd to Lancelot Gate)
5000 Block Garden City Road (Westminster Highway to Lansdowne Road) – both Intersections included PLUS MUP mill and Pave
11000 Block Shell Road (Steveston Hwy to Hammersmith Gate)
11000 Block Hammersmith Gate (Shell Road – Hammersmith Way)
River Road (No. 3 Road – Charles Street)
22000 Block Westminster Hwy (MOTI – Mclean Avenue) including Mclean intersection
9000 Block No.5 Road (Seacliff Road to Kingsbridge Drive) – Williams Rd and Kingsbridge Drive intersections included
8000 Block No.3 Road (Francis Road – Blundell Road) – Both intersections included
2000 Block Viking Way (Bridgeport Rd – Vulcan Way) – includes Vulcan Way intersection
3000 Block Jacombs Road (Cambie Road to Bathgate Way) – Both intersections included
13000 Block Bathgate Way (Sweden Way – Jacombs Road) – both intersections included
4000 Block Boundary Road (Westminster Hwy to Thompson Gate including Thompson Gate intersection
No.6 Road (Cambie Road to Bridgeport Road)
18000 Block River Road (No.8 Road to Nelson Road)
Douglas Crescent + Wellington Crescent + Wellington Avenue + Handley Avenue + Catalina Crescent + Anson Avenue
11000 Block Steveston Highway (Shell Road to Coppersmith Place)
River Drive – West bound lane only (No.4 Road to Van Horne Way)
3451 Blundell Road – Vibration Complaint
4480 Williams Road – Vibration Complaint

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

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

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

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

Questions may be directed to Wasim Memon, Supervisor, Engineering Inspections, at **604-276-4189**, or visit the City's paving program web page at <https://www.richmond.ca/services/rdws/projects/construction.htm>.



Photo courtesy Kwantlen Polytechnic University

Tony Mauro (left) of TD Bank Group, presents a \$300,000 donation to KPU Farm, received by Randall Heidt, vice president, external affairs at KPU.

TD Bank Group invests \$300,000 in KPU Farm

A \$300,000 grant from TD Bank Group will boost community engagement opportunities at a Richmond teaching and research farm operated by Kwantlen Polytechnic University (KPU).

Site enhancement projects, art installation activities, and enhanced programming are all part of a new three-year program at KPU Farm announced today.

"We're so proud to support the KPU Farm as it expands its work to tackle food insecurity, advance reconciliation and foster environmental stewardship," says Tony Mauro, district vice president for Richmond-South Vancouver-South Delta, TD Bank Group. "Through the TD Ready Commitment, our corporate citizenship platform, we're investing in organizations focused on enhancing and activating green spaces that help build stronger, more resilient communities."

The donation from the TD Ready Commitment will kickstart a number of new initiatives at KPU Farm, including a volunteer program, the formation of a KPU Learning Gardens Community Board, an Indigenous voices self-guided tour, the development of a publicly-accessible food forest, an outdoor demonstration kitchen, a farmers market stand, accessible resting spots, and a willow dome and children's wildflower garden.

Improving local food security is a particular focus of the projects, which aim to promote awareness around sustainable food production, and increase access to affordable, healthy food for local residents.

"This funding will allow us to create engaging public green spaces at KPU Farm and facilitate dialogue with the community about the importance of sustainable agriculture and ecological land stewardship. We are appreciative of TD's investment in our programs that foster community resilience and food security through education, dialogue, and regional food production," says Rebecca Harbut, chair of the sustainable agriculture and food systems program at KPU.

KPU Farm, located on the Garden City Lands near the KPU Richmond campus, is a unique urban agricultural learning space that began operation in 2018 to foster a shared vision between KPU's department of sustainable agriculture and the City of Richmond. KPU leases eight hectares (20 acres) of the Garden City Lands from the City of Richmond for the certified organic farm. Students study and practice at the farm while working toward their bachelor of applied science in sustainable agriculture.

KPU Farm also features a Learning Garden—a space created to facilitate community engagement while opening the land to the wider community of Richmond. The farm also provides industry partners with opportunities to collaborate on research and demonstration projects.

Icebreaker donates over \$6,000 to KidSport Richmond

The annual Steveston Icebreaker 8K and New Balance Kidsrun has opened up registration for the 2024 Icebreaker 8K run, which will take place on Jan. 14, 2024. As part of the annual event, the Icebreaker had a fundraising contest as well as a kids' run with all proceeds going to KidSport Richmond.

In 2022, the Icebreaker raised \$6,134.74 that will help children and youth in Richmond try or play a sport in Richmond.

"This is so awesome to be able to contribute to such a great cause. Sport can play a huge role in one's life. KidSport is so important to our community and changes so many lives," said Jared Hulme, race director.

New Balance Richmond (please hyperlink store) has returned as the title sponsor. "Keep your eye out for some free community runs this fall with lots of giveaways," said Hulme.

After back-to-back sellouts, Richmond's only race is one that can't be missed. Registration can be done at icebreaker8k.ca, for the latest news and awesome giveaways follow them on social media at @Icebreaker8k.

The Steveston Icebreaker road race is one of the major fundraiser for the Kajaks Track and Field Club. Kajaks has been serving the Richmond community for over 60 years and is one of the province's biggest track clubs. Kajaks fall program registration is in full swing, with Cross Country and Track and Field programming options.

Check out kajaks.ca for more information.



City of
Richmond

Notice

2024 City Grant Programs Open

Applications accepted until 5:00 pm on October 18, 2023

The City of Richmond supports a positive quality of life for all its residents. City Council recognizes that one means of helping to achieve this goal is through City Grant Programs to support the work of community service groups and individuals. The City is currently accepting applications for the following grant programs:

- Arts and Culture
- Child Care
- Health, Social and Safety
- Parks, Recreation and Community Events
- Environmental Enhancement



To access the online application system, as well as Information Session details, Grant Program Guidelines, User Guides and City staff contact information, visit richmond.ca/CityGrants

richmond.ca



Every Child Matters



The **National Day for Truth and Reconciliation** is a day to honour the resilience, dignity and strength of survivors and intergenerational survivors and remember the children who never came home.

Join us in learning about the Truth and Reconciliation Commission's 94 Calls to Action and engaging with these calls through conversations in your workplace and in your community. Visit www.nctr.ca.

Aman Singh, MLA
Richmond-Queensborough
Aman.Singh.MLA@leg.bc.ca
604-664-0700

Kelly Greene, MLA
Richmond Steveston
Kelly.Greene.MLA@leg.bc.ca
604-241-8452

Henry Yao, MLA
Richmond South Centre
Henry.Yao.MLA@leg.bc.ca
604-775-0891

In their own words...

Housing: time to think outside the box



Carol Day
Councillor

A lack of affordable rental housing has become a crisis throughout the region. In response, Council recently approved projects to increase that supply, fast tracking proposals for purpose-built rentals in new developments in City Centre. In addition, I have heard loud and clear that densifying around existing commercial centers is something many people want if it improves rental supply.

An example is the new commercial/residential building at the corner of Williams and No. 3 Road. By combining services that the citizens of Richmond need with new rental housing, we accomplish several goals. One is creating jobs and services where people live to encourage people to use public transit or other active transportation rather than cars. Another is that by adding new rental housing, we can potentially free up older, more affordable units to give lower income renters a chance to get into the rental market.

But what else can we do? It's time to think

outside the box and here are a few ideas.

- Fast track building new "Rent to Own" condos to help people enter the housing market.

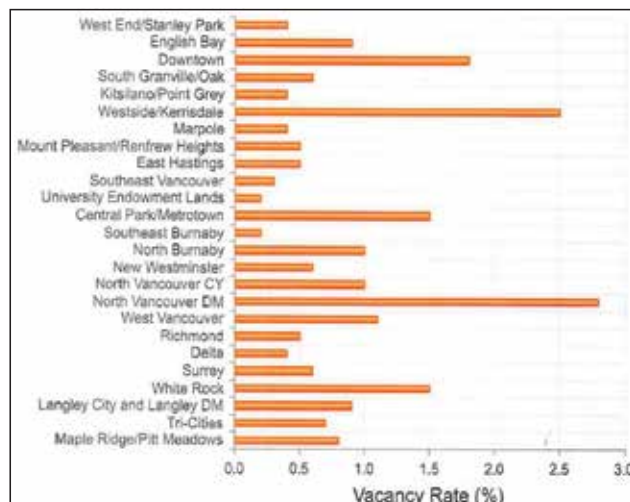
- Build new seniors rental buildings with both affordable and market rental rates to free up their homes and provide Richmond seniors the opportunity to live in a community with the benefits of assisted living and other services. This will also free up their homes to younger buyers.

- Work with developers to create purpose built rental housing which can be sold to pension funds for long term income streams, addressing our housing crisis and making the best use of available land.

- Encourage front and back duplexes on arterial roads to allow for lower priced home ownership options.

- Educate home owners about the option to build secondary suites in existing homes as mortgage helpers and/or maintenance assistance for seniors.

As a community, we can work to support each other by better understanding the requirements and potential benefits of secondary suites or shared accommodation. The City will continue to identify and shut



Source: CMHC Rental Market Survey, October 2022

down illegal short-term rentals to free up more permanent homes for Richmond residents, and welcomes the public's help in reporting such locations to our Bylaws team. If you know of an illegal short-term rental, please share the information and any evidence to bylawrequest@richmond.ca or 604-276-4345.

As the graph shows, Richmond has one of the lowest vacancy rates in Metro Vancouver at 0.5 per cent. Council and City staff will, with support from the community and partners, continue to work to change that number. As a member of Council and concerned resident, I am committed to doing everything I can to help.

City of Richmond Council Meetings Calendar

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

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

Sep 26 | 4:00pm
Parks, Recreation & Cultural Services

Sep 27 | 3:30pm
Development Permit Panel

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

Oct 4 | 4:00pm
Planning Committee

Oct 10 | 7:00pm
Council Meeting

Oct 11 | 4:00pm
Community Safety Committee

Oct 12 | 3:30pm
Development Permit Panel

Oct 16 | 4:00pm
General Purposes Committee

Oct 16 | 7:00pm
Public Hearing

Oct 17 | 4:00pm
Planning Committee

Oct 18 | 4:00pm
Public Works & Transportation Committee

Oct 23 | 7:00pm
Council Meeting

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

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



The iconic Canadian donut shop

By **SAMUEL CHENG**
Reporter

If you were to pick the restaurant chain that best represents Canada, what would it be? Most people would choose the iconic coffee and donut shop Tim Hortons, also known as Tim's or Timmie's.

Tim Hortons was kickstarted by a Canadian hockey player named Tim Horton and his business partner Jim Charade in 1964. Horton was born on Jan. 12, 1930 at the Lady Minto Hospital in Cochrane, Ontario. The family relocated to various cities between the decade of 1935 to 1945, including Duparquet, Quebec and Sudbury, Ontario.

Horton fell in love with hockey at a young age and grew up playing it in his hometown, Cochrane. Horton was merely 18 years old when his talent was discovered by the Toronto Maple Leafs organization in 1948. He was signed to play junior hockey in Toronto while attending St. Michael's College.

In just two years, Horton turned pro and went on to play for the Toronto Maple Leafs. He made his first National Hockey League (NHL) appearance on March 26, 1950. Horton spent the majority of his career with the Toronto Maple Leafs before moving around to different teams within the league, including the New York Rangers, Pittsburgh Penguins and Buffalo Sabres. He won four Stanley Cup titles during his time with the Toronto Maple Leafs.

Horton was known for his tough and relentless style of play. Hardworking, calm, and durability were his forte. In his 24 seasons as an NHL player, he has gone on to collect numerous awards and achievements including NHL First Team All-Star (1964, 1968, 1969) and NHL Second Team (1954, 1963, 1967). From Feb. 11, 1961 to Feb. 4, 1968, in a span of six years, Horton appeared in 486 consecutive NHL games, which remains as the Toronto Maple Leafs' club record.

In 1996, The Buffalo Sabres retired the #2 jersey in honor of Horton. Also, in 2016, after the Toronto Maple Leafs had changed their retirement policy, the team decided to retire the #7 jersey in honor of both Horton and King Clancy.

Sadly, Tim Horton was killed in a single vehicle crash on Queen Elizabeth Way in St. Catharines, Ontario, on Feb. 21, 1974. According to the autopsy report, it was found that Horton was under the influence of drugs and alcohol at the time of the accident.

Despite his death, Horton left behind a greater legacy that he could never have imagined. Tim Hortons started out as a hamburger restaurant in North Bay, Ontario in 1964. This is not to be confused with Tim Horton's first donut store that was opened in Hamilton, Ontario months later.

Horton's former business partner Charade had

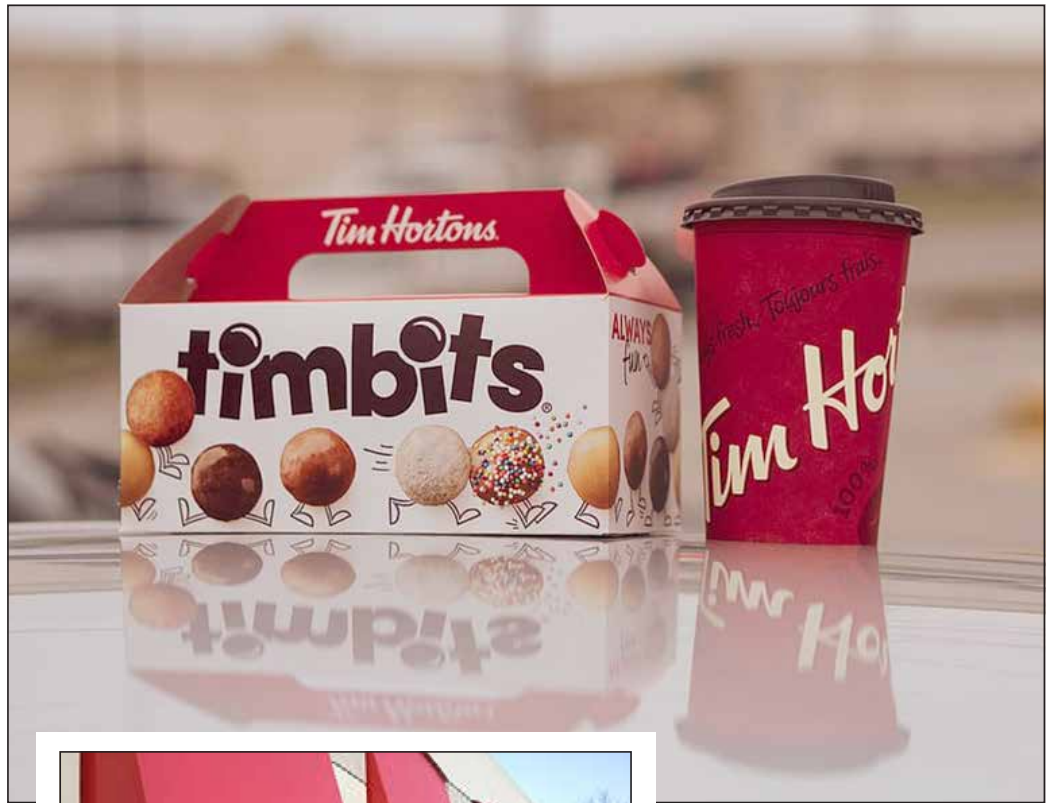


Photo via wallpaperflare.com



Photo via tripadvisor.ca
Tim Hortons location within CF Richmond Centre.

decided to leave the company two years later but returned briefly in 1970 and 1993 through 1996.

In 1967, Horton found himself partnering up with an investor Ron Joyce, who ultimately took control of the company after Horton's death in 1974. Joyce was also the one responsible for rapidly expanding Tim Hortons into a multi-billion dollar business we have come to know today.

Do you know the names of Tim Hortons first two donut creations? Over the years, Tim Hortons menu has grown extensively. It began with only two varieties of donuts on its menu, the Apple Fritter and the Dutchie.

In 1976, the world-renowned Timbits was introduced and added to the menu. For those wondering what and how Timbits were created, the answer is simple. Timbits are made with leftover donut dough that was shaped into bite-size pieces before fried in oil. For some individuals, Timbits would be the equivalent to the America's "donut hole".

Timbits come in a huge assortment of flavors.

With Old Fashion, Chocolate Glazed, Honey Dip, Sour Cream Glazed and more. Celebrating the 50th anniversary, Tim Hortons released a limited-edition flavor called the "Birthday Cake". It was given out for free on May 17, 2014 to celebrate the special occasion. Muffins and cookies were introduced in 1981.

Aside from the sweets, Tim Hortons has since expanded its drinks menu from more than just coffee. Flavored lattes were offered in 1997. Other products such as soups, bagels and sandwiches eventually made their ways onto the menu.

Fast forward to Aug. 26, 2014, the donut giant has decided to merge with the fast-food chain Burger King for 11.4 billion US dollars.

There are currently eight Tim Hortons locations in Richmond, three on Sea Island, one along Bridgeport Road, one on Cambie Road, one at Richmond Centre, one at Kwantlen Polytechnic University, a location at Ironwood Plaza, and a location under construction on Jacombs road.

•taic@richmondsentinel.ca

Richmond stories; A path to healthy eating

By MATTHEW CHEUNG
Reporter

Healthy eating has continued to be a concern for people of all ages. In this edition of Richmond stories, Rika Mansingh (RM) sat down with *Richmond Sentinel* interviewer Jim Gordon (JG) to discuss her new book, her journey to becoming a dietitian, and healthy eating.

JG: *She is a registered dietitian, clinical consultant of media, a certified meditation and NLP master practitioner, hypnotherapist, philanthropist, podcaster, and she is the author of The Empowered Mind Diet Equation. She is also the most recent columnist to join us here as part of the Richmond Sentinel family.*

We wanted to have you in because of what you do for a living. I think more people are trying to eat healthier, but it can be intimidating. Let's start off with, what does a general healthy diet look like?

RM: A general healthy diet is actually very easy to follow and it's going to include a rainbow of colour, your brightly coloured vegetables and fruits, your wholegrain and lean poultry and fish as well. A very easy way to manage your portions is not to count calories or weigh your food, but to look at the plate model. Half your plate can be your vegetables as much colour as possible, a quarter of your plate can be your lean poultry or fish which is about palm size of your hand, and the other quarter of your plate can be the multi-grain quinoa, brown or wild rice to add fibre to your meal.

JG: *Because you're sought after for advice, do you find that part of the challenge is, people don't want to cook or don't know how to cook, do you try to ease them in step-by-step?*

RM: Absolutely, what's important to know is a little bit of planning the night before, and maybe plan and cook meals to cover the next two days, will take you a long way.

JG: *Is it necessary to take multivitamins and mineral supplements?*

RM: Food first is a dietitian model for sure, so if a person is eating a variety of foods with lots of colour, a well-balanced diet, they may not need vitamin and mineral supplements. But, as we know Jim, everybody is so busy with hectic lifestyles, often skipping meals, that's where vitamins and mineral supplements come into play. Also, vegetarians and people with food allergies will need to take vitamins and mineral supplements.

JG: *One of the parts of this equation of eating better is the complaint that I hear is there's not enough time, if you're on a certain income it might*



Photo courtesy Rika Mansingh
Rika Mansingh, best selling author sat down with the *Richmond Sentinel*.

be faster as a single parent or a couple to pick up a pizza because it's \$18 and feeds a family of four. Do you find that once people get into your line of thinking, you keep them on that path?

RM: What I try to do is always let people know when you eat healthy, you're actually going to feel better and your whole foods are not as expensive, it's the processed foods that are more expensive. When you make the association with what you eat and how it makes you feel, a person is more likely to sustain that pattern of eating.

JG: *How did your journey into health and wellness begin?*

RM: I was originally born in South Africa. I moved to Canada about 16 years ago and have been working as a registered dietitian for over 21 years. My dad who is a physician had this incredible insight, recognizing the proactive approach a dietitian can make in preventing and managing diseases of lifestyle. This ignited my passion for dietetics, knowing that I could make a meaningful difference. What brings me joy is to witness firsthand the transformative power of good nutrition on patients.

JG: *Let's talk about your book The Empowered Mind Diet Equation, a best seller. Can you highlight the connection between diet and a mindset to empower individuals.*

RM: In my book I create the awareness of the role of diet in mental wellbeing. The mind is the most powerful asset and to achieve any goal it all starts with the mind. When we eat healthily we think well, we feel well, we have a healthy behaviour, also better sleep and energy.

JG: *Most of us don't get enough sleep and it's so important, are there more facts and studies coming about sleep and healthy diet?*

RM: First of all, when you sleep well, your brain is cleansed by cerebrospinal fluid which removes some beta-amyloid protein plaque that we see in the brain. When we're not getting enough sleep a hunger hormone called ghrelin increases and the hormone that makes us feel full 'leptin' decreases. The next day you're going to be super hungry.

JG: *One of the most challenging journeys you can go on is getting off sugar, talk about how that affects your mind, sleep, mood.*

RM: In my book, I call sugar a culprit and did you know sugar is eight times more addictive than cocaine? When we eat sugar or a meal that contains sugar, rapid spikes in our blood sugar help us feel good, our mood is boosted because we increase serotonin, a feel-good chemical messenger and dopamine. Not long after, our blood sugar levels drop and we feel tired, creating more sugar cravings.

JG: *You mention fibre a lot, I take fibre supplements every day, is that something you would recommend?*

RM: If people don't eat all their portions of fruits and vegetables, in that case it would be beneficial to have fibre.

JG: *In your book, you also talk about the gut as a second brain, can you explain what you mean by that?*

RM: The gut is regarded as the second brain. 95 per cent of serotonin is produced in the gut, so if we're eating unhealthy and not digesting food well, it will lead to inflammation in the gut which leads to inflammation in the brain. It's important to recognize what we eat will affect our mental health.

JG: *Can you explain the gluten intolerance or gluten free condition that people may not understand?*

RM: Gluten is a sticky protein, difficult to digest. People with celiac disease and wheat allergy avoid gluten but new research finds that many people who aren't allergic to gluten experience digestive issues, after eating a gluten containing meal. We call this non-gluten celiac sensitivity where you eat a meal and experience headaches, sleepiness, etc. It's important to be mindful of how you feel after consuming gluten.

For the complete video interview richmondsentinel.ca/videos

Contact Rika at rikadiet4wellness.com and info@rikadiet4wellness.com

•matthewc@richmondsentinel.ca

Ethan "Hunts" down "The Entity"

By **SAMUEL CHENG**
Reporter

The *Mission: Impossible* series, a household name in the spy and action movie genre. With its newest release, *Mission: Impossible – Dead Reckoning Part One* premiered on July 12, 2023, the decades long series is back yet again with another breathtaking and thrilling adventure.

The first ever *Mission: Impossible* film was released on May 22, 1996. It starred Tom Cruise as Ethan Hunt, who remained as the heart and soul throughout the *Mission: Impossible* franchise.

Ethan Hunt was part of the *Mission: Impossible Force*, or IMF for short. The IMF is a multinational espionage that works closely but not for the government of the United States. They are often deployed and sent out to complete missions that are seemingly sought as "impossible". However, through time and time again, Hunt has proven the doubters wrong.

Needless to say, the *Mission: Impossible* series is filled with astonishing stunts, all of which are performed by the man himself, Tom Cruise.

From free climbing the canyon without a safety harness, hanging off the side of a plane to climbing the world's tallest building, Cruise has done them all. Not to mention the countless times that the actor has jumped out of a highspeed vehicle, planes, and helicopters like it's a piece of cake.

The risks associated with each of these stunts are off the charts. The risks are so high to the point that some of the insurance companies have denied to insure Cruise for his dare devil acts. Sometimes, the audiences are left wondering, are there any stunts that Cruise cannot do?

There are currently seven movies in the *Impossible: Mission* series, with the eighth one in the making. The *Mission: Impossible – Dead Reckoning Part Two* is scheduled to be released on June 28, 2024.

The first of the series, *Mission: Impossible*, released in 1996, was about Hunt being framed for selling top government secrets to an arms dealer nicknamed "Max". To clear his name, it was up to Hunt to track down and put the criminal behind bars. The film was met with an incredible commercial success, bringing in \$457.7 million with a budget of merely \$80 million. It was one of the movies that solidified Cruise's place in the movie world today.

With the huge success of *Mission: Impossible*, you may have thought that the production would be rushing to release a follow-up film while the iron is still hot. However, the reality was that the second

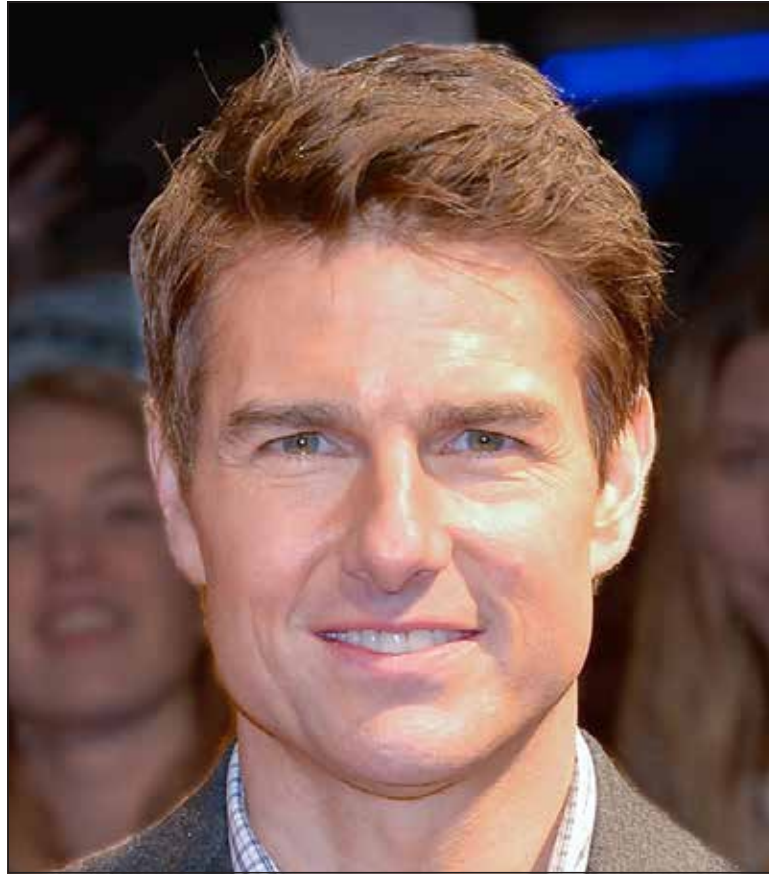


Photo courtesy Wikimedia Commons
Tom Cruise in Jack Reacher movie premiere in 2012.

movie was not released until four years later.

Mission: Impossible 2 starred Thandiwe Newton as Nyah Nordoff-Hall, a professional thief who works together with Hunt to apprehend an ex-IMF member that had gone rogue. Sean Ambrose, played Dougray Scott, was the antagonist in the film who stole a deadly virus to sell to the highest bidder. The iconic rock climbing Dead Horse Point scene without any safety cables or harnesses was featured in the second film of the series.

It is worth mentioning that it was in this movie that one of the elements of the franchise was introduced. It is all thanks to the world-renowned director, John Woo, who brought the signature face masks and face change into play. It has since then remained an integral part of the series until today. Woo was also the director of other top selling films including *Face/Off* (1997), *A Better Tomorrow* (1986), *The Killer* (1989) and many more.

2006 marks the release of *Mission: Impossible III*. In this film, Hunt is faced by Owen Davian, an arms and information broker who attempts to sell a mysterious object named "The Rabbit's Foot". It was also in this film that Hunt was engaged to Julia Meade, starring Michelle Monaghan, who is clueless about the actual job description of Hunt's line of work. Later on, Meade's death was faked in order to protect her and to keep her safe.

When ranking the most impressive and daring stunts ever performed throughout the series, most

votes would have gone to the climbing of the Burj Khalifa skyscraper in Dubai; the world's tallest building today. The stunt was captured in *Mission: Impossible – Ghost Protocol* released in 2011. Many considered the Ghost Protocol as the turning point of the franchise, elevating the series up from a "good" action movie to a "specular" movie franchise.

As Ethan Hunt became better and better at apprehending criminals from around the world, his enemies have upped their game as well. In the fifth film of the series, *Mission: Impossible – Rouge Nation*, Hunt was faced with an organization called the Syndicate, an international group of terrorists that recruited agents and government operatives from around the world to commit various crimes. It was in this film that Cruise performed yet another breathtaking stunt of hanging off the side of an Airbus A400M airplane as it took off from the runway.

Without keeping the fans waiting for too long, the fifth film of the series *Mission: Impossible – Fallout* was introduced three years later in 2018, the shortest it has ever been since

inception. With the mission to recover plutonium from the hands of the Apostles, Hunt decided to take matters into his own hands as the Central Intelligence Agency (CIA) was beginning to question his loyalty.

Fast forward to 2023, with the release of *Mission: Impossible – Dead Reckoning Part One*, it marks the seventh film of the series. Till date, the franchise has raked in a total of \$4.13 billion dollars across all seven films, ranking seventeenth in the highest-grossing movie franchises of all time.

It has been speculated that the *Mission: Impossible – Dead Reckoning Part Two* would mark farewell for the character Ethan Hunt. However, director and story writer Christopher McQuarrie has come forward to hint that there may very well be more *Mission Impossible* movies to come.

To further justify the validity of McQuarrie's statements, Cruise has also mentioned that he would love to continue making *Mission: Impossible* movies for as long as possible. Inspired by movie star legend Harrison Ford, Cruise hopes to continue until he is 80 years old.

Go check out the newest *Mission: Impossible* movies if you haven't already seen it in the theatres. While waiting for the next *Mission: Impossible* movie, maybe it is not a bad idea to re-watch and re-indulge in Cruise's previous magnificent action-packed films.

OUR CITY tonight

SPOTLIGHT ON FOOD, FILM, AUTUMN COCKTAIL



Photo courtesy eatbraiselove.com

The Meal at Home – Anchovy Butter Board

As prices for dining out continue to soar, more of us are cooking and entertaining at home. But if your culinary skills are lacking, fear not. Enter Mitra Shad, a French-trained chef turned food writer, who also just launched a website called eatbraiselove.com, which features her recipes and restaurant reviews. Mitra offers a super easy recipe you can create at home called the anchovy butter board. "It looks beautiful enough to fool your guests into thinking it's difficult," Mitra tells us, "and it tastes wonderful." She walked us through the preparations—the butter board (or plate in this case) starts with a layer of good quality unsalted butter, topped with Spanish anchovy fillets, lemon zest, a squeeze of fresh lemon juice, parsley, a touch of fleur de sel, and edible flower petals (or nasturtium flower petals from the garden as shown in the photo.) Serve with salted crackers or a nice baguette.

The Film – *The Wonderful Story of Henry Sugar*

Writer/director, Wes Anderson (*The Royal Tenenbaums*, *Rushmore*, *The Grand Budapest Hotel* and *Fantastic Mr. Fox*) is back with a new short film

which begins airing on Netflix Sept. 27. Taken from a short story by Roald Dahl, this 37 minute film tells the story of a wealthy bachelor (Benedict Cumberbatch) who learns of a guru who can see without his eyes. Could this assist our bachelor in cheating at gambling? Wes Anderson's films are always worth watching and you can always count on his films having superb casts. *The Wonderful Story of Henry Sugar* is no exception with Ralph Fiennes, Ben Kingsley and Dev Patel rounding out the cast.

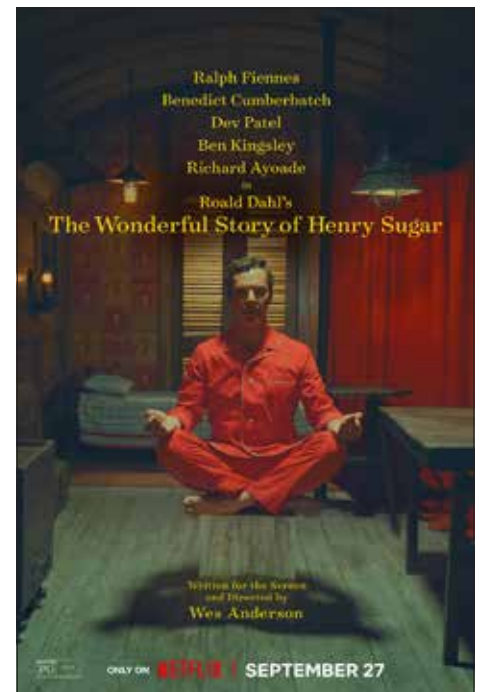


Photo courtesy Netflix Canada

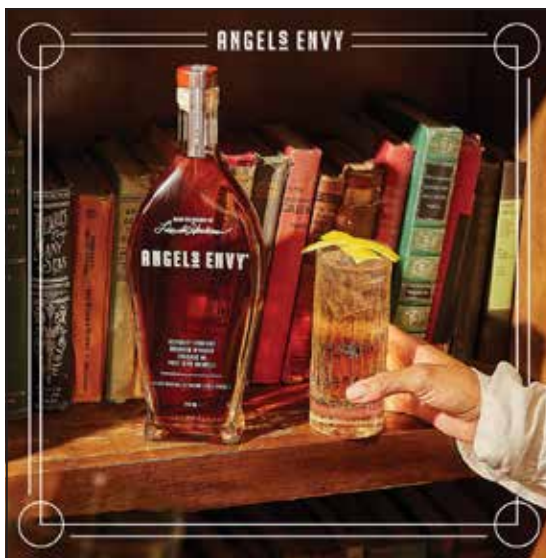


Photo courtesy Angel's Envy

The Autumn Cocktail – *The Mighty Oak Highball*

As we move quickly into mid-Autumn, we thought we'd turn once again to Adam Domet. He is the "Whiskey Guardian" for Angel's Envy Whiskey, and someone we know can deliver a superb autumn cocktail. His suggestion, the "Mighty Oak Highball". This cocktail starts with 50ml Angel's Envy Kentucky Straight Bourbon Whiskey finished in Port Wine Barrels, 20ml Peach and Ginger Shrub, 15ml Fresh Pressed Lemon Juice, served long in a Collins glass and topped off with ginger ale and garnished with lemon peel. Adam explains the peach and ginger shrub: cut 4 fresh peaches into small pieces add 70g of freshly ground ginger to pot on medium heat with 70g of sugar. Stir consistently until mostly liquid. Pass the liquid through a sieve and add apple cider vinegar to taste. It should be tangy and sweet, about 15ml apple cider vinegar to 100ml of peach and ginger liquid. Store in the refrigerator, will last for 2 weeks. angelsenvy.com

Award-winning actor's pivotal roles

By JIM GORDON & LEETA LIEPINS
Contributors

Garry Chalk (GC) is a British born, Canadian actor who has been part of the Canadian as well as the American, television and film landscape for over 40 years. He is an award-winning actor and voice actor based in Vancouver, B.C.

OCT: *If we could sum up your career, you truly are an incredible character actor. That is said, with utmost respect as character actors are the base for most film and TV. This goes back to actors such as Claude Rains, Lionel Barrymore, and even Gene Hackman. We would most certainly put you in that illustrious category.*

GC: Yes, I definitely have been a character actor for a long, long time and always being the buddy, the partner, the husband, the dad or the widow. I find that as a character actor you're just as much a part of the picture as the lead. And as they say, there are no small parts just small actors. I've been part of a lot of different programs and I find it's very interesting because I get to play so many different parts. I have played a lot of cops and I have played a lot of generals, now at this stage of my game I am actually playing many more different and interesting characters. Not to say those in the past were not interesting as they were always fun too.

OCT: *You always seem to play the pivotal guy in films and TV. What happens is once you enter the picture something changes. What is particularly fascinating is, that you have acted in so many different genres. You have been in horror, westerns, romantic comedies, Christmas movies. In fact, you cover everything, and you morph into it effortlessly.*

We must mention that you have used your wonderful voice in a lot of anime pictures and voice-over's. You have also won many awards too, one of them was for that great series Cold Squad in which you had a four-year reoccurring role. In fact, you



Photo by Dean Michael Buescher

Garry Chalk, TV and film actor.

were awarded two Geminis for that role in Cold Squad. Can you tell us a little bit about your long-running role as Inspector Andrew Pawlachuk.

GC: In the initial run of *Cold Squad*, I wasn't cast but in the second season they called me in to read for this inspector role. I thought it was, like I always do, just a one-off. I had no idea that I was going to be there for almost 70 shows. It was a character that I just fell in love with because he was the right combination of good guy, stern leader, and cop. He was also a father and a husband which made for a very well-rounded character.

I remember one episode where Julie Stewart, who was the star of the show, said to me "I wish they would give you an episode where we get to

see more of this guy". And they did just that. That just made the role even more interesting for me and it just was one of those types of shows that you as an actor would dream about doing. I love the role, and I love the people that I worked with. And yes, I did win the Gemini twice in a row on *Cold Squad* for playing that same character. It was just a real uplifting kind of feeling.

OCT: *Let's talk about two of your newest movies. We just saw you in the film Exile which also stars one of our good friends Camille Sullivan as well as starring Adam Beach. This is an excellent thriller. And the newest film in which we haven't seen yet called Disquiet. Tell us about working on the set of Disquiet and describe the atmosphere around this supernatural-horror movie filmed here in Vancouver.*

GC: First off, we shot the movie at Riverview Hospital, which is scary and creepy enough in itself. The film takes place inside a hospital that seems to be empty of people except for demons and scary people. There are a lot of people that you come across and you wonder why they're there and what's going on. The premise is this one poor fellow has had a head injury and he can't seem to find the exit to get out of the hospital. He keeps wandering around and he sees his wife, but then she disappears, and then she comes to visit him and then she is gone again. All the while he is trying to figure out how to get out of there.

My part as Virgil is that I am his mentor or perhaps his guide through this harrowing situation. I keep directing him to the fact that he needs to get to the roof. We have to get to the roof. I don't want to give away too much, but basically, I play a sort of guide to help him get through this whole thing as he is dealing with his head trauma. It's very exciting and a real thriller. Catch Garry Chalk in his most recent movies, *Exile*, *Disquiet*, and *Colorblind*.

For filmed interview in full richmondsentinel.ca/videos

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