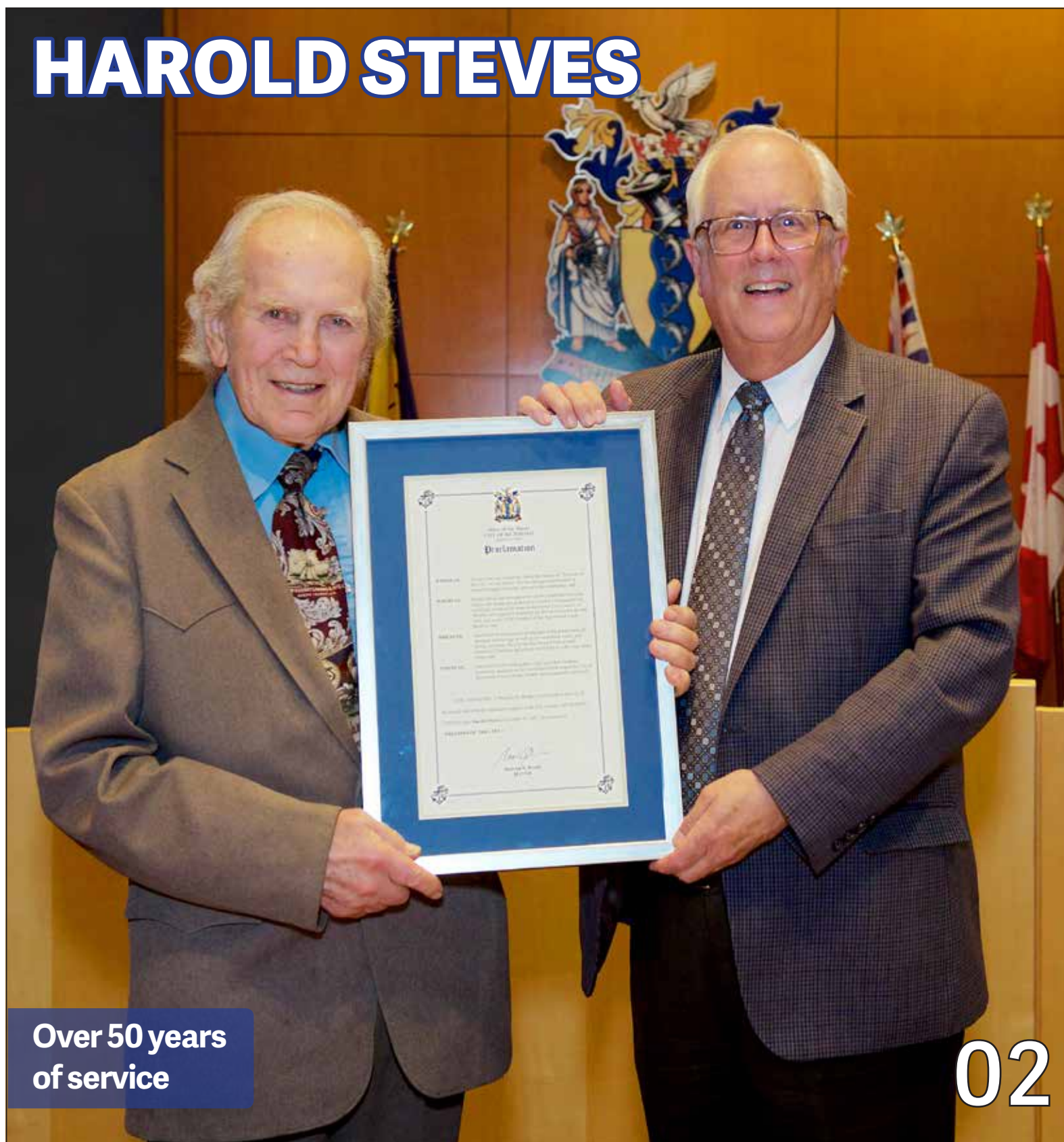




HAROLD STEVES



Over 50 years
of service

02

Photo courtesy City of Richmond

Former councillor Harold Steves awarded the highest honour a local government can bestow, Freedom of the City.

OUR CITY *Richmond*

'GOOD TO KNOW'

by Florence Gordon



Photo courtesy City of Richmond

The *Richmond Sentinel* would like to express their appreciation to a man who contributed 50 years of service to the city and residents of Richmond.



Photo courtesy richmond.ca/archives #1988-60-7

Harold Steves, former councilor, MLA and long-time resident has been awarded with the Freedom of the City, the highest honour a local government can bestow on an individual.

"Harold Steves has dedicated most of his life to making Richmond and British Columbia better for everyone," said Mayor Malcolm Brodie when announcing the honour at last night's city council meeting. "During his time as the province's longest-serving elected politician, Harold made a tremendous impact on community life particularly in the Steveston area, the preservation of farmland and heritage, as well as environmental issues. Our city and province are much better thanks to his commitment and many contributions."

Richmond-born Harold Steves is the great-grandson of Manoah and Martha Steves, one of the area's founding families and after whom the waterfront community of Steveston is named. He was first elected to Municipal Council in 1968, 22 years before Richmond was designated as a city, for what would be the start of over 50 years of public service. After a brief stint as an MLA from 1973 to 1975, Steves returned to Richmond Council in 1977. (Alderman Steves is shown top left with the then, Richmond Township Council).

Harold Steves remained an elected official until his retirement prior to the 2022 municipal election. Among his many achievements over those decades was establishing the Agricultural Land Commission to protect valuable farmland and rural areas from development. As a member of council, he also fought hard to preserve local landmarks such as Garry Point Park, Richmond Nature Park, Britannia Shipyards, Gulf of Georgia Cannery and the Garden City Lands.

Harold Steves is the sixth individual to receive the Freedom of the City honour. Previous honourees include long-time Mayors Greg Halsey-Brandt, Gil Blair and Henry Anderson, as well as councilors Bob McMath and Archie Blair. Freedom of the City recognition has also been given to the 12th and 39th Service Battalion. richmond.ca

Make time for Halloween fun in Richmond

Over 20 spook-tacular Halloween-inspired events and activities are now on through Tuesday, Oct. 31 with the fang-tastic Halloween Fireworks Festival in Minoru Park on Halloween night. All the details about this year's 20+ events can be found at richmond.ca/halloween

Leading up to Oct. 31, spend time with ghouls, goblins, friends and family at events across the city, which include:

- Visit the Richmond Nature Park to purchase a freshly-picked pumpkin from a local farm
- Get active at a Halloween-themed skate in costume at Minoru Arenas
- Groove at a costumed Zumba dance party
- Join a special Grandparent and Grandchild trip to Aldor Acres Pumpkin Patch
- Decorate pumpkins with your spookiest designs at Steveston, South Arm and Thompson community centres

On Halloween night, bring friends and family to the Halloween Fireworks Festival at Minoru Park (7191 Granville Avenue) from 6:30 to 8:45 p.m. to:



Photo courtesy City of Richmond

Find details about this year's 20+ events in Richmond on the city website.

- watch stage performers including a magician, jugglers and musicians, take in the roaming performers including face painters and stilt walkers

- participate in games and activities led by City Centre Community Association's youth leadership group

- visit the onsite food trucks for hot dogs, mini donuts and beverages including bubble tea

- view the 15-minute fireworks finale that starts at 8:30 p.m.

Fireworks and firecrackers can be dangerous and it is illegal to possess, buy, sell or detonate them in Richmond. Under Richmond's Fire Protection and Life Safety Bylaw 8306, offences and fines include purchasing fireworks (\$1,000 fine), displaying fireworks for sale (\$1,000 fine), selling or distributing fireworks (\$1,000 fine) or ignition of fireworks without a permit (\$200 fine). A zero tolerance approach will be taken.

approach will be taken.

Visit richmond.ca/halloween for all details, including registering for programs.

Get ready to scream at the top of your lungs

By SAMUEL CHENG
Reporter

Playland's Fright Night is back as it celebrates the 20th anniversary since its inception back in 2003. It has since grown to become western Canada's biggest and spookiest Halloween convention.

It started out with three haunted houses and a few rides, the targeted audience was between the ages of 12 to 35. It attracted a total of 43,741 attendees in the first ever October Fright Night. Three years later, Fright Night added a Fire Show and a new haunted house to its event.

In 2007, another haunted house was added, bringing the total number of houses from three to five. The number of attendances nearly doubled to 64,738, bringing in over \$1.5 million dollars of revenue.

In 2008, Fright Night added another show called the "Monster of Schlock". In this year, Fright Night was met with a record-breaking attendance of 83,076 people, raking in over \$2.1 million in revenue.

2009 was the year that Fright Night had undergone a revamp, replacing its five existing

haunted houses: Bates Hotel, Black Hole, Scary Tales, Nuclear Nightmare, and Demon of the Dark/House of the Dead with four, completely new haunted houses. The new houses include Asylum, Hollywood Horrors, the Haunted Manor, and Darkness. There was a slight drop in attendance compared to the previous year, with a rainy October to be suspected as the biggest culprit.

A new haunted house was added once again to the collection as 2010 rolled around. Car-n-Evil, a one-of-a-kind 3-D haunted house, featuring terrifying clowns and various carnival rides as the highlight of the new addition.

Two years later, Fright Night celebrated its 10th anniversary milestone with the addition of another house that haunted people's worst phobias and superstitions. Fear, the name of the new house, featured spiders, snakes, germs, heights and other "life threatening" dangers and scary things.

2013 was a success as the attendances climbed back up to around 80,000 people. It was in this year that Fright Night decided to extend its hour of operation to as late as 1 a.m. on busier weekends. Rapid pass was also introduced for those who would like the opportunity

of shorter lineups.

A new haunted house, Keepers Doll Factory, was introduced in 2014. It boasted an astounding \$2.86 million in revenue while entertaining over 74,000 fearless participants.

Due to the ticketed sale of premium ticket pricing for weekends and rapid passes, 2015 was a major success as the attendance number broke an all-time record of 84,000 bringing in over \$3.4 million in revenue. Two years later, an eighth haunted house, The Bloodshed, was added to the collection.

Fright Night was cancelled due to the outbreak of COVID-19. Instead, it was replaced with Slayland: Night of a Thousand Screams. COVID-19 social distancing and sanitization policies were enforced during this time of difficulties. Amusement park rides, costumes and decorations were in place instead of the eight haunted houses.

This year, Fright Night is back to celebrate its 20th anniversary. The event runs until Oct. 31 (closed on selected weekdays). Tickets range from \$30 to \$62 and are available for purchase online and on-site.

Please visit frightnights.ca for more information.

Richmondite empowered by Variety BC

By MATTHEW CHEUNG
Reporter

Richmondite's little girl Isla, was born preterm after her mother had suffered a stroke. She had contracted bacterial meningitis and was then diagnosed with cerebral palsy that primarily affected her legs. With a power wheelchair, Isla was able to navigate around her home effectively but changes needed to be made to their family van. Her family reached out to Variety regarding van lift conversions which would allow her to explore the world more with family and friends. Through Variety and the donors, the van lift conversions were completed, enabling Isla the opportunity to enjoy her childhood with those around her.

"Our job is to do our best to ensure that Isla is not limited by disability and that we put the supports in place. We want to do everything we can to remove obstacles that cerebral palsy may put in place," said Kathryn, Isla's mother.

Between Oct. 16 and 20, British Columbians participated in the 8th annual Variety Week in support of children with disabilities and complex healthcare needs. Donations made during Variety Week were matched by a group of donors and sponsors, doubling the impact for kids and their families. Variety partnered with contemporary artist Richard Brodeur, who began painting to support his mental well-being after retiring from an NHL career as a beloved goalkeeper, to create a one-of-a-kind art piece for Variety Week entitled All Inclusive.

Variety has been active for over 55 years and have empowered many kids through grants to fulfill their own unique potential thanks to sponsors and do-



Photo courtesy Variety BC
Richmondite Isla prepares for hippotherapy in the comfort of her own home.

needs, in turn causing a ripple effect that can be felt throughout the homes, schools, and communities we live in.

"We're inviting people across the province to donate if they're able and to help reimagine possibilities for kids with disabilities and complex health needs. Families are struggling with the rising costs of living and services. Hundreds of kids are waiting today to hear if Variety can provide the critical support they need. The need for support from our community has never been greater or more urgent. Donations will be matched for double the impact. Every gift matters and makes a difference," said Tong.

For more information, visit variety.bc.ca/about/

nors. Some uses of the grant include adaptive and mobility equipment, mental wellness, private assessments, specialized therapies, tuition and tutoring Type 1 Diabetes support, and more. With a unique history the organization is hopes to continue to protect the health and wellbeing of children and youth.

"Each year we receive countless requests from families needing urgent help with specialized therapies, adaptive and mobility equipment, private assessments, mental health, education support and more. Last year Variety received requests to support 143 kids across Richmond. Variety steps in where there are significant gaps in government or other funding insufficient funding or long wait times where a child may need to wait years for the support they need," said Andrea Tong, chief executive officer of Variety BC.

With continued support Variety BC hopes to inspire donors to help all children in B.C. with special

In honour of our soldiers: Graham Alexander Finlayson

By SAMUEL CHENG
Reporter

In a series of Richmond's 'poppy' street signs in memory of our fallen soldiers, we share the story of Finlayson Drive and Finlayson Court.

Graham Alexander Finlayson was born in 1917 and was a resident of Richmond for a number of years before moving to Vancouver. He attended various schools throughout his adolescent years, including graduating from Lord Byng High School.

Lord Byng High School, or what is today called Lord Byng Secondary School, is one of the oldest

schools in Vancouver. The year of 1925 marked the official opening of what is now an almost century-old school. It was named after a hero of Vimy Ridge, who was also the Governor General of Canada at the time—Julian Hedworth George Byng.

The school had undergone several mergers with other educational facilities as well as building upgrades throughout the years. In 2005, a new library, gymnasium, gallery, studio, and classrooms were added to the school.

The motto of Lord Byng Secondary school is "Custos Morum", which translates to "Guardian of Morals", and the mascot of the school is the

Grey Ghost.

Upon graduation from the school in 1936, Finlayson returned to Scotland to pursue his career before accepting a job opportunity in Singapore. During this time, Finlayson worked at a rubber plantation in Asia when World War II broke out.

It was at this time that Finlayson decided to join the 3rd Battalion of 16th Punjabi Regiment. He fought valiantly before being killed on February 10, 1942 during the defense of Singapore.

Today, Finlayson Drive and Finlayson Court can be found to the north of Bridgeport Road, between No.4 and Shell Road.

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OUR COMMUNITY NEWS

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from the
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Google Play Store.

The Halloween special

By TAMMY LO
Student Writer

Halloween is just around the corner and many Halloween enjoyers have begun setting up with their scary decorations, pumpkin carvings, and large retail shops selling larger quantities of candies. The City of Richmond has also announced that they will be organizing various events and activities during Halloween weekend including a pumpkin sale, fireworks festival, a scavenger hunt, a Halloween Zumba party, and many more.

As many know Halloween, is a day for children and families to participate in many activities like trick or treating, pumpkin picking, jack-o-lantern carving, and many more. However, many don't know the history behind Halloween.

Halloween used to be an ancient Celtic celebration of Samhain in Ireland, the United Kingdom, and parts of France. It was believed that the celebration of Samhain meant the summer's end which also signified the close of the harvest season and the coming of winter. Ancient Celts also believed that on Halloween night, the world of the living and the dead were blurred resulting in the spirits of the dead walking amongst the living. It was believed that departed loved ones would appear, but with that it also meant spirits of a person one had wronged would appear as well. To ward

off said evil spirits, people would practice guising which included darkening one's face with the ashes from the bonfires, which became masks.

Fast forward to the 1840s, during the potato famine, the rituals of Samhain arrived in the United States. The Irish believed in the story of Stingy Jack who had fooled the devil and was banned from hell but could not enter heaven, so he roamed the world with a small lantern made of turnip filled with red-hot ember. Given that Halloween was when the world of the living and the dead was thinnest, the Irish would carry around hollowed out turnips with a candle inside to ward off spirits, the turnips were then traded for pumpkins as they were much easier to carve.

Some common Halloween practices include costume dressing, trick-or-treating, decorations, haunted houses and attractions, Halloween parties, pumpkin carving, as well as cultural and religious practices.

One of the most significant aspects of Halloween in today's culture is dressing up in costumes. People of all ages, from young children to adults, enjoy selecting and wearing costumes that range from spooky to creative, some even participate in costume parades in the city.

Another significant aspect of Halloween that many young children enjoy is Trick-or-Treating. Children often travel with their parents or friends,

going door-to-door in their neighbourhoods, saying "Trick or Treat" to receive candy and treats. Generally, excited trick-or-treaters would be dressed up, equipped with a bag or bucket as they visited houses decorated for Halloween.

Haunted houses, Halloween parties, and spooky decorations are a must for all city's that participate in Halloween. Haunted houses offer a thrilling and scary experience for those who enjoy being frightened. Halloween parties are hosted by families, friends or companies and often include costume contests, Halloween themed decorations, food, and drinks.

Lastly, there is pumpkin carving, this messy yet simple activity is great for all ages. The act of carving pumpkins into jack-o-lanterns are a great activity for anyone who's looking to spend good quality time with others as they tap into their creative side to cut out intricate designs into the pumpkins and place a candle inside to create an illuminated face.

Halloween is a diverse and exciting holiday, and the activities people engage in can vary widely depending on their location, culture, and personal preferences. It's a time for creativity, fun, and embracing the frightening and supernatural elements of the season.

For more information about events and activities in Richmond, visit richmond.ca/culture/calendar/special-events/halloween.htm



HAPPY HALLOWEEN



EVERYTHING YOU NEED FOR YOUR SPOOKY FESTIVITIES

42 stores to prepare for trick-or-treaters

Located at Blundell & No 2 Road

Uncle Fatih's Pizza: A taste you can enjoy everyday

By MATTHEW CHEUNG
Reporter

Uncle Fatih's pizza has been a signature Vancouver pizza shop since it was first established in 2004. Opening their first location on the corner of Commercial and Broadway, the pizza chain has since expanded to more than 10 different locations, including one located outside of B.C. in Calgary.

The popular pizza chain currently has stores in Vancouver, Burnaby, Calgary, and recently opened their Richmond location on Oct. 9. They have no plans on stopping as they are currently looking to increase their number of locations. Unlike other locations, Uncle Fatih's Pizza is not a franchise, instead all locations are opened for employees who Fatih believes are qualified enough for it.

"We currently have 11 locations in Vancouver, B.C. and one location in Calgary. We want to expand outside of B.C.," said Fatih Ilcin, owner of Uncle Fatih's Pizza.

Fatih, never actually planned to open up a pizza store but he found himself going through the process and what proceeded is history.

All Uncle Fatih's pizzas are made in house with the use of traditional, never frozen ingredients while providing large amounts of vegetables to provide a sense of a healthier pizza. Unlike the larger pizza chains, the pizza shop puts an emphasis on healthy freshly made dough combined with traditional ingredients. "What sets us apart from other pizza chains is our never-ending commitment to pizza quality, exceptional customer service, and our competitive pricing" said Fatih.



Photo courtesy Uncle Fatih's Pizza

Uncle Fatih's Ricotta Cheese pizza comes with a creamy garlic base and is topped with mozzarella, ricotta, and feta.

Currently the website boasts 6 separate deals, two small pizzas for \$19.95, two medium pizzas for \$28.95, three medium pizzas for \$40.95, four medium pizzas for \$49.95, two large pizzas for \$35.95, and finally the last deal: two extra-large pizzas for a price of \$41.95.

Like all businesses, the COVID-19 pandemic was very hard on Uncle Fatih's Pizza. Although, the business struggled, it powered through making it out of the other side and learned a valuable lesson in the process.

"The pandemic was brutal on every business across Canada, it was complicated as it was something we weren't accustomed to, but we made it out okay. It taught us that we need to be ready financially because we never know what is going to happen," said Fatih.

Despite the struggles of the pandemic, Fatih is nothing but grateful to all of Uncle Fatih's Pizza's customers and their continuous support. "To our supporters who have been with us since the beginning of this journey and the new ones who will find out about our store, thank you," said Fatih.

The Richmond location is located on 6386 No.3 Road right beside the Brighthouse skytrain station. The location opens at 10

a.m. every day and closing varies depending on the time of the week, Monday to Thursday they close at 1:30 a.m., Friday and Saturday at 2:30 a.m., and on Sundays they close at 1 a.m. From your classic vegetarian to alfredo steak, Uncle Fatih's Pizza has got it all, order online or drop by the store.

For more information, visit unclefatih.com

•matthewc@richmondsentinel.ca

Business Excellence Awards finalists announced

On Oct. 18, finalists were announced for the Richmond Chamber of Commerce's 46th Annual Business Excellence Awards.

For nearly half a century, the Business Excellence Awards have been celebrating the best of the Richmond business community.

From a sea of exceptional organizations, only 30 nominees advance to the finalist stage each year, with 10 recognized as award recipients.

The 2023 finalists are:

Small Business of the Year

BLKBOX GYM INC

Go2Girl Services Incorporated

Spread'Em Kitchen Ltd.

Mid-Size Business of the Year

505-Junk

Amber Financial Terra Nova Medical

Large Business of the Year

FPS Food Process Solutions Corp

Green Light Group

Vancouver Fire & Radius Security

Innovation of the Year

Coinchain Capital Inc.

Layfield Group

Rosebud Productions Inc. DBA Herbal Dispatch

Young Entrepreneur of the Year

Dr. Romi Fung, Naturopathic Doctor

Eggette House

RW Digital

New Business of the Year

Dizign Amazing & Construction Inc

HyperPop Marketing Ltd

Petsville Animal Hospital

Business Leadership of the Year

O'Hare's GastroPub & Liquor Store

Richmond Youth Soccer Association
ZE PowerGroup Inc.

Outstanding Workplace of the Year

Dillion Consulting Limited

The Dupuis Langen Group

Tourism Richmond

Green Business of the Year

Auto West Group

FortisBC

Salt Spring Coffee

Association of the Year

KidSport Richmond

Regional Animal Protection Society

Touchstone Family Association

The 46th Annual Business Excellence Award recipients will be announced at a gala dinner on Nov. 22 at the River Rock Casino Resort in Richmond with Title Sponsor, Trinity Western University MBA Program.

GETTING READY FOR RAIN



It's the rainy season, so it's important to make sure water drains effectively to help reduce the risk of flooding on your property.

DO:

- Ensure all drainage grates and catch basins on and near your property are clear of leaves and other debris.
- Keep gutters and downspouts clear.
- Recycle leaves, grass and garden trimmings using your Green Cart. For excess amounts, you can use paper yard waste bags or drop them off at the Richmond Recycling Depot.

DON'T:

- Don't block public drainage grates, catch basins, ditches and canals with dirt, leaves or other materials.
- Don't blow or rake leaves, grass or yard trimmings onto the street.
- Don't ignore visible blockages or barriers in open ditches and canals. Please contact Public Works at 604-270-8721 to report blockages.



richmond.ca/weather

Mental Health Awareness Campaign for children

Vancouver Coastal Health (VCH) announced today the launch of On Your Mind, a child and youth mental health public awareness campaign. The campaign focuses on early intervention, like identifying signs and symptoms of mental health challenges, as well as providing families, caregivers and other involved adults with access to relevant mental health information, supports and resources.

The campaign theme, On Your Mind, illustrates the many stresses that can affect a young person's mental health. It is intended to reduce stigma, highlight the early signs of child and youth mental health challenges, and share information on the supports and resources offered within the VCH region, including culturally safe and trauma-informed programs and services for Indigenous Peoples.

"Many young people experienced heightened anxiety and depression during the pandemic," said Jennifer Whiteside, minister of mental health and addictions. "Every young person in British Columbia needs access to health-care services that meets their unique needs. This campaign plays an important role in connecting youth to the mental health resources they need early, while also removing barriers that can lead to young people suffering in silence instead of reaching out for help."

VCH works closely with the Ministry of Mental Health and Addictions, as well as the Ministry of Health and the Ministry of Children and Family Development, to



Photo courtesy Vancouver Coastal Health
VCH launches new child and youth mental health public awareness campaign.

deliver mental health and substance use care for children and young adults through evidence-based services. This campaign is an extension of that work and encourages children and youth experiencing mental health challenges to seek help early and as often as needed.

"We all have a role in knowing the signs and supporting the mental health of children and youth in our lives. Young people need to know that it's okay to ask for help," said Yasmin Jetha, vice president, Community Services, VCH. "It's important that we encourage children and youth to talk about their feelings and empower families, caregivers and other involved adults with the tools and resources to help."

VCH offers mental health assessment, consultation and treatment for children and youth up to 25 years of age living in the VCH region. VCH

mental health teams include nurses, physicians, occupational therapists, counsellors, psychiatrists, psychologists, rehabilitation therapists, social workers and support staff. Each team is unique, with a mix of staff and services that reflect the needs of individual communities.

The campaign aims to reach diverse communities throughout the health authority with multilingual and culturally-appropriate communications. Information, tips, and resources regarding child and youth mental health have been translated into 11 languages and can be found at: vch.ca/onyourmind

Fall vaccine program gets underway

The latest data from the provinces' COVID-19 Situation Report underscores the importance of staying up to date with this year's recommended vaccinations against the respiratory illnesses circulating this fall. In the reported eight-week period ending Sept. 30, the number of weekly COVID-19 cases increased over 500 per cent, from 133 to 877. Hospitalizations are also on the rise in the province. Between Sept. 21 and Oct. 5, the number of hospitalized patients jumped 58 per cent (from 267 to 422).

While COVID cases are already on the rise this year, last year influenza-related primary care visits peaked between Nov. 27 and Dec. 17. The combination of flu, COVID-19, and RSV circulating at the same time put significant pressure on emergency departments and healthcare providers in B.C. As the province's fall vaccination program gets underway, British Columbians are being urged to get their flu and COVID-19 vaccinations as soon as possible.

Christine Antler, pharmacist and the region director of pharmacy for Pharmasave, says that it takes about two weeks for the vaccines to provide full protection which is why it is important to get

vaccinated early, even for healthy individuals.

"Making an early effort this fall to get vaccinated is a simple and effective way to help keep ourselves and our communities healthy while protecting the most vulnerable and reducing the potential strain on the healthcare system," explains Antler. "Seniors, infants, young children, pregnant people, and those who are immune-compromised or with chronic conditions are more vulnerable to serious respiratory illness, but even healthy individuals should make getting vaccinated a priority."

Influenza and COVID-19 immunizations are available at pharmacies starting on Oct. 10. Both can be administered at the same time, in one appointment. Pharmacists can administer the influenza vaccine to patients over the age of four and the COVID-19 vaccine to anyone over the age of 12. The COVID-19 vaccine is recommended for individuals who have not had the vaccine or known infection in the past six months.

Pharmacists can provide guidance on recommended immunizations based on age, health status and vaccination history.

More than 1,000 British Columbians visiting pharmacies each day for common ailments.

Antler anticipates increased demand for pharmacy-administered vaccinations this year. Now more than ever, British Columbians are turning to pharmacies for immunizations as well as accessible and convenient solutions to common health concerns. Between June 1, when the province granted B.C. pharmacists the authority to address and prescribe treatments for 21 common ailments, and Sept. 5, pharmacists conducted a total of 108,000 consultations for minor ailments and contraception services. That amounts to an average of 1,125 patients each day who may have previously needed to book a doctor's appointment, wait at a walk-in clinic, or visit urgent care or the ER.

In addition to supporting British Columbians to take preventative measures like getting immunized, pharmacists are available to counsel patients regarding the safe use of over-the-counter medications for symptom relief and identify possible drug interactions and contraindications in patients with medical conditions or those taking prescription medications.

To learn more or to book an appointment for immunizations or common ailment consultations, patients can contact their local pharmacy.

BC awards \$540K to Canucks Autism Network

Canucks Autism Network (CAN) is thrilled to announce that the Ministry of Mental Health and Addictions ("the Province") has awarded CAN a one-time grant of \$540,000 to support solutions that address mental health barriers faced by autistic youth and adults in British Columbia.

Enhancing supports for individuals living with mental-health and substance-use needs is an integral part of A Pathway to Hope, the B.C. government's roadmap for building mental health and addictions care more available in our health care system, for everyone in British Columbia, a comprehensive system of mental-health and addictions care for British Columbians.

In line with the Government's Pathway to Hope priority actions, CAN has identified various steps that can be immediately actioned to address mental health barriers faced by autistic individuals.

CAN completed extensive research and consultation with clinical professionals and the Autistic community to better understand the unmet need and major obstacles facing Autistic Individuals.

Critical findings include:

- Autistic youth and adults are seven times more likely to attempt suicide and are at a greater risk of substance misuse and addiction than non-autistic people
- 66 per cent of newly diagnosed autistic adults have reported feeling suicidal
- Roughly 70 per cent of autistic people experience at least one co-occurring mental health issue

Major barriers that autistic individuals face when attempting to access mental health services include cost, ineligibility due to their diagnosis, a lack of autism-informed clinicians, and long waitlists for those with autism training.

CAN has already begun addressing the mental health challenges faced by autistic youth and adults by introducing a stream of Mental Health & Wellness programs that encourage participants to explore their own mental health, improve their overall wellness, and connect with their community.

Programs and workshops have been developed and led by a combination of CAN staff, community partners, clinicians, self-advocates, and facilitators with lived experience and focus on areas such as emotional expression, social connection, peer support, healthy sleeping, healthy boundaries, healthy eating and healthy relationships and sexuality.

CAN has also taken steps to begin to address barriers autistic youth and adults face in the community and workplace when attempting to access mental health supports.

The following initiatives are already underway or in development:

- Partnering with Foundry BC to develop training for Foundry frontline staff and Peer Support Workers around strategies and best practices for supporting Autistic Youth
- Developing online modules such as Supporting Autistic Mental Health in the Workplace designed to help employers understand the needs of Autistic employees, and practical supports to increase mental health in the workplace
- Providing increased Suicide Intervention and Mental Health training to frontline CAN Youth and Adult Staff
- Delivering live training to the BC Crisis Centre to equip staff with the necessary skills and strategies to support autistic youth and adults in crisis situations

The funding will enable CAN to make an even greater impact through the following initiatives:

- Expansion of the delivery and development of Autism Informed Mental Health Training for Mental Health Workers in the community
- Creation of Autism Informed Crisis Response Resources and more training in the community
- Increase in offerings for youth and adults in need of 1:1 mental health supports
- Expansion of Introductory Wellness Programs and Peer-Led Support Groups

For more information about CAN's current portfolio of mental health and wellness offerings, please visit canucksautism.ca/mentalhealth

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>.

In their own words...

Policing is about serving others



**Andy
Hobbs**
Councillor

Albert Einstein said, "Only a life lived in the service of others is worth living." Policing is, at its core, serving others.

With a heavy heart, I was recently reminded of this while attending an RCMP regimental funeral service, with thousands in attendance. Descriptions of the fallen police member's love of, and commitment to, family, friends, colleagues and the community he served echoed with familiarity. Volunteering with youth, helping less fortunate community members, and a desire to make a positive difference in the lives of others formed the member's ethos.

Having served over 35 years in policing, I was reminded that core qualities including integrity, compassion, and respect combined with a history of volunteerism and willingness to serve others, were consistent with my experience working with fellow police officers years ago.

Police officers are our neighbours,

friends, relatives, spouses, coaches and volunteers—with backgrounds as diverse as the communities they serve. Police members are peace officers, and in Richmond, they respond to thousands of calls for service and have contact and connections with thousands more members of the public every year.

Ensuring Richmond is a safe and prepared community is a consistent priority year-over-year under Council's Strategic Plan. This is achieved alongside the Richmond RCMP detachment through effective planning, strategic partnerships and proactive programs.

Policing involves numerous, complex upstream challenges including combinations of homelessness, poverty, mental health, addiction, social isolation, economic disparity and crime. Several strategies and innovative programs taking place in Richmond focus on these priorities and include:

- Fox 80 car: combining a police officer with a nurse.
- Yankee 30 car: combining a police officer with a probation officer or a social worker.
- Youth positive ticketing program: rewarding Richmond youth caught doing something positive.
- The Hate has No Place awareness campaign



The Richmond RCMP works daily to gain the public's trust. Examples of its local charitable work include:

- The Richmond RCMP's 2023 Acts of Giving, raising funds for local organizations helping seniors, women, children, homeless and vulnerable persons.
- RCMP member (police, civilians and volunteers) donations that were gathered and provided in combinations of cash, food, goods and supplies to various worthy local organizations including: the BC SPCA and Richmond's NOVA House, Richmond Family Place; the School District; Ronald McDonald House; Cops for Cancer; Richmond Food Bank; and the YVR4Kids Charity. Public safety is a top priority for the City of Richmond. Policing legitimacy and gaining the public's trust must be earned every day.

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.

Oct. 24 | 4:00pm
Parks, Recreation & Cultural Services

Oct. 25 | 3:30pm
Development Permit Panel

Nov. 6 | 4:00pm
General Purposes Committee followed by Finance Committee

Nov. 7 | 4:00pm
Planning Committee

Nov. 14 | 7:00pm
Council Meeting

Nov. 15 | 4:00pm
Community Safety Committee

Nov. 16 | 3:30pm
Development Permit Panel

Nov. 20 | 4:00pm
General Purposes Committee

Nov. 20 | 7:00pm
Public Hearing

Nov. 21 | 4:00pm
Planning Committee



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

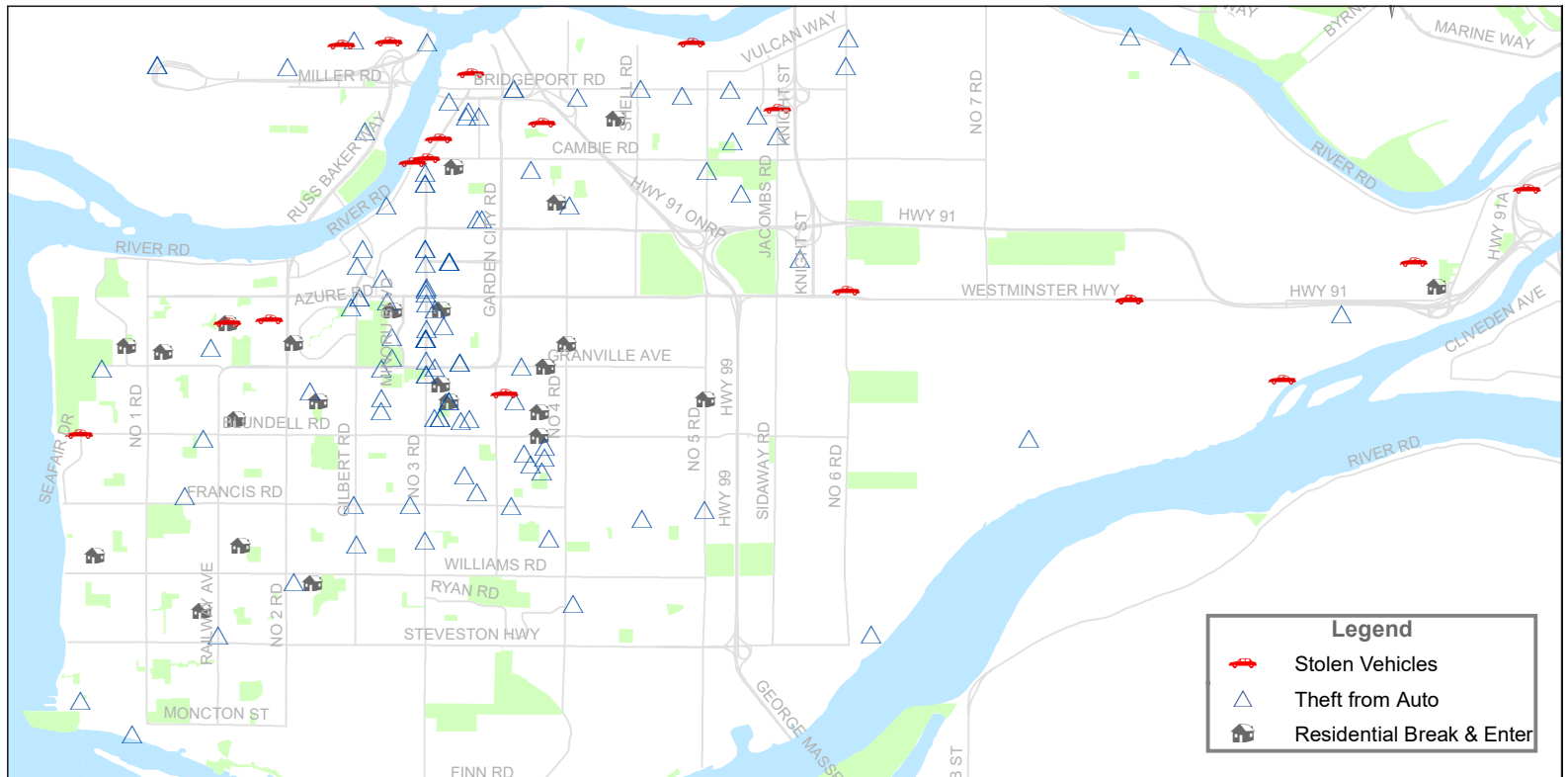
Visit richmond.ca/WatchOnline to link to live streaming or watch archived video.





RCMP

Crime Map Sept. 1 - 31, 2023



A Richmond officer's Tour de Coast experience

By **MATTHEW CHEUNG**
Reporter

On Sept. 15, 34 law enforcement and emergency services personnel began cycling 800 km across the coast of BC until Sept. 22, in the 24th Cops for Cancer Tour de Coast in support of the Canadian Cancer Society (CCS). Riders cycled through countless cities and made tour stops at schools, local businesses, and community events to raise funds for life-saving childhood cancer research and a national support system for children affected by cancer and their families.

For one Richmond law enforcement officer, this was an event that he could not miss. Constable Kevin Li has always had a passion for cycling and when he heard about the possibility to cycle for a good cause that he held dear to his heart he signed up for the event immediately. "Cycling has always been one of my passions and hobbies. It is a great way to stay fit and healthy. As we know, engaging in a healthy lifestyle is an easy way to reduce the changes of health issues from developing," said Li.

Const. Li's eldest brother is the reason for his dedication to the Cops for Cancer event. His eldest brother, a leukemia survivor was only in his 20s when he was diagnosed and endured multiple strenuous chemotherapy sessions.

"While my brother was diagnosed with leukemia in his 20s, cancer can affect anyone at any stage of their life. I believe that participating in the Cops for Cancer Tour de Coast was an amazing way to raise awareness for the cause of pediatric cancer research as well as to fundraise money towards the cause. Part of



Photo courtesy Kevin Li

Constable Kevin Li, was one of 34 law enforcement and emergency services personnel to cycle across the coast of BC in the Cops for Cancer Tour de Coast event.

the fundraised money affords children battling cancer to be able to go to summer camp where they could enjoy themselves as best they can with other children affected by cancer while having medical teams available to help them through their journey. Life is too short, and this is something small that communities can contribute to, to help children along the way," said Li.

Although this year's event had been cut short, the 24th annual Cops for Cancer Tour de Coast 2023 was a great success, raising over \$510,000 for cancer research and support services at the Canadian Cancer Society. There will be a 25th annual event, though details have not been announced yet.

Const. Li has indicated his desire to participate in next year's event as well as other upcoming cycling events that fundraise to support cancer research and encourages others to partake as well.

"I have participated in other cycling events, and I will be participating in future events. If you are physically able to ride, you should ride. Training will prepare you for the long days however the thought of anyone battling cancer will mentally push you to make a difference in their lives. On completion of the tour, I felt the

journey does not end here and more needs to be done to help kick cancer to the curb. I believe that one child with cancer is one too many and that is one of the several reasons why my peers choose to ride," said Li.

For more information about the Cops for Cancer Tour de Coast, visit cancer.ca/en/

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Photo via Freepiks.com

Lions International District 19L walk for Diabetes

By FLORENCE GORDON
Contributing writer

Our community is blessed with an abundance of people who volunteer their time for the benefit of others. Whether it's service clubs, city committees, food banks, helping a neighbour, fund raising for charities, sports for kids, helping our seniors, cleaning up the environment or serving as an elected government official "what is that saying, when you need something done you ask a busy person."

Every club or group of volunteers has a mission, a project that's in the best interest of their community, their families, and their friends. These groups of volunteers discovered the benefits of building a network where life-long friendships are created and where they witness first-hand the accomplishments that can be achieved when working together. As someone who learnt at the early age of 16 the rewards of volunteering, I've encouraged everyone who will listen, the importance and the awareness of the lives you touch and the difference you can make when volunteering your time.

On that note, the Lions Club International approached the Richmond Sentinel to support their next event. It's not a fund-raising campaign, but an awareness event with a unique twist. November is Diabetes awareness month which is a global initiative to raise awareness and the Lions Club International is hosting on Sunday, Nov. 12

a Diabetes awareness "Walk 10K Steps Per Day".

Diabetes Information:

For those interested, the *Richmond Sentinel* recently filmed an interview with award-winning author and registered dietician, Rika Mansingh where we talked about diet & blood sugar management. richmondsentinel.com/videos

- There are more than 11.7 million Canadians living with diabetes or prediabetes undiagnosed, 5.7 million diagnosed. If left undiagnosed and unmanaged this develops into Type 2 diabetes.

- Diabetes complications are associated with premature death.

- Diabetes can reduce lifespan by 5 to 15 years.

- People with diabetes are over 3 times more likely to be hospitalized with cardiovascular disease, 12 times more with end-stage renal disease, almost 20 times for non-traumatic lower limb amputation compared to the general public.

- Diabetes contributes to 30 per cent of strokes, 40 per cent of heart attacks, 50 per cent kidney failure requiring dialysis, 70 per cent of all non-traumatic leg and foot amputation.

- Diabetes is also a leading cause of blindness.

Mission:

- Raise Diabetes Awareness

- Create opportunity to encourage community members to participate in a daily habit of 10K steps

- Educate our community on how to prevent diabetes

- Advocate a healthy lifestyle

Event information:

Date: Sunday, Nov. 12

Registration time: 10 to 11 a.m.

Opening Ceremony: 11 a.m.

Walk times: 11:30 a.m. to 12:30 p.m.

Location: Aberdeen Centre (ground floor near fountain/escalators) 4151 Hazelbridge Way

Registration fees:

\$5 for individuals and \$50 for Lions clubs. All proceeds will be donated to Diabetes Canada to fund critical research, support services and education resources.

Award system:

1) The Fastest and the Most Steps Achieved - 3 individuals

2) The Most Steps Achieved - 3 Lions clubs

*Presentation of prizes will take place at approximately 12:45 p.m.

Routes: Walk at your own pace, around Aberdeen Mall from 11:30 a.m. to 12:30 p.m. Use a health watch or cell phone app or calculate your steps by memory and report to registration your personal best number of steps

Workshop Section:

Two workshops related to Diabetes for the public will be hosted during the event on the ground level of the Aberdeen Centre.

Event information provided by the Lions Club International District 19L.

For information on Diabetes Canada diabetes.ca

• florenceg@richmondsentinel.ca

From the Bachelor's Kitchen: Matcha lava cake

By **SAMUEL CHENG**
Reporter

The subject of food and drinks have been a universal language across cultures and nations around the world. The Richmond Sentinel shares delicious food and drinks recipes that anyone can make in the convenience of their own home, especially if you're new to baking.

Today, we share the recipe of matcha lava cake.

Utensils:

- 4 pudding molds (diameter: 5.5 cm, height 4 cm)
- a baking pan
- a pot
- a sifter
- a butter knife
- a whisk (non-electric one is sufficient)
- mixing bowls
- parchment paper

Ingredients (for 4 matcha lava cakes):

- white chocolate chips: 100 grams
- unsalted butter: 80 grams
- whole eggs: 2
- egg yolks: 2
- granulated sugar: 50 grams
- cake flour: 55 grams
- matcha powder: 1 tablespoon

Steps:

1. Fill a pot with water until it reaches halfway and bring it to a boil.

2. Add 100 grams of white chocolate chips and 80 grams of unsalted butter into a mixing bowl (Note: Please use either glass or aluminum-material mixing bowls. DO NOT use a plastic mixing bowl in this step).

3. Place the mixing bowl over the boiling water and let it melt. Stir occasionally to make sure that the mixture is well combined.

4. In another mixing bowl, add 2 whole eggs, 2 egg yolks and 50 grams of granulated sugar.

5. Use a whisk and blend all of the ingredients until it is well combined. Set aside when done. (Note: An electric blender is not required).

6. Once the unsalted butter and white chocolate chips has melted, remove the mixing bowl from the heat. (Note: The mixing bowl will be quite hot. Please ask for assistance if necessary).

7. Add 55 grams of cake flour to the butter and chocolate mixture and mix well. (Note: Be sure to sift the cake flour before adding it into the mixture to ensure a smoother overall texture).

8. Combine both mixtures and mix well until all of the ingredients are well mixed.

9. Add 1 tablespoon of matcha powder to the mixture and mix well. Set aside when done. (Note: Be sure to sift the matcha powder before adding it into the mixture to ensure a smoother overall texture).



Warm up your taste buds with this matcha lava cake recipe. Photo courtesy JasMyDiary

10. Using a pair of scissors, measure the size of the bottom of the pudding mold and cut out a round shaped parchment paper accordingly. Place the parchment paper circle on the bottom of the pudding mold.

11. Slowly pour the mixture into each of the 4 pudding molds until it is three quarters full.

12. Place the 4 pudding molds carefully in the refrigerator for 15 minutes until the mixture is somewhat solidified. (Note: Lightly shake the pudding mold to double check to see if the mixture has solidified. If it is still runny or liquidity, place it back into the refrigerator for another 5 minutes and perform the test again).

13. Preheat the oven to 365 degrees Fahrenheit (185 degrees Celsius).

14. Place the 4 pudding molds on a baking pan and carefully place it into the oven.

15. After 13 minutes, carefully remove the baking pan and the pudding molds from the oven.

16. With a butter knife, carefully run it around the edges of the matcha lava cake before removing it from the mold.

Voila. A delicious matcha lava cake is ready for you to share with family and friends.

Chocolate lava cakes, also known as molten chocolate cakes, is a muffin-sized cake, with a gooey and runny chocolate center; in this case, matcha. The history of the lava cakes is a bit of a mystery as different chefs have accredited the

creation of lava cakes to be their own.

French chef Michel Bras claims that he was the first to invent the world-renowned dessert after two years of tireless experiments. On the other hand, another French chef, Jean-Georges Vongerichten, argued by saying that the lava cakes were created in 1987 in New York City.

To support his side of the story, Vongerichten stated that he was originally making a chocolate sponge cake, and had pulled the premature cake out of the oven too soon, hence unintentionally creating the warm, runny center found in a lava cake today.

Both chefs have their own recipes of recreating the chocolate delight, but a large majority of the recipes found today are inspired by Vongerichten's original recipe.

Nonetheless, the lava cakes, whether it's made with a chocolate or matcha center, remain a popular dessert around the world. Different chefs and restaurants have added different elements and twists to make the lava cakes unique to their own.

A scoop of ice cream, a drizzle of chocolate sauce or even a light sift of powdered sugar are nice complimentary to the chocolatey masterpiece.

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

OUR CITY tonight

SPOTLIGHT ON MOVIES, COCKTAILS, A CHILDREN'S BOOK

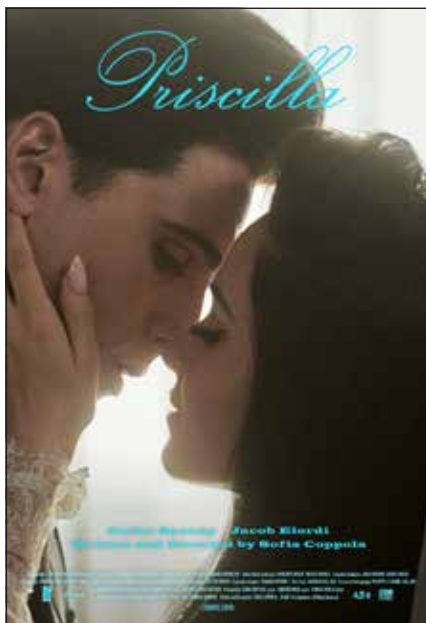


Photo courtesy Elevation Pictures

The Movie – *Priscilla*

After the box office success of 2022's biopic, *Elvis*, and the Oscar nomination for lead actor, Austin Butler, you knew there would be more films to come about the musical and movie icon who died in 1977 at the young age of 42. The latest film, though, focuses on his former wife, Priscilla.

From Oscar-winning writer/director, Sofia Coppola *Lost in Translation*, *The Virgin Suicides*, this biopic is based on the 1985 memoir, *Elvis and Me*, by Priscilla Presley (who also serves as an executive producer). The film takes the viewers back to those early days when then-teenager, Priscilla, meets an already mega superstar, Elvis Presley, while he is serving in the U.S. army, based in Germany. The film opens in theatres Nov 3. elevationpictures.com

The Cocktail – *Matcha Martini*

As the seasons continue to change, so, of course, do the cocktails we offer to our readers. We first introduced you to the team at Axis Planning Inc—a company based in Vancouver that has been importing and distributing Japanese alcoholic beverage including Japanese sake—when they had us sample a summer cocktail called YUZU 75, containing a delicious Japanese liqueur called CHOYA (only natural ingredients, with no sweeteners, no colourings, and no preservatives, and is made from pure Japanese ume fruits). Now, with cooler temperatures, Axis Planning offers the *Matcha Martini*, with CHOYA Uji Green Tea, Matcha powder, oat milk, Honey Peach cordial, Hibiscus and Ginger foam garnished with rose buds. The results: a wonderful, creative cocktail that we highly recommend (and with Uji Green Tea, you can enjoy it cold with ice or hot like green tea). axisplan.com



Photo courtesy Axis Planning Inc



Photo courtesy Nancy Duarte

The Read – *Too Many Kisses* written by Nancy Duarte and illustrated by Harriet Rodis

For her first book, marketing & communications specialist, Nancy Duarte, has written a warm and playful story that young children and their parents can read, share and, relate to. Duarte is also a parent, and this story of a young cub named Bobby who is embarrassed by his mom's hugs and kisses when she picks him up at school, is something she can relate to. What better way to deal with your child growing up then by creating *Too Many Kisses*. Kudos to illustrator, Harriet Rodis, who has created wonderful visuals that compliment this family story. There is also further education and conversation families can have about a good cause and helping others, as the local publisher, Peppermint Toast Publishing, is contributing \$2 from every copy of this book sold to Juvenile Diabetes Research Foundation to find a cure for Type 1 Diabetes and care for those who have it. As Duarte told us, in an interview "this is a charity I hold close to my heart". pepperminttoast.com

Popular Irish entertainer performs across Canada

By JIM GORDON & LEETA LIEPINS
Contributors

Dara Ó Briain is a very popular TV host, stand-up comedian, author, and journalist. He just wrapped up a very successful comedy tour here in Canada. That tour is called, *So, Where Were We?* We had the opportunity of being in the audience at his live show in Vancouver, followed by a private interview the next day.

OCT: *It was such a pleasure to attend your show, you had us laughing, crying at times, angry at other times, all from your great stories.*

DO: A good rule is to never let people know what the show is about because people think "Do I really want to go see that?" but once I have you in the room, then I can do my long stories that don't sound interesting outside of the room. This way I can share the whole story. For instance, in my adoption story I first draw the audience in with a sad experience creating a beautiful tension with the audience and then, it's very easy to make the audience happy again.

OCT: *In your show, you alluded to the reactions from different audiences around the world. You literally travelled across our country to perform from Newfoundland to the West Coast, Vancouver. Are the audiences all laughing at the same thing or do you find there are differences?*

DO: I do notice a slight difference when I travel to certain places. Like for instance, in Edmonton and Calgary it's different. And it might simply be that there are fewer ex-pats there. On the other hand, when I played Toronto and Vancouver, there was a chunk of Irish and a chunk of British in the audience and that added a certain energy in the audience. When you go into Calgary, there's far fewer British and Irish population. That's the only time where it feels slightly culturally different, you're not as pronounced or coastal as America would be.

OCT: *One of the things we have really enjoyed about the work that you did on Mock the Week was that you're clearly a very funny and witty man. I love the fact that you let the inmates do their thing. You're obviously piloting the show but you don't feel the need to get in the way of what these guys are doing. You're there to run the thing and you can get them from A to B, but you're clearly confident and secure enough not to override the flow. I think that's one of the reasons you are a perfect host.*

DO: Thank you for the lovely compliments but as an Irishman, I'm finding the compliments very difficult to handle. We don't do compliments; we're not raised to get compliments. We haven't developed a social mechanism to handle them.

OCT: *Okay, no more compliments. The second part of your comedy show is very different because you talk about something that's dear to your heart and very emotional. You talk about searching for your*

birth mother. We laughed, we cried and we got angry at the system's inadequacies, but the story does have a great ending. Was this something you always wanted to include in your comedy show?

DO: I probably wouldn't normally give that much of myself because I usually can make up stuff. I have found in some ways that if you're too honest it gets in the way of you being able to invent say for instance, an imaginary child for a joke in the moment when you need it.

However, it's interesting when you're just given a story that touches on something significant, and adoption is a huge thing in Ireland. In Ireland we're working through the issues. I'm not sure if it's the same here in Canada with the big institutions. It was shocking that you couldn't get your own birth certificate, and 20 years ago, there was a law that made it a criminal offence for an adopted person to seek out their birth parents. Let's just say Ireland liked its secrets. And that would be putting it mildly.

OCT: *Your story does have a great ending as shared with the audience, because you actually did find your birth mother and it's wonderful. And like you said on stage, as a result of this you now have a whole new family.*

DO: Adopted people know that there's a tremendous initial flurry of activity and interest at the beginning as these are the most exciting times. But afterwards, you need to establish how to continue the relationship and figure out, what do I get from this.

Obviously, I already have parents so they're not going to take the place of that but now, I realize that I also have siblings. Weirdly the siblings are the thing that you keep contact with as they are a very interesting addition to your life, and it's been a very positive experience. On a side note, I have to say that I have completed 153 performances of this most recent show and Vancouver was absolutely one of the best times.

OCT: *For our viewers, Dara Ó Briain is very active on social media, he has a YouTube channel, and his website daraobriain.com. Dara can also be seen on the TV show Mock the Week on BritBox.*

You can watch the interview in full at richmondsentinel.ca/videos



Photo courtesy Dara Ó Briain
Comedian and television presenter
Dara Ó Briain.



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