



REMEMBRANCE DAY

NOVEMBER 11



On the eleventh hour, on the eleventh day, of the eleventh month we honour those who gave their lives.

Photo via Adobe Stock

OUR CITY

Richmond

'GOOD TO KNOW'

by Florence Gordon

Seniors Activities

The city and partners are proud to offer high-quality and social programs and services for those 55+ years at eight community facilities, including the Seniors Centre at the Minoru Centre for Active Living.

Program Guides

Review the 55+ Fall and Summer program guides and then register. *55+ Program Guide – Fall*

3 Ways to Register richmond.ca

- Parks Recreation/Program Registration
- **604-276-4300**, Mon–Fri, 8:30 a.m.–5 p.m. (excluding statutory holidays)
- **In-person** at any community facility

Seniors Facility Passes & Schedules

Passes are available for individuals 55+ years and to spouses less than 55 years for one year from date of purchase.

- Annual Pass Fees – \$16 per facility; \$36 Minoru Centre for Active Living – Seniors Centre
- Drop-In per visit – \$4.30 per facility
- Visit the *Schedules page* for the current schedules



Photo via Freepik.com

Community Centres

Select a community centre for specific seniors programming details:

Cambie, City Centre, Hamilton, Minoru, South Arm, Steveston, Thompson, W. Richmond

Seniors Program Guide

Check out the seasonal *Seniors Fall Guide* for more information about upcoming Seniors programs and schedules.

Volunteering with Seniors

Apply on the *I Can Help* website to volunteer with 55+ program activities at Cambie Community Centre. Email: cambie@richmond.ca for more information

Seniors Activities

Arts, Computer Technology, Cooking, Fitness, Gardening, Health & Wellness, Heritage, Languages, Lunch/Dinners, Martial Arts, On-line Programs, Tours, Sports

Community Leisure Transportation (CLT) *for more information: richmond.ca*

This important service ensures youth, seniors, persons with disabilities and all other Richmond residents have transportation to community programs, services and special events. CLT is an affordable transportation option for community organizations and offers a fleet of buses that can accommodate 16 to 22 passengers.

Out Trips

The City of Richmond, in partnership with Community Associations, offers out trips to improve the quality of life for seniors, and encourages social engagement and community connections.



Photo courtesy City of Richmond



Community Services Pop-up – FREE
May 11 to Dec. 14
Richmond Public Library
Brighthouse Branch
3 - 5 p.m.



Christmas Craft Fair – FREE
Nov. 18, South Arm CC
Nov. 25, Steveston CC
10 a.m. - 4 p.m.



Intercultural Connections Spanish – FREE
Nov. 24
Minoru Centre for Active Living
2 - 4 p.m.

Richmond Remembrance Day ceremony

The City of Richmond honours the men and women who gave their lives to serve and protect Canada. For those wishing to reflect and remember with the community, there will be a Remembrance Day ceremony on Saturday, November 11 at Richmond City Hall, 6911 No. 3 Road.

Stepping off at 10:20 a.m., a parade will include units of Canadian veterans; members of the Royal Canadian Legion and Army, Navy and Air Force Veterans in Canada; Richmond's permanent Canadian Forces Unit 39 Service Battalion; representation from public safety agencies; and cadet organizations.

Official ceremonies will begin at 10:40 a.m. at the City Hall cenotaph, located on the east side of City Hall. There will be two minutes of silence at 11:00 a.m., followed by wreath laying. Due to the solemn nature of the Remembrance Day Ceremony, pets are asked to be left at home.

For those unable to attend in person, Richmond's Remembrance Day service can be viewed online. To watch the event live, click on the "Watch Ceremony" button at richmond.ca/remember. A recording will also be available to view in its entirety following the ceremony.

After the Remembrance Day service, the public is invited to attend a reception in the City Hall Atrium. This free reception will offer people a space to warm up with a hot drink and something sweet, talk about Remembrance Day and connect with other community members. A number of interesting Remembrance Day displays by the Richmond Museum, the City of Richmond Archives and the Friends of the Richmond Archives will also be available to view.

In order to facilitate the ceremony, streets will be closed and traffic patterns will be changed between 8 a.m. and 1:30 p.m. During this time, there will be restricted road access to the following roadways:

- Granville Avenue will be closed in both directions from Minoru Boulevard to Buswell Street.
- No. 3 Road will be closed in both directions from Park Road to Bennett Road.

For more information, contact the City of Richmond at 604-276-4000 or visit richmond.ca/remember



Photo courtesy City of Richmond

Mayor Malcolm Brodie receives this year's first poppy from Matthew McBride, chair of the Richmond Remembrance Day Committee.

Help Energize Richmond

The City of Richmond is launching Energize Richmond and is looking for Community Leaders to host climate conversations with their peers. Energize Richmond aims to:

- increase community awareness of energy and climate issues in Richmond
- empower a diverse group of leaders to take action within their communities
- identify new solutions to support those most vulnerable to rising energy costs and the climate crisis

Applying to be a Community Leader is easy and if selected, leaders will be asked to attend one of three online or in-person training sessions to receive the skills to host a climate conversation. Community Leaders will receive access to resources, handy tips, a goals checklist and funding to support discussions



Photo by Jaana Björk

Energize Richmond is looking for Community Leaders to host climate conversations with their peers.

and actions. The city is looking for interested parties to convene their communities of interest a number of times over an approximate three to six month period, starting after the training session.

With the knowledge gained, leaders will play

an important role in addressing climate change by engaging others and providing their social networks or community of interest with meaningful pathways for climate action in their day to day lives. Interested participants do not need prior climate change knowledge or climate action experience to be an Energize Richmond Community Leader but are expected to demonstrate they are connected to a group with similar interests such as a church group, school, neighbourhood association, strata corporation, etc.

The application deadline is Monday, Nov. 13. Leaders will receive a City of Richmond certificate upon completing the program goals.

To apply to become an Energize Richmond Community Leader, visit richmond.ca/EnergizeRichmond

City invites input into 10 year Child Care Strategy

The City of Richmond is developing a 10 year Child Care Strategy to ensure high-quality, accessible and affordable options continue to be available in Richmond. As such, the city is seeking input from Richmond residents, parents/guardians, caregivers and child care providers to help identify current and future child care needs for Richmond over the next 10 years.

For those who fall in one of the categories above, there are a few ways you can share your feedback.

- Richmond residents, parents/guardians and caregivers are invited to share their experience and thoughts about the challenges, opportunities and priorities for child care in Richmond online, via LetsTalkRichmond.ca

- Child care providers will have the opportunity to participate in focus groups, with further details to be provided on the city's website. As well, there is a child care provider survey located at LetsTalkRichmond.ca

- The surveys will be available to complete and

submit until 11:59 p.m. on Sunday Nov. 26.

Public engagement and feedback are vital components of developing the new strategy. Responses will be compiled for anonymity and feedback from the public engagement will be used in the development of the draft strategy to be presented to Council for adoption.

Background

Council recognizes the importance of access to affordable and quality child care and has a long history of supporting child care in the community. The city's role is to help create and nurture the development of a comprehensive child care system in Richmond.

The city has developed thirteen city-owned child care facilities, including two innovative Early Childhood Development Hubs. The city partners with child care providers, community organizations and community associations and societies, to support licensed child care spaces for the community. The city's also helps build capacity of the child care

sector by supporting infrastructure upgrades and professional development through the Child Care Grant Program.

This new strategy will:

- be the fifth Child Care Strategy undertaken by the city since 1995.
- replace the 2017-2022 Child Care Needs Assessment and Strategy.
- complement the existing 2021-2031 Richmond Child Care Action Plan, which was adopted to guide the city's work in supporting the creation of child care spaces in Richmond over the next 10 years.
- layout the city's child care vision and inform future policy development, resources and initiatives pertaining to child care in Richmond.

For more information on how you can contribute to this important engagement opportunity visit LetsTalkRichmond.ca or email childcare@richmond.ca

Should you require help completing the survey, or require a printed version of the survey, please email childcare@richmond.ca

In honour of our soldiers: John Reginald Forsyth

By SAMUEL CHENG
Reporter

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

John Reginald Forsyth was born in Richmond on Feb. 15, 1920. He was the third son out of the eight children born to Duncan and Annie Forsyth. The family resided at what was then 492 Steveston Highway. John Forsyth as a young adult, was an active member of the Richmond community before his enlistment in World War II.

Having been a Richmond resident for the majority of his life, Forsyth attended English School, Bridgeport School, before finally graduating from Richmond High School. While in school, he was a big fan of music and was involved in organizing a school band and played the French horn.

Outside of school, Forsyth used to work for the *Vancouver Sun* as a newspaper delivery boy as well as doing custom tractor work before he ultimately signed up to be enlisted.

Sept. 2, 1940 marked the commencement of Forsyth's enlistment. He initially joined the Irish Fusiliers before being transferred to the 9th Armored Tank



A poppy engraved road sign of Forsyth Crescent.

Screen grab from Google Maps

regiment Forsyth was sent overseas alongside his regiment in November 1941.

Three years later, Forsyth had to retire from his current regiment and was transferred to the 14th Calgary Tank regiment due to his illnesses. It was during this time that he died from the wounds he suffered in action on July 26, 1944. It is worth mentioning that two of Forsyth's older brothers, George and Douglas, both served in the Canadian Army stationed in Italy at the time.

On Feb. 4, 1946, the Richmond City Council decided to adopt the name of "Forsyth" to be used as naming one of the roads in Richmond to commemorate the fallen soldier that had served our country.

The name was initially misspelled with the letter "e" added to the end of the name. However, the mistake was corrected in December 1988, revising the name to the correct one without the "e".

Today, Forsyth Crescent can be found to the north of No. 1 Road and Westminster Hwy.

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2023 Poppy Campaign

By FLORENCE GORDON
Contributing writer

The Royal Canadian Legion this year's poppy campaign runs from Friday Oct. 27 to Nov. 11, 2023.

As always, you'll see the Cadets volunteering their time throughout the community offering poppies in return for a small donation. In this case, our local politicians are at Ironwood on a very chilly day supporting our veterans, while promoting the poppy campaign.

The poppy has been widely recognized as a symbol of remembrance, since it was first adopted in 1921. By wearing the poppy, we demonstrate our thanks to those who gave their lives for the freedom we enjoy. We tend to think of veterans as soldiers who served in wars from the past. I was reminded recently, that the soldiers returning home today from serving in countries under conflict are also veterans.

In a conversation with Matthew McBride of the Richmond Legion the question was asked "what happens to the funds raised from the poppy campaign". McBride advised "all funds raised in Richmond, stay in Richmond to provide immediate assistance to ex-service men, women and their families in need. This could include food, shelter or medical attention for them or their families."

The pandemic resulted in a different Remembrance Day service, but we still paid our respect with 2 minutes of silence in the privacy of our homes. This year, the City of Richmond will provide a Remembrance Day service similar to what we've seen in the past (see page 3 for details). Please remember our veterans on the eleventh hour—of the eleventh day—of the eleventh month. For additional information richmondlegion.ca/poppy

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Photo by Florence Gordon

From (left to right) MP Parm Bains, councillor Bill McNulty, MP Wilson Miao.

Remembrance Day

Let us continue to honour their memory

BLUNDELL CENTRE

42 stores for all your shopping needs
Located at Blundell & No 2 Road

Richmond Christmas Fund at Lansdowne Centre

On Nov. 15, the Richmond Christmas Fund will be taking place in a storefront next to ICBC at Lansdowne Centre. For years, the Richmond Caring Place and Brighthouse Pavilion provided a familiar, reliable home, for the Richmond Christmas Fund but shifting circumstances resulted in a need to search for a new space.

The Christmas Fund will open its doors for another holiday season and keep them open for more days and longer hours than ever before. Supported by the best team of volunteers on this side of the North Pole, Richmond Cares, Richmond Gives (RCRG) is ready to distribute thousands of grocery vouchers, toys, and gift cards to neighbours in need so they can share in the holiday spirit.

For those planning on accessing the Christmas Fund, visit rcrg.org for everything that is need to know, from eligibility criteria and required documentation, to registration and distribution times. RCRG encourages all to share the news about the Christmas Fund event with anyone they know who might need support. The Lansdowne location will only be open to the public for Christmas Fund registration and distribution. If you'd like to stop by and make a donation—whether toys or cash—please contact RCRG beforehand at 604-279-7035 or christmasadmin@rcrg.org

RCRG is also accepting donations at the main RCRG office in the Rich-



Photo courtesy Richmond Cares, Richmond Gives

On Nov. 15, the Richmond Christmas Fund will be taking place at Lansdowne Centre.

mond Caring Place, which is open Monday to Friday, 9 a.m. to 5 p.m., as well as online at rcrg.org

O'Hare's makes generous donation



Photo courtesy Richmond Cares, Richmond Gives
Ed Gavsie, president and chief executive officer of RCRG, receives an \$11,500 donation from Erin and Grant Bryan, co-owners of O'Hare's GastroPub & Liquid Store.

O'Hare's GastroPub & Liquor Store helped kick off the holiday giving season by making an \$11,500 donation to the Richmond Christmas Fund.

The money was raised at Steveston Beer Fest, which, on Sept. 23, made a triumphant return to the Gulf of Georgia Cannery, following a three-year hia-

tus during the pandemic.

Organized by O'Hare's, the event was first held in 2013, and in the decade since, has generated over \$80,000 for the Christmas Fund, primarily through ticket sales.

"Steveston Beer Fest is an iconic community event," said Ed Gavsie, president and chief executive officer of Richmond Cares, Richmond Gives (RCRG), which operates the Christmas Fund. "Because of the event's charitable focus, its impact resonates long after the last drink is poured."

This year's donation comes at a crucial moment, with the Christmas Fund expecting a surge in community need due to the cost-of-living crisis.

"With food prices soaring and gas and housing costs so high, this year the need will be so much greater," said Gavsie. "Caring companies like O'Hares makes it possible for the Christmas Fund to help struggling families, isolated seniors, and others who can't afford a holiday celebration."

This year's Christmas Fund program begins Nov. 15, at Lansdowne Centre. Learn more at rcrg.org/ChristmasFund

RICHMOND REMEMBERS

Saturday, November 11, 2023



Take some time to remember our veterans
at the Remembrance Day service
at Richmond City Hall, 6911 No. 3 Road

10:20am

Parade starts marching towards Richmond City Hall cenotaph

10:40am

Official ceremony begins

11:00am

Two minutes of silence, followed by wreath-laying

11:30am

Reception immediately following ceremony



The ceremony will be streamed live at richmond.ca/remember. Click on the "Watch Ceremony" button starting at 10:20am.

Road closures

In order to facilitate the event, streets will be closed and traffic patterns will be changed between 8:00am and 1:30pm. During this time, there will be restricted road access.

- Granville Avenue will be closed in both directions from Minoru Boulevard to Buswell Street.
- No. 3 Road will be closed in both directions from Park Road to Bennett Road.

Remembrance Day: A day of reflection and gratitude

By **TAMMY LO**
Student writer

On the 11th hour of the 11th day of the 11th month, people around the world pause to remember and honour the heroes who sacrificed their lives for the cause of freedom and peace.

Remembrance Day, also known as Armistice Day or Poppy Day, serves as a reminder of the profound impact of war and the need for unity, reflection, and gratitude. This article delves into the significance of Remembrance Day, its historical origins, and how we can pay our respects to those who served.

Remembrance Day's origins can be traced back to the end of World War I. On Nov. 11, 1918, the armistice agreement was signed, marking the cessation of hostilities on the Western Front. This momentous event signalled the end of "The Great War," and it was a time when the world yearned for lasting peace after enduring the horrors of a devastating conflict.

With the end of "The Great War" came a significant symbol, the red poppy. The red poppy flower has become an enduring symbol of Remembrance Day. The tradition was inspired by the famous war poem "In Flanders Fields" by Lieutenant Colonel John McCrae. In the poem,



McCrae vividly describes the red poppies that bloomed during the graves of soldiers in Flanders, Belgium. The Royal British Legion adopted the red poppy as a symbol of remembrance in 1921, and it has since been worn as a symbolism to fallen soldiers and a reminder of the profound cost of war.

Some of the ways we can pay our respects during on Remembrance Day and during the month of November include participating in a two minutes of silence on Remembrance Day, wearing a red poppy, and visiting war memorials.

Taking two minutes of silence on Remem-

brance Day is one of the most widespread traditions, where people at the eleventh hour of the day, reflect on the sacrifices made by those who served in the armed forces. As mentioned before many people wear a red poppy on Remembrance Day as a symbol of respect and remembrance. Proceeds from the sale of these poppies often go to support veterans and their families. Visiting local war memorials is another way to pay respects to the fallen and to acknowledge the sacrifices made by soldiers.

Remembrance Day reminds us that the price of freedom is high and that it's important to honour and remember the courage and sacrifices of those who have served in times of war. It is a day to pause, reflect, and express our gratitude to the countless heroes who have selflessly served their country. By wearing a red poppy, attending ceremonies, and observing two minutes of silence, we not only honour the past but also strive to work towards a more peaceful future. In doing so, we ensure that the memory of those who have sacrificed for our peace will never fade away.

In a world that is still twisted with conflicts and challenges, Remembrance Day serves as a powerful reminder of the importance of working towards a more peaceful and harmonious future. It urges us to strive for a world where we can remember the fallen without sacrificing more lives.

Lest We Forget
A TIME TO REMEMBER

Join us to support, honour and remember those who served and fought for Canada.



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From the Bachelor's Kitchen: Red wine beef stew

By **SAMUEL CHENG**
Reporter

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

Today, we share the recipe of red wine beef stew.

Utensils:

- a knife
- a frying pan
- a cutting board
- a couple of plates

Ingredients (for 2 – 3 people):

- cooking oil: Moderate
- onion: 1/2 onion
- garlic: 2 cloves
- beef slices: 250 grams
- brown shimeiji mushroom: 100 grams
- enoki mushroom: 50 grams
- butter: 1 tablespoon
- red wine: 100 cc
- tomato purée: 350 cc
- brown sugar: 2 tablespoons
- ketchup: 2 to 3 tablespoons
- soy sauce: 1 teaspoon
- chopped parsley: moderate
- salt and pepper: moderate

1. Start by cutting off the bottom roots of the brown shimeiji mushroom and enoki mushroom. Cut the enoki mushrooms into small chunks.

2. Cut 1/2 onion into slices.

3. Remove the peels from the garlic and dice them.

4. Place the beef slices in a pan and season them lightly with salt and pepper. (Note: Be sure to season both sides of the beef)

5. Place the frying on a stove and turn to medium heat.

6. Add a little bit of cooking oil into the pan.

7. Wait until the pan is warm and hot before adding in the beef.

8. Cook the beef until the surface is brown. Take it out and set aside.

9. Using the same frying pan on medium heat, add in 1 tablespoon of butter.

10. Wait for the butter to fully melt before adding in the diced garlic.

11. Give it a good stir and cook until you can smell the garlic aroma. The browning of the garlic is a good indicator as well.

12. Add in the sliced onion into the garlic butter mixture.

13. Cook the onions until it's semi-transparent.

14. Add in brown shimeiji mushroom and the enoki mushroom.

15. Stir and cook until the mushrooms are brown.

16. Add in 100 cc of red wine. (Note: Feel free to add in your favorite brand of red wine. The alcoholic content in the red wine will be evaporated in the hot frying pan, making this a kid-friendly dish as well).

17. Give it a good stir before adding in 350 cc of tomato purée and stir well.

18. Add in 2 tablespoons of brown sugar and stir well. (Note: The sugar will counterbalance the sourness from the tomatoes and the astringent taste of the red wine.)

19. Turn to low heat and continue cooking for 5 minutes.

20. Add 2 to 3 tablespoons of ketchup and mix well.

21. Add 1 teaspoon of soy sauce and mix well.

22. Cut the beef slices in half before adding them into the sauce mixture.

23. Mixture and add in salt and pepper according to your taste.

24. Continue cooking at low heat for 2 to 3 minutes and remove from heat.

25. Add cooked rice onto a plate and pour adequate amount of red wine beef stew over the rice.

26. Fine chop some parsley and sprinkle them over the beef stew rice.

Voila! A delicious red wine beef stew is ready



Warm up your taste buds with this red wine beef stew recipe.

Photo courtesy MASA's Cooking ABC

for you to share with family and friends.

Beef bourguignon, or red wine beef stew in this case, is a dish originated during the middle ages. This particular way of slow cooking the meat provided an avenue to tenderize the tough meat back in the days.

Approximately five centuries later, the dish eventually found its way to France in 1903. A French chef, Auguste Escoffier, published his variation of the dish and the beef bourguignon soon became popular in French restaurants in Paris, London and New York. Beef bourguignon was even named the national dish of France in 2017.

In 1961, American chef, Julia Child substituted the traditional chunk of beef to beef cubes. This little change quickly became a household recipe that we have come to know today.

It uses various ingredients such as red wine, carrots, onions, garlic, mushrooms, and beef stock. However, ingredients can be substituted according to one's own taste and preferences. In this particular variation, carrots and beef stock were replaced with tomato purée and beef slices.

This dish is perfect for the upcoming winter as the weather gets colder. This dish will be sure to warm up the stomach of your family and friends.

For the full recipe, visit <https://shorturl.at/hjkR9>

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The intricate link between nutrition and immunity

By MATTHEW CHEUNG
Reporter

Rika Mansingh is a registered dietitian, clinical consultant of media, certified meditation and NLP master practitioner, hypnotherapist, philanthropist, podcaster and a best-selling author. The *Richmond Sentinel* sat down with Rika in part 3 of a series, at Hamilton High Street Senior Residence in a filmed interview to discuss nutrition and immunity. Healthy eating has continued to be a concern for people of all ages and that's why the *Richmond Sentinel* is running this series on health and wellness.

Jim Gordon (JG): *You are back to talk about something that is really important, as we head into the winter season and that is, nutrition and immunity. With COVID-19 rearing its head again, can you talk about the relationship between nutrition and immunity, because it is important and I'm not sure how many of our viewers know a lot about this.*

Rika Mansingh (RM): When it comes to nutrition and immunity, they are intricately linked. A diet will determine how well equipped your body is to fight off any infection. If a person is lacking in vital nutrients, they will not produce their antibodies and immune cells. In summary, poorly nourished individuals are at a greater risk for infection. We need to eat healthily before, during and after an infection because when we get an infection we lose our appetite and weight. We need to replenish these nutrients to maintain weight and hydration.

JG: *Let's talk about super foods and miracle diets, I've never been a believer, but I know that there are some great nutritional guidelines one can follow. Let's talk about your thoughts on the super food trend, what is it and how is this trend growing?*

RM: When it comes to super foods, they often make headlines, and while it is an enticing idea that a single food can shield you from all illness, reality paints a different picture. Jim, visualize the immunity as an orchestra that's complex where no single instrument can play the entire symphony on its own. Using that theory, visualize your dinner plate as rich in nutrients and all these nutrients are working together in harmony to support your immune system. There's no miracle or magic food, everything comes from eating healthily over a longer period of time.

JG: *What are some examples of super foods?*

RM: It could be something like 'I'm just eating



RIKA MANSINGH

Photo via freepik.com
For a healthy immune system, fruits, seeds, whole grains, and fish.

kale all the time" or "I'm just eating spinach all the time", it's excellent because all of these nutrients are better absorbed when combined.

JG: *What are some of the nutrients that are key in supporting the immune system? How can people incorporate key crucial elements into their daily diets?*

RM: When it comes to nutrients there are so many being researched with regard to the role they play in support of the immune system. I'm going to focus on three key nutrients that are evidence-based and this will make you want to consume these nutrients to prevent an infection and also speed up your recovery. If we look at zinc supplementation, studies have found that they reduce the risk of respiratory infection by 35 per cent and they reduce your flu symptoms by two days and speed up your recovery. The food sources of zinc are your mussels, oysters, nuts and seeds, and wholegrains.

Another important nutrient is vitamin C, it's an antioxidant, anti-inflammatory, and helps repair tissue damage when we get the flu or infection. What's important to know about vitamin C is the body does not make or store vitamin C so you can only get it from your food sources or supplements. You can find it in oranges, strawberries, bell peppers, so it's very easy to incorporate it into your diet.

The third key nutrient is vitamin D, it's very good for immunity and also reduces your risk of respiratory infections and speeds up your rate of recovery. Studies have found that it is more beneficial in people that are deficient in vitamin D than those with normal levels. Vitamin D can be found in the sun, oily fish, or foods fortified with vitamin D.

JG: *In a previous interview, we had a discussion about gut health and its relationship with the immune system, how does that support healthy gut microbiome.*

RM: The gut is regarded as one of the largest immune organs in the body because it has trillions of micro bacteria in the gut and has a lot of immune tissue. The food you eat determines what type of bacteria lives in the gut. If you're eating unhealthily, you have unhealthy bacteria and that leads to inflammation in the gut. If you're eating healthily and you're taking in beneficial bacteria, you're reducing inflammation. Healthy eating gives healthy gut microbiome, and we need that for good immunity.

JG: *Something we can all relate to is stress, talk about the effect that stress has on your immunity system.*

RM: Stress is a storm that will wither away your immune system. It increases a hormone called cortisol that contributes to anxiety, your mood, depression and stress which suppresses the immune cells. The immune system will be weakened making you more vulnerable to infection.

The other thing about stress is when we're stressed, we're not sleeping well. The next day the hunger hormone increases; that's ghrelin. We want to make sure we're doing brisk walks, incorporating exercise, maybe journaling gratitude statements, eating healthily, sleeping well, doing breathing exercises, meditating, all of these are highly effective techniques to reduce stress.

JG: *Is it bad to be active and go for a run after a night of little sleep?*

RM: Ideally, you don't want to do that because you want to feel well-rested and if you're running your cortisol levels are going to increase. If your body is already deprived, your levels of cortisol will be amplified.

JG: *Can you tell us about magnesium?*

RM: Magnesium, I like to call it 'magnificent magnesium'. The reason is, it's such a powerful nutrient involved in over 300 bio chemical pathways in our body. Magnesium is good for your muscles, and your mind. Magnesium is known to reduce anxiety and restlessness, and helps control blood sugar and blood pressure. A lot of people take it close to bedtime especially if they're starting to feel restless or anxious. Magnesium also supports the immune system and is important for producing serotonin, the feel-good chemical messenger. We need serotonin to make melatonin. It's important to take magnesium, to make more serotonin, which will help you produce more melatonin, and you will sleep better.

To watch the full interview on video richmondsentinel.ca/videos

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Remembrance Day

Lest We Forget

*They shall grow not old,
as we that are left grow old:
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning
We will remember them.
We will remember them.*



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LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA



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列治文醫院基金會

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SUPERPOWER**
When we see more, we can do more



Radiologists
Richmond Hospital

**Power our
SUPERPOWER!**

**Future Medical Imaging Centre
in Yurkovich Family Pavilion**



Donate Now!

Learn more:

www.richmondhospitalfoundation.com



Photo courtesy Richmond Hospital Foundation

From left to right: Dr. Sunsung Kong, KL Piano Academy; Iris Fan, general manager, Tom Lee Music; Ryan Wang; Cindy Liu, KL Piano Academy; Theresa Blackwell, donor relations, associate director, Richmond Hospital Foundation; Shuai Gu, philanthropy manager, Richmond Hospital Foundation; Ellen Liu, piano division product manager, Tom Lee Music.

Piano prodigy raises over \$15K for Richmond Hospital Foundation

Filled with gratitude for the urgent care his mother received at Richmond Hospital, local pianist and prodigy Ryan Wang started fundraising for Richmond Hospital Foundation at the young age of eight and has now surpassed his cumulative \$15,000 goal at the age of 15.

"I am so grateful for the exceptional care my mother received from the medical team at Richmond Hospital," explains Ryan Wang. "The team at Richmond Hospital saved my mom and my little brother's lives, so my wish is that this gift will help save many more in our community."

Iris Wang was rushed to Richmond Hospital's Emergency Department when Ryan was 2 years old. Eight months pregnant with Ryan's little brother, she experienced a racing heartbeat, trouble breathing, and an incredible amount of pain. The medical team took immediate action upon her arrival and was able to ensure the health and safety of both mother and baby.

Ryan started playing piano at the age of four, and performed his first solo recital at Carnegie Hall at the age of five. Since then, he has performed at many prestigious venues and alongside world-renown orchestras across the globe. Ryan has won numerous music competitions and awards, and was also invited to perform on national television. He is currently studying on a music scholarship in the United Kingdom and in France.

"We wish to extend our gratitude to Ryan for sharing his incredible musical talent and fundraising to give back to the community of Richmond," says Spencer Gall, campaign director, Richmond Hospital Foundation. "This gift will go a long way in helping our health care teams provide excellent care for individuals and families in need."

There are many ways to give. To support local health care in Richmond, visit richmondhospitalfoundation.com/donate/

This gift will go a long way in helping our health care teams provide excellent care for individuals and families in need.

– Spencer Gall

André Rieu a musical phenomenon

By FLORENCE GORDON
Contributing writer

Five years ago, I was invited to join a group of friends for dinner and a concert. When the date arrived, I wondered what I had gotten myself into. I couldn't imagine sitting in a movie theatre for three hours watching an orchestra. Well, was I in for a surprise. When we left the theatre, my friends (big fans of André Rieu) asked me if I enjoyed the concert. My reaction was "can we go back and watch it again!"

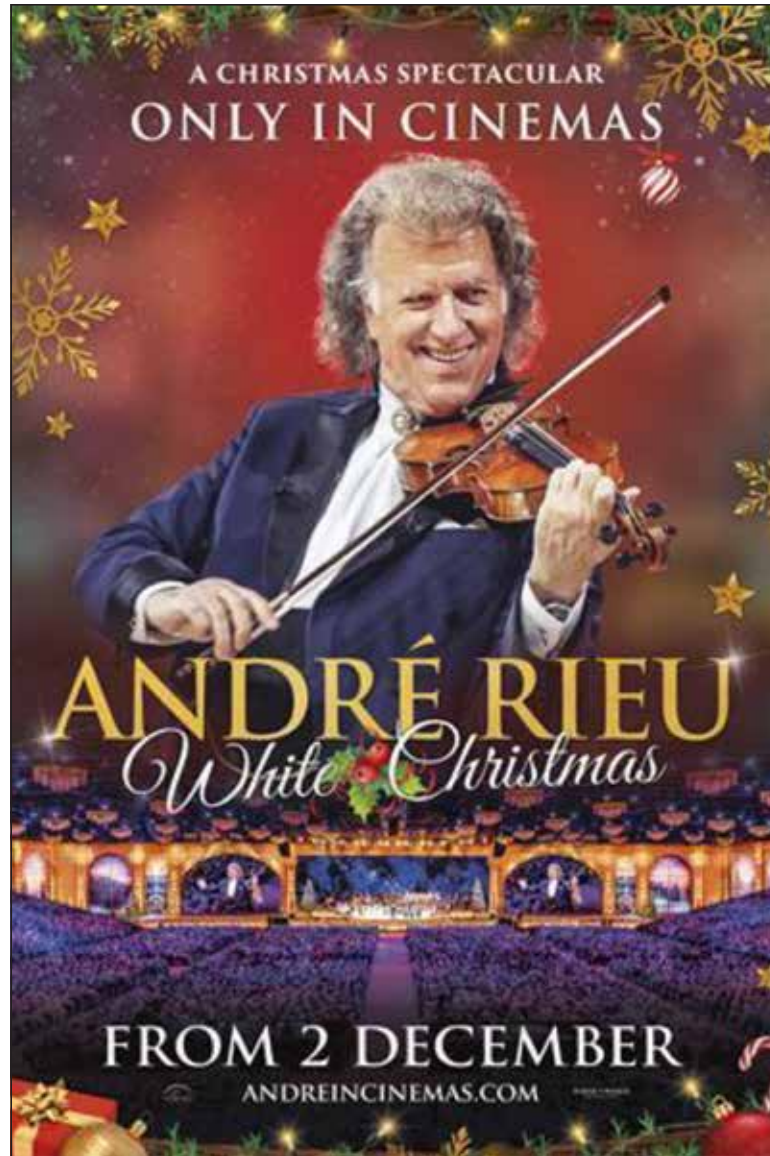
I had never experienced a performer that captivates an audience the way he did—it was magical, and it was as if we had front row seats at a live concert. I forgot I was sitting in a theatre and through the lens of a camera, I was transported into this magical world of entertainment.

André Rieu and his production company takes everyone to amazing destinations around the world and incorporates local talent into their performance. From the time he and his members walk down the aisle with his son at his side, the joy begins and does not stop. With live interviews added to his story telling, to the many guest performers, you're entertained non-stop and three hours feels like one. Even the live audience pleads with André for one more song as he tries to leave the stage.

When you think of a Johann Strauss orchestra you would never expect an orchestra to have the ability to perform classical music one minute and then pour their heart into an all-time favourite Elvis Presley song or Latin America music encouraging the audience to jump up out of their seat to join a conga line down the aisle. One minute you're swaying to romantic music, the next minute you're caught up in the sheer happiness from his wonderfully warm sense of humour.

Enamored by this talented performer I wanted to learn more—who is André Rieu? Simply put, he's a musical phenomenon like no other, a true King of Romance, having sold a massive 40 million CDs and DVDs and notched 30 near one-chart positions worldwide. Along with his 60-piece Johann Strauss Orchestra (the largest private orchestra in the world), André has created a global revival in waltz music, staging spectacular extravaganzas which are second to none. Having received over 480 Platinum Awards, three Classical Brit Awards for "Album of the Year" and billions of Youtube views, André is one of the biggest solo male touring artists in the world. Each year his passionate live shows attract more than 600,000 fans.

His father was an orchestra conductor, and as a child he recalls the huge orchestra and the wonderful sound it made. He also remembered being surprised at the sombre audience during the concerts. "Everybody looked so serious, even though the music seemed to me to radiate so much joy!" When André was studying the violin at the music academy, he was asked to play in a salon orchestra. "What a revelation it was! I was immediately spellbound by



André Rieu Christmas Concert.

Photo courtesy Cineplex

that beat which, years later became the rhythm of my life".

André Rieu founded the Johann Strauss Orchestra in 1987. Following six months of rehearsals, he performed his first concert on Jan. 1, 1988. The orchestra began with only twelve members, which grew to 50, sometimes even 60 on very large stages. The fact that the members of his orchestra have stayed with him from the very beginning demonstrates the dedication and love they have for André.

Built into the concert, André introduces a percussionist who has been part of his orchestra since 1987, at the same time he also showed a video of three little boys who performed with his orchestra. Today all three boys are grown men playing percussion instruments with their dad in André's orchestra, which clearly supports the family relationship. There are so many stories like this throughout the three-hour performance.

"My orchestra consists of young enthusiastic musicians, who put their heart and soul into the music in every concert. You'll see me and the orchestra, and the audience too, all having a lot of fun together. Swaying with the music, humming along, clapping, jumping up and down—it all happens, and every evening is a wonderful experience, and in my view, there couldn't be a greater pleasure for a musician."

His audience appeals to both young and the young at heart. People travel from all over the world to wherever André Rieu is performing. There are no words to explain to those who have never taken in an André Rieu concert, the wonderful joy you'll feel when you leave the theatre and the world needs that right now.

This year, Christmas will come early with André Rieu's cinema special *White Christmas* a celebration you will never forget. From the first jingled bell, you will be immersed in the incomparable Christmas atmosphere of André's winter wonderland. Marvel at the magnificently decorated Christmas palace in his hometown, complete with snow, two ice rinks, gorgeous winter scenes, romantic lighting, red carpet, countless lights, 150 beautiful chandeliers and over 50 Venetian candelabras. Savour the spirit of the season while singing and dancing in the aisles to timeless Christmas carols, romantic waltzes and beautiful songs from all over the world. Cinema audiences will also enjoy exclusive backstage access, as host Charlotte Hawkins speaks with André about creating his musical winter wonderland.

For our readers who have never seen André Rieu and his orchestra I hope I'll see you on Dec. 2 for his *White Christmas* performance at the Richmond Cineplex Theatre (tickets and reserved seats can be booked online or at the theatre. For a sneak preview of what to expect go to cineplex.com/movie/andre-rieus-white-christmas

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OUR CITY *Tonight*

SPOTLIGHT ON
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THE TV SHOW – *The Crown: The Final Season*

Since its debut on Netflix in 2016, *The Crown* has kept viewers gasping for more all over the world. Now comes the final season, starting with Part 1 on Nov. 16, followed by Part 2 on Dec 14. This finale focuses on Diana, Dodi and their love affair that captured the world's (and media's attention) which only grew after that tragic night in August, 1997. The episodes also follow young William, the Queen in a new century and her jubilees, and young marriages as well as two people finally coming together. The cast, as always, is superb, with Imelda Staunton as Queen Elizabeth II, Jonathan Pryce as Prince Philip, Lesley Manville as Princess Margaret, Dominic West as Prince Charles, Elizabeth Debicki as Princess Diana. [netflix.com](https://www.netflix.com)

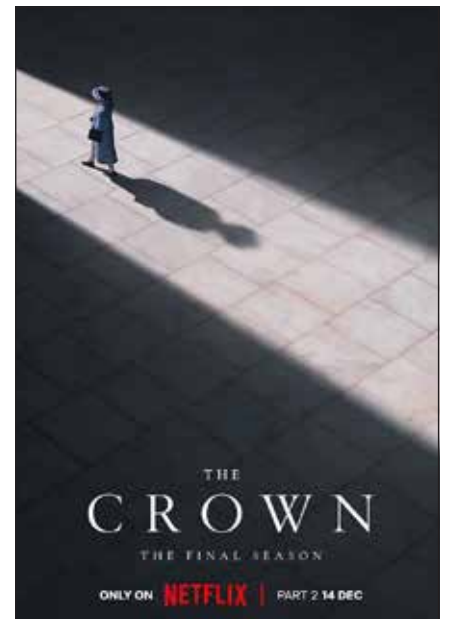


Photo courtesy Netflix



Photo courtesy Marta Rzepka

THE SINGER – Stacey Kent

She is one of our favourite singers, which explains her numerous appearances on *Our City Tonight*. Stacey Kent is an award-winning singer/songwriter who has fans from all corners of the world—which may explain her latest tour which has her performing everywhere jazz is adored. Her new album (due to be out Nov.10) is called *Summer Me, Winter Me* (from Naïve Records), which includes the first single, *Under Paris Skies*. Her unique voice is like a warm, gentle breeze that comforts you, and her phrasing is beyond compare. What has also drawn us to her as lifelong fans is her way with songs about travel to far off places and the love that is part of those journeys. (Songs like *I Wish I Could Go Travelling Again* became even more poignant and alluring during the COVID lock down). If you have not heard Stacey Kent sing, you are truly missing a great artist. For more information [staceykent.com](https://www.staceykent.com)

THE FILM – *The Killer*

Director David Fincher is another artist whose films never disappoint—like *The Social Network*, *Fight Club*, *Gone Girl*, *The Curious Case of Benjamin Button*—whether on the big or small screen. Through his relationship with Netflix, Fincher has also been involved in such ground breaking shows like *House of Cards*, offering even more content to his legion of fans. His latest film is called *The Killer*, based on a French graphic novel series of the same name, it's the story of an assassin (Michael Fassbender) caught up in an international manhunt. The solid supporting cast includes Arliss Howard and Tilda Swinton. *The Killer* is in theatres now and on Netflix Nov.10. [netflix.com](https://www.netflix.com)



Photo courtesy Netflix

100 years: Charles M. Schulz and Charlie Brown

By JIM GORDON & LEETA LIEPINS
Contributors

The Charles M. Schulz Museum and Research Center celebrates the art of cartoonist Charles M. Schulz, creator of Charlie Brown, Snoopy, and the rest of the Peanuts gang. The Museum features the largest collection of original Peanuts comic strips in the world and presents changing exhibitions and programming for all ages.

On display are: the original *Peanuts* artwork, you can learn about the art of cartooning and Schulz's role in its development, view a re-creation of Schulz's art studio, watch *Peanuts* animated specials in the theater, and draw your own cartoons in the hands-on education room.

Benjamin L. Clark is an author and the curator at the Charles M. Schulz Museum and Research Centre, located in Santa Rosa, California. His most recent book, in which he co-authored, is *Charles M. Schulz, the Art and Life of the Peanuts Creator in 100 Objects*.

OCT: *So many people, including us, have been big fans of Peanuts and Charlie Brown, and the man, Charles Schulz, since we were children. Let's talk about your book and the hundred objects. We have been to your museum in Santa Rosa and experienced the history firsthand. How did you manage to whittle the objects down to just 100 in order to describe the life of Charles Schulz?*

BLC: We settled on 100 as a number to publish the book in time for the centennial of Schulz's birth, which is why it is 100 and not 200 or 50. Once we settled on a number, there were some things that just easily sprung to mind so we immediately started making that list. We have to have this, and we have to have that and with those constraints we could look at the list and see what we are missing. We wanted to get a picture of the whole man and not just the cartoonist. We thought, what are some areas that we need to touch upon? So, then we started looking for objects to represent different parts of his life and that's how it all came together.

OCT: *There were some items out of the hundred chosen that really stood out. One was when he was a young lad growing up in Minnesota, his mother gave him a How to Draw Cartoons book. And if there was one item, that if you had to choose*

to put a spotlight on, was what he did with integration and the introduction of the African American character Franklin. You often find great artists coming up against it, but he was not going to back down from that. Explain and describe his first brush with integration.

BLC: It was in the summer of 1968, he got a letter from a woman named Harriet Glickman, who actually wrote to several cartoonists and said things are bad right now. If you think back to that time in 1968 where there was so much racial strife in America and things were boiling over, we had the assassination of Dr. King. Harriet wrote to these cartoonists and basically said if you were to include a black character who is just a normal character, not one of these awful stereotypes that we've seen on the comic pages in the olden days, I think this would do a lot of good in the world.

Charles Schulz was very thoughtful about that, and he wrote back to her and said "I have considered this before, I just don't know how I could do it. I'm not confident I can pull it off in a way that wouldn't come across as patronizing". He just wasn't sure, but he opened the dialogue with her, and she asked, "can I have a couple of my friends write to you as well".

She was Jewish and white, but she had some other people write to him who were black and were able to express to him, that they believed he had created so much goodwill in the world. Even if what you do comes across imperfectly, isn't it worth trying? And that cemented it for Charles Schulz, and it allowed him to be able to create this character and to give himself the latitude and self-permission to say, "I may not get it 100 per cent right out of the gate but I'm going to try". I think that is an important



Photo courtesy The Charles M. Schulz Museum
Benjamin Clark, author, with Charlie Brown.

lesson to come away with.

OCT: *I love the fact that he didn't back down. There was some pushback from newspapers in various parts of the country, but he stood his ground. It's amazing too that he starts in the early 1950s in seven newspapers and by the time he passes away at a young age in 2000, he's in 2600 papers. We'd like to think that he is one of a kind.*

BLC: There is hardly anyone working in not just comics, but in any graphic form today, that doesn't point back to Charles Schulz's influence.

OCT: *What's great too is that you have these hundred items and you also have commentary from his family, friends and the worshipping of many cartoonists. Tell us a little bit about the museum and why visitors should make the trek if they're in the neighbourhood.*

BLC: We have a beautiful museum and a constantly rotating exhibition. There's always something new to see even if you have been before. We are in Santa Rosa right in the heart of California's beautiful wine country and not too far from the coast. It is a beautiful place to visit, aside from just coming to see us at the Schulz Museum.

To watch the video interview in full go to richmondsentinel.ca/videos, for more information go to schulzmuseum.org

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