

15

OUR CITY

Richmond

'GOOD TO KNOW'

by Florence Gordon



November 6 – December 3, 2023
Share your thoughts on the draft
Richmond Accessibility Plan.



The City of Richmond has created a new 10-year draft, Richmond Accessibility Plan 2023 to 2033 (the plan), representing Richmond's ongoing dedication to strengthening meaningful access for all members of the community.

The city is now seeking your input on the draft plan in the following ways:

Online

Visit LetsTalkRichmond.ca to learn more and complete a survey by **11:59 p.m. on Sunday, Dec 3.**

Additional support

Facilitated one-on-one and small group survey supports are available virtually, by phone and in-person.

Email accessibility@richmond.ca to request additional support in your preferred format.

Feedback collected through the engagement process will be used to help finalize the plan, to be presented to city council in winter 2024.

Community Social Development, City of Richmond

Pumpkin recycling

Remember to place your Halloween pumpkins in your Green Cart or backyard compost bin where they can start a new life as *nutrient rich compost*. Residents can purchase a backyard compost bin from the Richmond Recycling Depot at 5555 Lynas Lane.

Open seven days a week from 9 a.m. to 6:15 p.m. (closed on statutory holidays).



Photos courtesy City of Richmond

The Steveston Tram Museum

Featuring Tram Car 1220, one of the original trams that ran on Richmond's interurban rail system. Today, the beautifully restored tramcar and the building that houses it, allow visitors to experience authentic interurban rail travel and learn about early 20th century transportation.

Designed to house Tram Car 1220, the museum was built around the original tracks of the BC Electric Railway Interurban Network across the street from where the Steveston Station once stood. You can still spot the original railroad path and power poles around the tram today.



Leaf season is here

Please ensure all leaves and trimmings are placed securely into your green cart, paper yard waste bags or in your store bought 80L Green Cans. For Green Can Decals please call 604-276-4010 or e-mail garbageandrecycling@richmond.ca



More student spaces coming to Richmond schools

Students in Richmond's fast-growing school district will see 275 new student spaces next school year.

"We are expanding schools to meet the demands of high student enrolment faster," said Rachna Singh, minister of education and child care. "With record population growth, our government will continue to build and improve schools in the Richmond School District and throughout B.C. as more communities welcome students to their classrooms."

Recognizing the recent increase of young families living within the Richmond School District, Samuel Brighthouse Elementary School will receive 150 new seats and William Cook Elementary School will receive 125 additional student spaces. Both schools are expected to welcome students in fall 2024.

With \$16.5 million from the province, the two new additions will provide the Richmond School District with 11 additional classrooms featuring unique designs, providing students with bright and spacious learning areas, while offering the benefits of a school environment.

"The announcement today means more quality learning environments that get students into open, spacious classrooms faster to meet the needs of our growing school district," said Henry Yao, MLA for Richmond South Centre. "Our entire Richmond community will benefit from the new additions for many years to come."

Over the past five years, the provincial government has provided more than \$122 million for



Photo by Jaana Björk

Samuel Brighthouse Elementary is one of two schools that will receive addition student spaces in fall 2024.

seismic upgrades and partial seismic replacement projects in the Richmond School District, including for James Whiteside Elementary and William Bridge Elementary, providing nearly 5,000 students with safe places to learn.

"Through the provincial government's investment in school infrastructure, we are beginning to take the necessary steps to address the growing need for additional seating in Richmond's rapidly expanding city centre," said Debbie Tablotney, board chair, Richmond School District. "This much-needed funding will contribute to the well-being and success of our students, while supporting our vision for a thriving educa-

tional community that supports all families."

Since September 2017, the B.C. government has provided more than \$4 billion for new and improved schools and land purchases for future schools throughout the province, resulting in 25,000 new student spaces and 35,000 seismically safe seats in B.C. schools.

Budget 2023 includes \$3.4 billion for school capital projects over the next three years, including new and expanded schools, seismic upgrades and replacements, and land purchases for future schools.

To learn more about the Richmond School District, visit: sd38.bc.ca/

In honour of our soldiers: Russell Bowyer Foster

By **SAMUEL CHENG**
Reporter

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

Russell Foster, born on July 9, 1918 in Vancouver, was the son of a widowed mother Florence Minnie Foster. He lived with his sister Bernice and brother Courtney at what was then RR 1, Steveston.

Foster was a well-known lacrosse player in the community of Richmond and was the alumni of Richmond High School. Foster took on a Spratt-Shaw Commercial course after his high school graduation in 1935.

With a bright future ahead of him, the young Foster landed himself a job with James Richardson and Sons as a junior clerk two years later. Using his education and experiences as a jump board, Foster went on to join the Richmond Dairy Products, working as an assistance bookkeeper.

Due to his excellent track record and job performance, Foster became a stenographer and bookkeeper for the City of Richmond in October of 1940. A stenographer is a specialized individual who has received professional training in transcribing speech in shorthand. Today, a stenographer is commonly found in



Screen grab from Google Maps

A poppy engraved road sign of Foster Road.

court hearings, depositions, trials and other legal proceedings.

On July 21, 1941, Foster enlisted with the Royal Canadian Air Force and was sent to Brandon, Manitoba for training. His job position was to be retained until his return from the war, in which the brave soldier never did.

Foster spent the next couple of years on the bases in Alberta and Saskatchewan. Foster was soon promoted to Pilot Officer rank in the September of 1942, in which he left for England two months later.

On July 18, 1943, Foster along with three other Royal Canadian Air Force crew members, #144 Hong Kong Squadron, were tragically killed when their aircraft has collided with a balloon cable near the aerodrome on Pantelleria, Italy.

Foster was initially buried in the United States Military Cemetery before being transported and reburied in the Enfidaville War Cemetery in Enfidha, Tunisia.

Three years after his death, the City of Richmond made the decision to erect a road sign in his name. Today, Foster Road can be found to the north of Francis Road, in between Gilbert and No. 3 Road.

•taic@richmondsentinel.ca

Deals, deals, and more deals

By MATTHEW CHEUNG
Reporter

As the winter season slowly approaches, one set of holidays can be treated as a teaser for the deals to come. On November 23, the United States will be celebrating Thanksgiving. Families will gather together to give thanks, feast on delicious meals like turkey filled with stuffing, partake in religious services, parades, and some even watch a football game. Thanksgiving is like the calm before the storm, following right after that day is Black Friday.

Since 1952, the day after Thanksgiving had been regarded as the first day of Christmas and holiday shopping, with all the deals rolling out, shopping centres and retail stores experience a massive influx of customers before slowly quieting down again until December. In 1960, the term "Black Friday" was used by police officers as a way to describe the chaotic experiences of large numbers of tourists heading into the city. The huge influx of people resulted in many traffic jams, accidents, and other issues. This resulted in the day after Thanksgiving receiving a negative connotation, so many merchants attempted to make the day more appealing by calling it "Big Friday".

For 20-plus years the day after Thanksgiving was just seen as another day shoppers creating chaos and more headaches for retailers everywhere. Until the late 80s, when a profit boosting narrative about Black Friday was created. The narrative created described Black Friday as a day for businesses who had been operating at a financial loss, also known as 'in the red', to escape and make a profit putting them 'in the black'.

As time has gone on, the appeal and anticipation for Black Friday continued to grow. In the United States, President Roosevelt proclaimed Thanksgiving be the fourth Thursday in November, giving Black Friday shoppers one week more to do their Christmas and holiday shopping. Amazon, the notorious e-commerce company loved the idea of Black Friday so much that they introduced a day of deals with their own company twist on it, which is now known as Prime Day. Held on July 15, 2015, Prime Day was a day for the company to celebrate its 20th anniversary with deals advertised as better than Black Friday deals.

With technology continuing to advance, online shopping continues to be the preferred option over visiting retail stores. Gone are the days of lin-



Photo via Flickr.ca

Nov. 24 is Black Friday, get a head start on your Christmas and holiday shopping.

ing up outside of a store for a pre-release, now most things can be delivered to your doorstep with the click of a button. The appeal to visit stores in-person have declined, but retailers caught on. In 2005, Cyber Monday was born, an online equivalent to Black Friday that offered identical deals. Cyber Monday had finally arrived in Canada, and in just three quick years it was reported that approximately 80 per cent of retailers in Canada were participating in Cyber Monday.

There's 'Black Friday', 'Cyber Monday', but there is also another day of deals that often does not get talked about and that's Travel Deal Tuesday, or Travel Tuesday. Travel Tuesday is the day right after 'Cyber Monday', where consumers can see more deals on travel than any day post-Thanksgiving. Discounts on hotels, cruises, flights, and many more are offered on this day.

Tuesday is also known as Giving Tuesday, a day that encourages people to give back in whatever ways they can; time, money, gifts, donations, and many more.

'Black Friday', 'Cyber Monday', and 'Travel Tuesday' deals have already begun. According to CTV news, many retailers including Amazon Canada, Monos, Roots, Wayfair Canada, The Source, Canadian Tire, and Best Buy Canada have already started to roll out deals on their items. If you're a conscientious shopper, check out the deals being offered before it's too late.

•matthewc@richmondsentinel.ca

RICHMOND
SENTINEL
OUR COMMUNITY NEWS

Published by
RICHMOND SENTINEL NEWS INC.
200-3071 No. 5 Road,
Richmond, B.C., V6X 2T4

Advertising & Sponsorship
marketing@richmondsentinel.ca
778-325-1297

Newsroom
newsroom@richmondsentinel.ca
778-297-5005



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

Starlight Gala raises over \$1.3 million

The 2023 Starlight Gala, presented by the Greczmiel Family, at the River Rock Show Theatre on Nov. 4, brought together over 400 guests, including generous sponsors and donors for an inspirational and elegant evening.

The event's success was a testament to the community's commitment to health care excellence, with donors generously making donations in support of the "See Better, Heal Better, Feel Better Campaign", to equip Richmond Hospital with game-changing medical equipment that will improve access, enable faster recovery and enhance the patient experience. With a surprise announcement made by the Dan On Family Foundation during the gala offering matching donations during the Leadership Challenge, donors joined forces to help raise an astounding \$1.3 million.

"The unwavering support of our community to health care is truly inspiring. The acquisition of game-changing surgical and diagnostic equipment will empower our health care professionals to provide patient centred and innovative care, making tangible differences in the lives of patients who rely on Richmond Hospital for their health care needs," says Natalie Meixner, president & chief executive officer of Richmond Hospital Foundation.

The Honourable Adrian Dix, minister of health, and Dr. Penny Ballem, Vancouver Coastal Health board chair attended the gala as speakers, pas-



Photo courtesy Richmond Hospital Foundation

Community rallied together at Richmond Hospital Foundation's Starlight Gala, raising \$1.3 million for game-changing medical equipment.

sionately speaking about the importance of philanthropy in advancing health care, and expressed gratitude for the community's unwavering generosity. Minister Dix also took the opportunity to highlight government's commitment in bringing the Yurkovich Family Pavilion into fruition, ensuring Richmond Hospital remains at the forefront of

quality patient care.

The Richmond Hospital Foundation extends its heartfelt thanks to all attendees, donors, sponsors and partners who contributed to the success of this year's Starlight Gala. Together, we are making a significant and lasting impact on the health and well-being of our community.

IT'S

BLACK FRIDAY

COME BY TO GET ALL THE BEST DEALS!



**BLUNDELL
CENTRE**



42 stores to find the best prices
Located at Blundell & No 2 Road

Living wage in Metro Vancouver rises to \$25.68

As the cost of essentials continues to balloon, particularly for housing and food, Metro Vancouver's living wage has climbed to \$25.68 per hour for 2023, marking an increase of 6.6 per cent from last year, the 2023 Living Wage Update report shows.

The living wage, calculated by the Canadian Centre for Policy Alternatives, BC Office and Living Wage for Families BC, is the hourly rate that each of two parents working full-time must earn to support a family of four based on the actual costs of living in a particular community.

The 2023 Living Wage report shows that the Metro Vancouver living wage family has to spend over \$4,000 more than last year for the same basket of goods.

While parents with young children in licensed child care have benefitted from large fee reductions this year, the savings are entirely consumed by soaring prices in other areas. Housing costs alone demand an added \$411 per month from their budget—a spike of 16.6 per cent. Food, the second most expensive item in the living wage family budget, is an extra \$68 per month, soaring by 6.1 per cent.

"Although inflation has dropped from last year's historic highs, the cost of living across BC continues to increase rapidly," says Iglia Ivanova, CCPA-BC senior economist and the report's lead author.

Rent and food prices in particular have risen sharply in communities across the province, driving increases in the local living wages. In Greater Victoria, the living wage is now \$25.40, a 4.6 per cent increase from 2022; in Kelowna it is \$24.60, a 7.5 per cent increase; and in Prince George it is \$22.09, a 4.2 per cent increase.

Many BC employers have stepped up to pay both direct and contract employees wages sufficient to support families, with nearly 400 certified

Living Wage Employers across the province.

"We're proud to be a Living Wage Employer. By having a living wage as the minimum compensation for our employees, we are providing our employees with the pay they require for their well-being and success and we enable them to not only enhance their own lives but also deepen the relationships within their community," says Lincoln Kyne, senior vice president, British Columbia and United States Pacific Northwest at Lafarge Canada, a certified Living Wage Employer.

"The Living Wage Commitment builds community resilience in these times of high inflation. It also recognizes the hard work of our employees and their contribution to the company and benefits us all."

Many BC workers earn less than the living wage and face impossible choices—buy groceries or heat the house, keep up with bills or pay the rent on time.

"In the last two years, the gap between the minimum wage and living wages in BC has grown significantly. In Metro Vancouver, this gap is now close to nine dollars per hour," says Anastasia French, provincial manager for Living Wage for Families BC.

"BC's low-wage workers need a raise but the labour market alone can't resolve all economic insecurities," notes Ivanova. "Governments can and should do more to address the cost of living crisis that people are facing across the province."

French stresses that the living wage only allows for a modest lifestyle without extras many of us take for granted.

"The living wage lets workers meet their basic needs and have the time and money for an active and fulfilling family and personal life," she adds.

Nineteen BC communities have calculated their 2023 living wages.

The living wage lets workers meet their basic needs and have the time and money for an active and fulfilling family and personal life.

*— Anastasia French
Provincial manager
for Living Wage for
Families BC*

Community	Living Wage 2023	Living Wage \$ increase from last year	Percentage increase from last year	Living Wage 2022
Clayoquot Sound	\$26.51	N/A	N/A	DID NOT CALCULATE IN 2022
Daajing Giids (Haida Gwaii)	\$26.25	\$0.38	1.5%	\$25.87
Golden	\$25.78	\$0.22	0.9%	\$25.56
Metro Vancouver	\$25.68	\$1.60	6.6%	\$24.08
Sunshine Coast	\$25.61	\$1.31	5.4%	\$24.30
Greater Victoria	\$25.40	\$1.11	4.6%	\$24.29
Cowichan Valley	\$25.20	\$1.67	7.1%	\$23.53
Powell River	\$25.06	\$1.73	7.4%	\$23.33
Revelstoke	\$24.60	\$1.00	4.2%	\$23.60
Kelowna	\$24.60	\$1.72	7.5%	\$22.88
Nanaimo	\$22.87	\$2.61	12.9%	\$20.26
Columbia Valley	\$22.63	\$0.78	3.6%	\$21.85
Prince George	\$22.09	\$0.90	4.2%	\$21.19
Comox Valley	\$22.02	\$1.76	8.7%	\$20.26
Trail	\$21.55	\$0.42	2.0%	\$21.13
Nelson	\$21.14	\$0.31	1.5%	\$20.83
Kamloops	\$20.91	\$1.77	9.2%	\$19.14
Fraser Valley	\$20.66	\$1.68	8.9%	\$18.98
Dawson Creek	\$20.64	\$0.11	0.5%	\$20.53



Relax by a warm fireplace in the great room.

Photo courtesy Richmond Sentinel

Plan now for the future

By FLORENCE GORDON
Contributing writer

For those who have never visited a senior-retirement facility, the fear of ending up in an 'old folk's home' is understandable. Recently I walked into senior lifestyle residence and received a warm and welcoming experience from the front door throughout the many amenities: the lounge, dining room, bistro, barber shop, hairdresser, movie theatre, library, billiards room, a large verandah/patio, courtyard, activity room and each individual suite has a balcony. Many seniors express concern that the monthly fees are beyond their means, but when you calculate: mortgage payments, property taxes, water, hydro, heating, general maintenance, insurance, cutting lawns, shovelling snow, upkeep of exterior and interior of a home, the lack of security, unexpected damages, groceries, entertainment, a social life and any other expense I may have overlooked that a home or condo owner faces every day, then maybe it is affordable. Before taking that first step to shop what the available options are in your community, here are a few ideas to consider before making a lifestyle decision.

Peace of mind

- You're never alone
- Make new friends
- Be as busy as you like
- No more shopping or preparing meals

All-Inclusive at a senior residence

- Cost to maintain a home versus one monthly payment
- Worry free
- No surprise expenses

Freedom of maintenance

- No plumbers, electricians, furnace technicians
- No windows or roof & gutter repairs
- No servicing or replacing appliances

Safety and security offered

- Entrance secured & a concierge at front desk
- Twenty-four hour staff on duty
- COVID-19 visitor testing

Lifestyle

- Some residences offer luxurious amenities
- Some smaller communities offer a home-like living
- Your budget & comfort dictates what you choose

Dining

- Nutritious well-balanced meals
- Qualified chefs
- Most offer in addition snack bars or a bistro
- Private dining room for family get togethers

Transportation

- You know longer want a vehicle expense
- Most residences offer transportation services
- Many residences arrange shopping or tour outings

Recreation

- There are activities, classes & hobbies for everyone
- Exercise & dance classes
- Organized games
- Social events

Healthcare

- Most retirement facilities offer specialized care
- Nurses on staff
- Doctor on call

Personal finances—compare budgets

- Current monthly expenses
- Short-term and long-term maintenance
- Monthly income (pensions, CPP, OAP)
- Value of your home if you were to sell or
- If you rent out your home—expected income/expenses

Alternative Options

This is not to say, that seniors who chose to live within the comfort of their home, there are options within the community offering support to make this happen: caregivers, homemakers, support workers, live-in caregivers, private nursing companions. Contact Vancouver Coastal Health vch.ca

•florenceg@richmondsentinel.ca

For the love of golf

By FLORENCE GORDON
Contributing writer

Since 1552, golf has been played at St. Andrews, Scotland. It was here where the 18-hole round of golf was established. In 1744, the Honorable Company of Edinburgh Golfers wrote down the first rules of the game, known as the Thirteen Articles. Over the next 100 years, those 13 rules were adopted by more than 30 clubs.

In 1899, an attempt by the Royal and Ancient Golf Club of St. Andrews delivered the first consolidated rules code. During this same period, the United States Golf Association was formed in New York City. The USGA's rules converged, consolidating these two entities as the two main governing bodies of the game.

St. Andrews may be known as the "home of golf," but in the early 2000s, Chinese historians claimed their ancestors were playing the game long before the Scots. A 2006 exhibit in the Hong Kong Heritage Museum laid out what its curators said is evidence that, people in ancient China played a version of golf (called *chuiwan*—or "hit ball") as long ago as 1368. The museum displayed an enlargement of a part of a Ming Dynasty scroll "The Autumn Banquet" showing participants of an imperial court hitting a ball toward a hole in the grass.

America's origins in golf, on the other hand are closely linked with Scotland. In 1743, David Deas, a 21-years old slave trader, received one of the first documented shipments of golf equipment in the American colonies sent from Edinburgh, Scotland. Deas had grown up in Edinburgh, playing the game on a five-hole course, where the first rules of golf were established. history.com/news/who-invented-golf-origins

Golf is one sport that breaths tradition. If you are someone who loves the sport you understand its tradition: dress code, rules of the game and integrity as a player. A sport that can be played as a one-some or a foursome, for fun, recreation, competitively and professionally. My husband and I took up golf in our early thirties when our kids were old enough to play with us because a family golf membership was very affordable. For years we played for the fun and exercise, but it wasn't until we moved to Vancouver a decade later and joined a golf club to meet new friends that I realized I don't have an established handicap, so I took a maximum of 36.

At that time Golf Magazine published golf lessons in each publication, I'm one that learns from reading so I cut out all the lessons, made a book to study from and went to the driving range every day that first summer in Richmond. At the time, I think my first set of clubs came from a local department store, then one day a sales rep was at the driving range offering test trials with Yonex clubs (the irons had graphite shafts and I believe the woods had boron shafts). To go from steel shafts to this new

technology was an incredible feel so Christmas came early that year. Researching and practice, practice, practice paid off as I watched my handicap go from 36 down to 18.

My husband and I still played for fun sprinkled with a little competition. We were part of 4 couples

who played every weekend (the women played together and the men played together). To make it interesting the winning team received a

toonie. The passing of the toonie became quite popular as everyone in the club house would ask who was holding the toonie. We built wonderful friendships at the golf club; we travelled all over the world, always with our golf clubs and here is where our journey began.

I would be remised if I didn't share a few golf stories because that's all part of the game. We were at an Arizona golf club, the starter said "I have to

put you with another player, do you mind". Marty was 'Mr. GQ' from his Ralph Lauren golf wardrobe to even a Ralph Lauren golf bag. After introductions we asked what he did: He was the chief executive officer of a company that designed the clothing for Paul Newman's race car team and Paul and Joanne were his neighbours, he was on the Board of Augusta's illustrious home of the Masters.

My husband and I thought hmmm, could that be true. At the end of 18 holes, he asked if we were going into the lounge, could he join us. That's when we discovered what a truly nice guy he was and ended up playing several more rounds of golf together. Several months later, Marty flew to Toronto with Paul Newman for the Molson Indy and invited us to have lunch and watch the race with he and Paul. It was an amazing experience that came out of a game of golf. A few months ago, I wrote a story about Celestine Prophecy, well this was one of those Celestine moments.

My husband and I were at a conference in Vegas and two clients asked us to play a round of golf. When we got to the first tee, they were all single digit handicapped. Don wanted me as his partner because my handicap at 18 gave us a stroke on every hole. The game was back and forth match wise, and as we teed off on the eighteenth hole the game was all tied up. It was a par 4 and on the second shot my partner was off the fairway deep into the trees, I was short of the green with a sand trap in front of me and an elevated downhill green to the pin. My husband and his partner were on the green in two, both with long downhill putts so one of them should at least par the hole.

While waiting for my partner who was still hunting for his ball, I was asked to go ahead and hit. At best I prayed that the 'lob shot' that I had practiced for months would come through because to get the ball up high enough to clear the sand trap yet stop it on a downhill green would take a miracle. Well, that miracle happened. The ball landed softly on the green and slowly made it to the pin and went into the hole. The look on my husband and his partner's face was worth a million dollars. Scoring a 3 less a stroke, our team came in with a 2 and even if they one putt, their birdie didn't beat our eagle. When my partner saw me jumping up and down shouting, he came running up to see what happened. At dinner that night, everyone in the room had heard about this shot from the golf gods.

Over the years, we have created so many golf memories, travelled to so many destinations and built a network of friends. I know every golfer has stories to tell on the nineteenth hole and that's a big part of the game of golf. Whether it's hitting balls at a driving range or playing a round, enjoy the moment.

•florenceg@richmondsentinel.ca



Vancouver Handball Cup

By MATTHEW CHEUNG
Reporter

On Remembrance Day weekend, the Vancouver Handball Club hosted their fourth ever Vancouver Handball Cup. The tournament took place at the Richmond Olympic Oval featuring men's and women's competitions; with a total of four women's teams and six men's teams participating. The event was a huge success according to Benjamin Schwartzmann, coach of the men's senior team and player.

"Overall the 2023 Vancouver Handball Cup was a great success with every team enjoying their time on and off the court", said Schwartzmann.

The event featured approximately 120 players from 10 different teams and around 30 people in the staff, referees, and families of players category, totalling to around 150 people. The event played host to handball teams from all around North America from Saskatchewan, Seattle, Portland, and Vancouver.

The Vancouver Handball Club first started off known as the BC Handball Club but decided to break away from the BC Handball Federation and become the Vancouver Handball Club. They've held Handball Cup events every year in the time

span of 2010 to 2016. The club has grown from just a handful of players to approximately 50 members all varying in age. "Handball's popularity is on the rise across North America, we're aiming to reach out to the younger generation, encouraging them to join in on the excitement of this amazing sport," said Schwartzmann.

Like all businesses the COVID-19 pandemic caused many hardships for the Vancouver Handball Cup, the organization was not able to keep the event going but that didn't deter the organization

making sure that the event runs smoothly. Going forward, we're exploring the possibility of having dedicated volunteers to help throughout the weekend. We will start planning the 2024 Vancouver Handball Cup in the spring. Our objective is to get more teams joining the tournament: eight men's teams and six women's teams would be fantastic. Ultimately we want handball to have more visibility in Canada and attract new players to this amazing sport," said Schwartzmann.

•matthewwc@richmondsentinel.ca



Photo by Matthew TW Huang

The Vancouver Handball Cup took place on Remembrance Day weekend at the Richmond Olympic Oval.

who slowly made their comeback in their 2021-2022 season thanks to the Via Sport BC's financial support.

The tournament came to an end with the San Francisco Cal-Heat team winning the men's competition, beating Seattle by a score of 29 to 14 in the finals. In the women's competition, a team from Alberta that regularly plays beach handball defeated the Vancouver women's team by a score of 18 to 15.

Moving forward the team is reflecting on this year's event and preparing for the 2024 Vancouver Handball Cup next spring.

"It is challenging to coordinate everything for our board members as we have to juggle between playing, coaching and

Winter specials: comfort food

By TAMMY LO
Student writer

During the winter, people often crave warm and hearty foods to combat the cold weather and provide comfort. A popular food during the colder month among families would be chicken noodle soup.

The origins of chicken noodle soup date back centuries, with its long and varied history. While the exact origin of chicken noodle soup is difficult to pinpoint, variations of this comforting dish have appeared in many cultures around the world.

Broth-based soups have been a part of various cultures for centuries. In the ancient times, the Chinese were believed to have created various noodle dishes, and chicken soup which was used as a stock, had long been considered a home-remedy for various physical ailments.

In Jewish culture, chicken soup has been a traditional dish for centuries. Often referred to as "Jewish penicillin," it has been valued for its perceived medicinal properties and is a common remedy for colds and other illnesses.

By the Middle Ages, the concept of using chicken broth as a base for soups had spread throughout Europe. Noodles made from grains were added to soups, creating a heartier and more substantial dish.

Soups were very prevalent in Middle Eastern and Mediterranean cuisines, in such regions, lentil soups, barley soups, and other variations topped with spices and herbs were popular. As culinary techniques devel-

oped and trade routes expanded during the Renaissance, new ingredients and cooking methods influenced soup recipes. By the 18th century, soup had become a standard part of European cuisine.

The Industrial Revolution, brought about innovations in food production and distribution, canned soups which could be easily stored and transported, became popular in the 19th century. This contributed to the convenience of enjoying warm soup, especially in urban areas. By the 20th century, with the rise of convenience foods, commercially produced soups gained widespread popularity. Canned, dehydrated, and instant soups became go-to options for quick and easy meals.

Chicken noodle soup still does well today, in 2013 it was reported by Campbell's soup that nearly 200 million cans of chicken noodle soup were sold. Canned soup continues to do well in the market today, with many costing no more than three dollars, the can of soup can be cracked open and heated up in a microwave or a pot above a heat source and eaten as a whole meal.

Some notable brands of canned soups include Campbell's Chunky soup, Amy's, great value chicken noodles soup, Annie's soup, and many more. The popularity of chicken noodle soup prompted Tim Horton's, a popular Canadian restaurant chain to create canned versions of their soup as well.

With the winter approaching, it's best to cook up or purchase a nice warm and hearty bowl of soup to combat cold weather and provide comfort.

In their own words...

Homelessness



Kash Heed
Councillor

As an accountable level of government, we have a responsibility to address issues that affect the most vulnerable people in our community – individuals and families experiencing homelessness. Recent data indicates a disturbing 91% increase in people living on the streets, under bridges, and in parks throughout Richmond.

The City's population experiencing homelessness is far from homogeneous. It disproportionately comprises vulnerable populations, and largely comprises individuals from the region. Aside from sharing a vulnerability of homelessness, this population varies in other characteristics such as personal circumstances, age, gender and race. The reasons contributing to their challenges vary and are not necessarily caused by a single factor, nor sequential.

Experiences with homelessness can be considered across two dimensions: the phase of homelessness and the circumstances that led to homelessness.

- Studies show that the progression

into homelessness starts with people being at-risk, often due to pressures from external social and economic factors or personal trauma.

- The next phase is being nonchronically homeless: namely, less than one year without housing.
- This can unfortunately progress to being chronically homeless: when one has been homeless for more than a year or has multiple occurrences over several years.

At-risk individuals, the nonchronically homeless, and the chronically homeless benefit from different interventions. For example, the nonchronically homeless may need financial support and attainable housing. People experiencing chronic homeless, however, may first need help with underlying circumstances such as mental health or addiction challenges.

As a City, we cannot give up on those struggling to transition out of homelessness. We need to find ways to steadily ensure that the chronically homeless get the supports they need. Without supports, individuals will continue cycling in and out of homelessness, leaving a sizable segment of our society struggling to live happy and fulfilling lives.

The City has several well-regarded initiatives in place to support those in need



including our Homelessness Strategy 2019-2029 and our diverse models of housing and shelters for vulnerable people. There is, however, a more immediate need to support the unhoused population that frequents our outdoor public spaces with inadequate living conditions.

This is why now, more than ever, we must focus on those most vulnerable to homelessness – those struggling with personal mental health or addiction challenges. We must work collaboratively with other levels of government and across the political spectrum to ensure our social contract to this population isn't broken, and by providing adequate systems, funding and supports to those who need it.

Always remember, people experiencing homelessness are human beings – deserving of safety, dignity and respect.

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.

Nov 22 | 4:00pm
Public Works & Transportation Committee

Nov 27 | 7:00pm
Council Meeting

Nov 28 | 4:00pm
Parks, Recreation & Cultural Services Committee

Nov 29 | 3:30pm
Development Permit Panel

Dec 4 | 4:00pm
General Purposes Committee followed by Finance Committee

Dec 5 | 4:00pm
Planning Committee

Dec 11 | 7:00pm
Council Meeting

Dec 12 | 4:00pm
Community Safety Committee

Dec 13 | 3:30pm
Development Permit Panel

Dec 18 | 4:00pm
General Purposes Committee

Dec 18 | 7:00pm
Public Hearing

Dec 19 | 4:00pm
Planning Committee

Dec 20 | 4:00pm
Public Works & Transportation Committee, followed by Parks, Recreation & Cultural Services Committee

Dec 20 | 7:00pm
Special Council Meeting

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

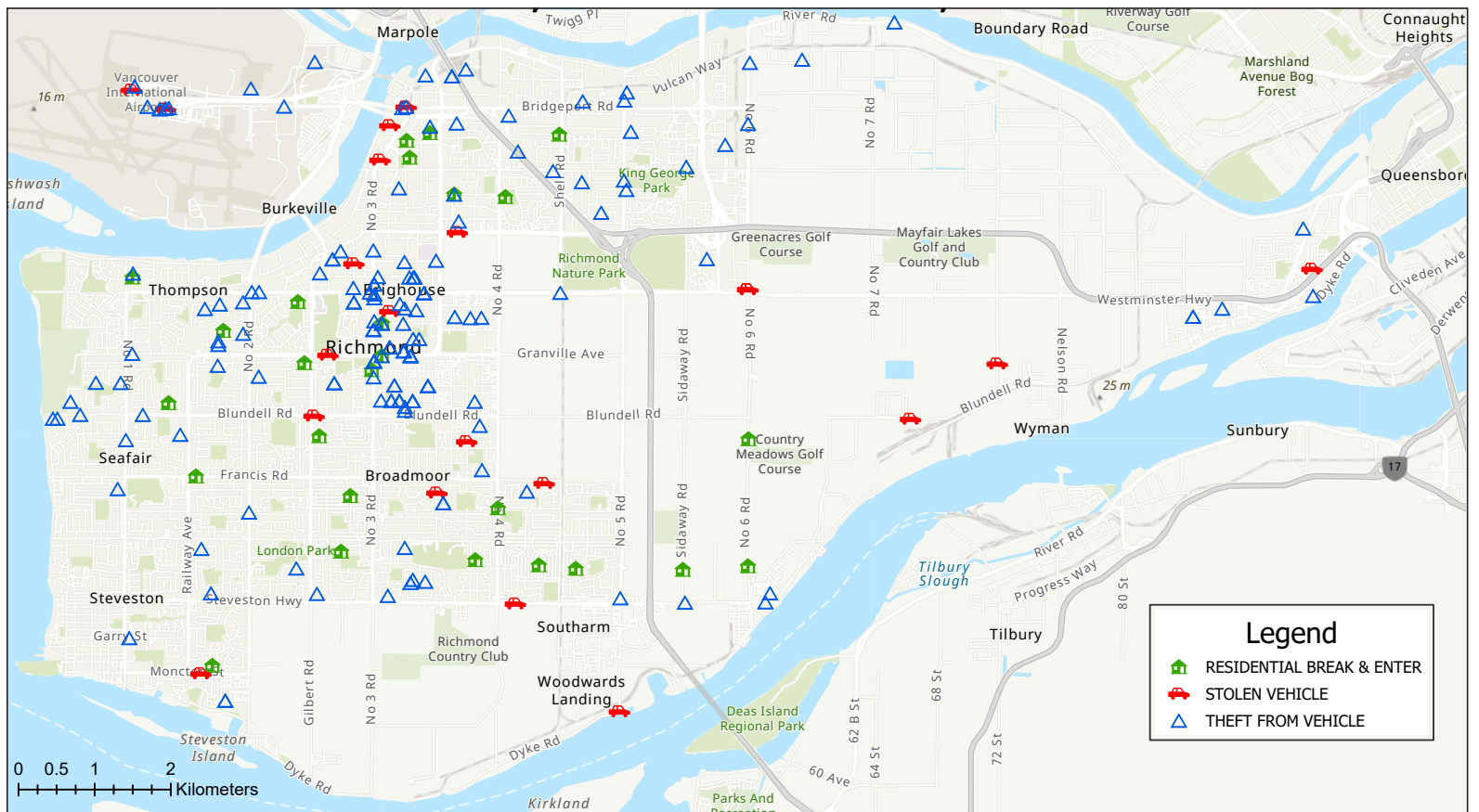
Visit richmond.ca/WatchOnline to link to live streaming or watch archived video.





RCMP

Crime Map Oct. 1 - 31, 2023



PEERS creates pathways to employment

More than 300 British Columbians will benefit from an investment in a program that opens alternate routes to employment for people experiencing or at risk of homelessness.

"This innovative project will provide crucial skills training and support to hundreds of British Columbians facing barriers to employment, empowering them to better participate and succeed in B.C.'s growing workforce," said Randy Boissonnault, federal minister of employment, workforce development and official languages. "Through our Skills for Success Program and partnerships with provinces and territories, we are helping to build a stronger and more resilient workforce across Canada."

An investment of nearly \$3.7 million from the Government of Canada and its Skills for Success program is helping to make the Pathways to Engagement and Employment Readiness (PEERS) program, and the service it provides, possible.

"The path to employment is not the same for everyone," said Selina Robinson, B.C.'s minister of post-secondary education and future skills. "PEERS is breaking down barriers and providing people with the skills they need to move toward employment while contributing to their community and seizing the opportunities in B.C.'s growing economy."

PEERS programs provide participants with informal and flexible work



Photo via Flickr.com

The PEERS program creates vast job opportunities.

placements in a safe and welcoming environment. Participants engage with their peers and undertake a variety of jobs or tasks that benefit their community and support vulnerable community members. Peer employment empowers people to contribute to their community while receiving an income or income support.

"The program has awakened me to see and recognize my skills and attributes as being important for my personal and my professional life," said Genny Quintal, PEERS participant. "I have discovered my hidden qualities and values are what make me acceptable as part of society and my community."

Expanding skills training for employment programs for individuals facing barriers supports the StrongerBC: Future Ready Action Plan to make post-secondary education and

skills training more affordable, accessible, responsive and relevant. It also responds to the biggest challenge heard from businesses: the need for skilled, trained and talented people. The action plan is supported by a provincial investment of \$480 million over three years.

Learn More:

For more information about the program and how to get involved, visit Pathways to Engagement and Employments Readiness on the WorkBC website: workbc.ca/explore-training-and-education/skills-training-and-supports/skills-training-employment-program-41

From the Bachelor's kitchen: Chocolate brownie

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 the ever popular, chocolate brownie.

Utensils:

- a baking pan (approximately 20 by 20 centimeters)
- a mixing bowl
- a rubber spatula
- a whisk
- a sieve
- a pot
- a bowl
- parchment paper

Ingredients:

- granulated white sugar: 130 grams
- brown sugar: 130 grams
- eggs: 3 (medium size, room temperature)
- sugar free cocoa powder: 75 grams
- all-purpose or high gluten flour: 120 grams
- salt: 6 grams
- dark chocolate: 120 grams (minimum 65 per cent, finely chopped)
- dark chocolate: 120 grams (minimum 65%, rough chunks)
- unsalted butter: 225 grams
- espresso coffee: 1 tablespoon (approximately 15 mL)
- vanilla extract: 1 tablespoon (approximately 15 mL)
- roasted nuts: 150 grams (optional, almond, walnut, pecan etc.)

Steps:

1. Preheat the oven to 350 degrees Fahrenheit (180 degrees Celsius)
2. Cut out an appropriately sized parchment paper and lay it out on the baking pan. Trim away any excessive parchment paper and set aside.
3. Add about a cup of water (approximately 250 mL) to the pot and bring that to a boil.
4. Place 225 grams of unsalted butter in an appropriately sized bowl and place it on top of the pot to simmer and melt the butter. Simmer the butter until it's hot enough to melt the dark chocolate in the next step. (Note: Be mindful of the heat and to not burn the butter)
5. Pour the warm liquid butter into a mixing bowl and add 120 grams of finely chopped dark chocolate. Use a whisk and mix until both ingredients are well combined.
6. Add three eggs to the butter-dark chocolate mixture.
7. Add one tablespoon (approximately 15 mL) of vanilla extract and one tablespoon (approximately 15 mL) of espresso coffee into the mixing bowl.



Photo courtesy 奥地利的小胡 Who's'HU

Treat yourself to this easy to make chocolate brownie.

Mix until the ingredients are well combined.

8. Add 130 grams of granulated white sugar.
9. Add 130 grams of brown sugar and mix well.
10. Using a sieve, sieve 120 grams of all-purpose/high gluten flour into the mixture.
11. Sieve and add 75 grams of sugar free cocoa powder.
12. Sieve and add 6 grams of salt and mix the liquids and the dry ingredients with a rubber spatula until the batter is smooth and consistent.
13. Add in 120 grams of chocolate chunks to the batter and mix well. (Note: Feel free to substitute chocolate chunks with chocolate chip as well)
14. Lastly, add in 150 grams of roasted nuts. (Note: This is optional. The added nuts will be a great addition as it provides a nutty and crunchy texture to the brownies)

15. Slowly pour the batter onto the baking pan and use the rubber spatula to smoothen out the uneven batter. Gently tap the baking pan against the countertop to make sure that the batter is spread out evenly across the pan.

16. Carefully put the baking pan into the preheated oven and bake for 30 minutes. If you prefer a more firm, cakey texture type of brownie, leave it in the oven and bake for five additional minutes. (Note: Please proceed with caution as the oven is very hot)

17. Carefully remove the baking pan from the oven and let it cool.

18. Remove the brownie from the baking pan and cut it into desirable sizes.

Voila. A delicious chocolate brownie is ready for you to share with family and friends.

The origin of chocolate brownies is still left in the air, however, there is one version of the story in which the general public have come to accept.

The origin of the delicious treat was rumored to be created by Bertha Palmer, whose husband

owned the Palmer House Hotel in Chicago, Illinois.

In 1893, a World's Columbian Exposition was held in celebrating the 400th anniversary of Christopher Columbus's discovery of America. People from all over the country have gathered and participated in the fair.

Palmer has requested the pastry chef of her hotel to innovate and create a cake-like dessert suitable for ladies to carry in their lunch box.

Thus, the world's first brownie was made. Palmer House Brownie was made with chocolate, walnut and apricot glaze, the very same recipe that the hotel still serves to its guest today.

By 1907, the recipe of brownies has mostly stabilized with common ingredients like butter, flour, eggs sugar, and chocolate.

Brownies today have two main distinctions: fudgy and cakey. Each of the variation uses the same exact ingredients and procedures with the only difference in baking time.

To achieve the fudgy and sticky texture, you would need to reduce the amount baking time. Vice versa, to make a firm and cakey texture, you would need to leave them in the oven for a little bit longer.

Both variations have their own group of die-hard fans and there isn't really a clear winner as to which version is more popular.

Brownies are typically enjoyed with a glass of milk, topped with whipped cream or served warm with a scoop of ice cream. This easy to make dessert can be commonly found in restaurants as well as in any other household. Perhaps your mother or grandmother has a secret brownie recipe of their own.

For the full recipe, please visit youtube.com/watch?v=rQEedjQRC1E

•taic@richmondsentinel.ca

Joe Biz – Five Roads Brewery tasting room



Joe
Leary

Joe Leary, a well-known veteran broadcaster, writer, television and radio personality since 1977, is joining the *Richmond Sentinel* as a contributing writer. He is the managing editor of *Brian Jessel BMW – Magazine* and the host of Canada's original dedicated beer radio broadcast and podcast *Just Here for the Beer* since 2010.

In brewing parlance it's known as a 'Satellite Tasting Room'. In essence, it's an adjunct to the brewing company's primary facility, but housed in a separate location and catering to; and attracting beer drinkers, via a secondary market. In other words, it's the same brand and beer styles coming from the brewer's home base, but in a separate area that doesn't require a production component on premise to create the beer.

It's simply a secondary point of purchase and an additional revenue stream.

And the concept has caught on.

In the Richmond area, Five Roads Brewing is the first such operation to add a secondary location to its portfolio, having found a quaint spot located in Steveston Village. Co-owners, Charlie Chakal and Aaron Fourt opened the doors of Five Roads Brewing in 2018 at their original home base on 202nd Street in Langley. It marked only the second brewery in the City of Langley; an area that today boasts a total of ten.

Like virtually every other area before it, growth in the BC Craft Beer industry more than tripled and even quadrupled over the course of a few years time. The brand name 'Five Roads' emanates from the nearby five roads that intersect within the Langley beer community.

Being from Britain and known to enjoy the odd pint, Chakal wanted to create that kind of 'Cheers' environment and atmosphere within a second location. Being a Richmond resident for the past 35 years, it seemed natural to source out a locale within the vicinity. "We opened the satellite tasting room in Steveston in 2020 at the start of COVID-19," he says, of the cozy 35 seat facility on Number One Road in Steveston. "We wanted a 'Cheers' style based on a British Pub; a small, intimate and welcoming environment; and very local".

"The most important part to us is being part of the community. When someone walks into our bar they sit down and they see a neighbour and they chat with that person next to them, as we are so compact here.

The feeling is that you can walk in here at any time, sit down and someone will talk to you." With the Richmond area beer scene now numbering



Photo courtesy Scott Jenson

Five Roads Brewing co-owner Charlie Chakal at Steveston satellite tasting room.

four facilities, not including nearby Delta breweries, Chakal has been on the lookout for where to house a second location and actually had his sights set on the Steveston facility for some time. "It had been a restaurant, burger joint, a wine bar and a number of businesses prior so I thought, why wouldn't craft beer work here?" Short answer: it does.

Having a second facility to sell additional product can place a greater demand on the brewing team. "It does because aside from looking after their own tasting room they have to worry about our second location".

Oddly enough, while both locations sell the same product, beer preferences vary from Langley to Steveston. "Our best seller here in Steveston is our German Lager," he says. "In Langley, it's our 'Permanent Resident IPA', which was our first Gold Award-winning beer at the Canadian Craft Brewers Association."

Chakal also notes that having two separate locations actually helps each other. "We get a lot of cross-overs where people actually say to us that they live in Langley but pop in and see us here in Steveston and vice versa". Despite the pace and volume of growth within Craft Beer, the system of governance in BC remains somewhat antiquated with respect to such a thriving industry. Breweries face the same constraints of every other business but with less freedom, given the nature of the product sold. With increased costs of all goods required to brew, added

to the recent wage hikes, it can be a pretty expensive proposition to invest in the beer scene. Current BC Government regulations however, do allow up to three satellite tasting rooms per brewery. Five Roads now has one; which begs the question: one of more, to come?

"We are hoping," he says. "We look at the demographics; the age, how many tasting rooms there already are in an area as a lot has changed in local craft beer during its growth. A lot of breweries now make decent lager, which everyone can drink; everyone makes light beers and we just made an IPA which is 2.5 percent ABV (Alcohol by volume). There's really something for everyone in craft beer.

The whole tasting room experience has changed exponentially over the years. Initially, they were merely a picking up point for the craft beer products they created. From being a place to simply fill-up a 'Growler' to go, they gradually grew to welcoming customers to consume beer on premise. With the advent of more breweries and a certain degree of relaxation on some stringent limitations early on, tasting rooms and satellite facilities today are much more customer-oriented, both in range of other consumables such as wine and spirits, plus the addition of more dining choices. With weekly events such as live music performances, trivia nights and the like, they have really shaped the BC beer scene and made the experience all the more enjoyable.

@joeleary, X, @reallyjoeleary

OUR CITY *tonight*

SPOTLIGHT ON FOOD & A MOVIE



Photo courtesy Bosa Foods

The Holiday Gift – *The Pandoro Christmas Tree*

Holiday parties, and the right gift to bring or serve, can be a challenge. On a recent episode of *Our City Tonight* we were introduced to a layered Italian cake from BOSA FOODS called *The Pandoro Christmas Tree*. Instructions and all the ingredients are available at both BOSA locations, including the Dolci Pandoro di Verona cake (or dessert bread), and making it at home is much easier than it looks. BOSA also offers a wide variety of other dessert breads, cakes and gifts baskets that will surely make your holiday offering unique and appreciated. bosafoods.com

The Home View – *Börje: The Journey of a Legend*

If you have been to a Canucks game when the Toronto Maple Leafs are in town, it's easy to spot the legion of fans this legendary team has. And if you grew up a Leafs fan during the 70's and 80's, a new, six episode drama about one of their biggest "imported" stars may be of interest. *Börje: The Journey of a Legend* tells the story of the late Börje Salming (he died of ALS in 2022), who spent 16 years with the Toronto Maple Leafs, was the first European player inducted into the Hockey Hall of Fame, broke numerous records, and paved the way for countless Europeans to forge careers in the NHL. Valter Skarsgård and Jason Priestley star. For more information check out Viaplay, a superb, new entrée to North American streaming, at viaplay.com

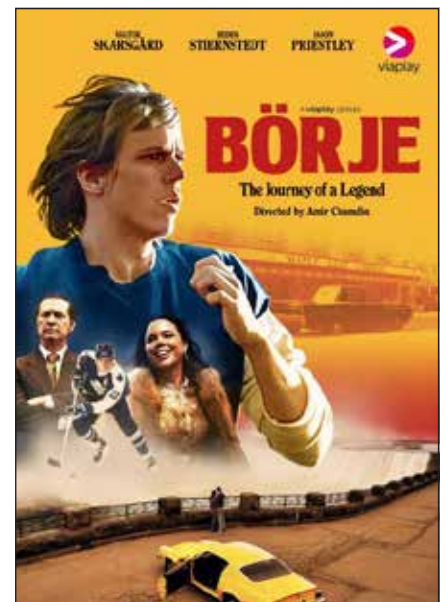


Photo courtesy Viaplay Streaming

The Meal at Home – *Squash gnocchi with Gorgonzola cheese*

Rainy, autumn weather, and with that comes a desire for seasonal "comfort food". Matteo Fontana, Executive Chef at Italian Kitchen, offers a culinary suggestion that is delicious but also not difficult to make at home. "Squash and nuts are to me the main symbols of autumn," Fontana tells us, "and this dish is about bold flavours, with the sweetness and nuttiness of the squash, the aroma of the sage, the texture of the nuts, all bound together by the funky creaminess of the Gorgonzola."



Photo courtesy Italian Kitchen

- 350 g squash (Fontana uses kabocha as he like the bold flavour, the nuttiness & it's nice and sweet)
- 1 egg
- 135 g AP flour
- a pinch of thyme
- 2 cloves garlic
- 2 floz extra virgin olive oil

- 1 pinch nutmeg, salt & pepper to season
- 4-5 leaves of sage
- 2 knobs, unsalted butter
- 100 g Gorgonzola cheese
- 100 ml homo milk (additional)
- 50 g walnuts
- 1 tbsp maple syrup
- 1 tsp sugar
- 1/4 tsp chillipowder and a pinch kosher salt

glowbalgroup.com

Highly respected strategist

By JIM GORDON & LEETA LIEPINS
Contributors

Our City Tonight (OCT) recently sat down with David Ian Gray (DIG), Retail Strategic Advisor, Founder of DIG360 and IN-BOW Holdings. He is a national advisor to retail executives and a recognized expert on retail and consumer trends, landing in Rethink Retail's Global Top 100.

OCT: As we get closer to Christmas, which is a huge retail time of the year, can you please describe the shifts in shopping right now and what consumer shopping is like in Canada in 2023 plus what this current holiday season might bring.

DIG: The start of the year was basically a continuation of last year and what I mean to say is, nobody was too excited about buying things but they were still going out and buying things, dining out and just doing it all.

In June I would say we started hearing through our network, and stats Canada has backed up what we were hearing, that there's been a real lockdown on household spending. People are budgeting and they're doing one of two things. They're either putting off purchases or trading things off. What that means is the consumer will likely now more than ever before, buy the private label brands as opposed to a higher priced national brand.

OCT: Currently what are retailers afraid of?

DIG: The market has sort of a toxic combination of high debt, high interest rates for people who are carrying debt. High income earners in Vancouver and across Canada are kind of skating through this a little bit unscathed. For the masses it is the higher interest rates that we are now being told will be higher for a longer period of time. We are starting to feel that, and we are nervous about how long we're going to feel that.

We're also getting price inflation in a lot of categories like dining out but there are other categories as well and this is kind of a toxic soup. Adding onto that, is just the sort of malaise in the media about recession.

It's going to be a little while before retail bounces back and retail is worried about that from a consumer point of view. They are also being hit with other

things. We've never seen theft like it is today and it's not just petty theft but proving to be organized crime. We are hearing these stories filtering through and it is such a major issue right now for instance, Target in the U.S. is closing stores in their hotbed cities where it's very problematic. San Francisco is a good example of being in trouble and under duress. So that's going on plus we have this never-ending challenge to hire staff in the retail market.

OCT: As a retail expert, how can you provide assistance or help in this regard?

DIG: We work more with the chain retailers but in my heart of hearts I really want to help the really good independent retailers. Ultimately this makes our communities what they are.

OCT: Do you find yourself sitting down with the owners and discussing solutions?

DIG: It tends to be more senior level and it's not a quick fix solution. What we are really trying to achieve, on both levels, independent and executive chains, is to pause and see if we are running into persistent problems and to determine what has to be different.

If we start to understand what has to change and it seems everything is changing at once, like my other analogy, we throw it all into a soup, as there are ways to navigate that. We help with structure, framework, and guidance. We never tell anyone how to run their business, but what we do say is here is what we've seen out there and if you can be clear on where you're headed, we can quietly help you behind the scenes and then you can create your own path going forward. That's what we do.

OCT: It's important to ask you what you would see the impact is on our communities with these current trends?

DIG: There are so many ripple effects that come out of retail, and I know that we saw this during the pandemic in terms of what stayed open and how we went about serving people. At the end of the day, everyone's got an opinion on shopping and on the stores they shopped in and often it is negative. The one thing we've seen is that stores are incredibly vital to our communities. What has come out of the pandemic and now post-pandemic, we realize we do need them. What we're seeing in our community is the challenge with the street-front stores. In Vancouver, we've seen Gastown going through major challenges yet West 4th, for example, is more vibrant than ever.

We do need stores that are well run and well staffed. That's part of our community. We need restaurants because they are also a place of employment. That is extremely important. Consumers in essence vote with their wallets and the concern right now is we legitimately want to protect our household expenses. This may mean we are cutting some corners on what we are buying. To watch the video in full go to richmondsentinel.ca/videos



Photo courtesy David Ian Gray



RICHMOND SENTINEL SPONSORS

OUR CITY TONIGHT
JIM GORDON & LEETA LIEPINS

airing on CHEK TV Sundays Novus Entertainment

at 10:30 DAILY





RICHMOND'S NEWEST SENIOR LIVING COMMUNITY



Independent Living, Assisted Living and
Full Care Suites available

MOVE IN TODAY!

Call our Sales & Leasing Team at
604.214.5700 or sales@hhsr.ca

Exceptional Senior Living

hhsr.ca
23100 Garripie Avenue, Richmond B.C. V6V 0B9