



BEVERLI BARNES



**Fashion designer,
author, athlete**

15

Her father was a well-known politician and first Black Speaker of the House in B.C.

Photo courtesy Benjamin Kwan



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Celebrate Earth Week with 30+ free programs

Join the City of Richmond's annual celebration of Earth Week by participating in some of the 30+ free and low-cost programs offered throughout the city from Saturday, April 20 through Sunday, April 28.

Get ink-spired with a natural dye workshop at Terra Nova Rural Park; make the moment last with digital photography classes at the Richmond Nature Park; upgrade your gardening skills with expert demonstrations at Paulik Park; visit the year-long exhibit, "Repair and Repurpose" in the City Hall Atrium; and learn about the critters living in your neighbourhood at a presentation at Hamilton Community Centre. A full list of Earth Week programs and events can be found at richmond.ca/EarthWeek

To make this year's Earth Week offerings possible, the city is working in partnership with the Lower Mainland Green Team, Urban Bounty, the Richmond Garden Club, the Shar-



Photo courtesy City of Richmond

Over 30 activities are offered as part of the City of Richmond's Earth Week from April 20 to 28.

ing Farm Society and multiple other community partners. The programs will give residents an opportunity to get involved with enhancing Richmond's green spaces as well as provide residents the opportunity to learn from local specialists about important environmental issues.

Residents, non-profit organizations and businesses looking to be year-round community stewards of Richmond's environment are encouraged to join the City of Richmond's Partners for Beautification Program. This program promotes local citizen stewardship with volunteer options that include cleaning up litter by adopting an area in their neighbourhood and engaging in shoreline clean-ups along the many trails that line the island city. To learn more, visit richmond.ca/beautification

Registration is required for most programs and space may be limited, so don't hesitate to visit richmond.ca/EarthWeek for details.

Terra Nova historical assets program plan

The city is seeking feedback to help with the development of a program plan for the historical assets of Terra Nova Rural Park. The heritage buildings and historic landscapes found in the park have been preserved but have not yet been fully activated and interpreted.

One of the key goals is to understand how people relate to the historical assets and what kind of programs could be offered in the future to create the most benefit for visitors.

There are three opportunities to provide input:

Attend a public open house on Tue, April 9 from 3 to 7 p.m. at Thompson Community Centre (5151 Granville Ave)

Attend a public open house on Sat, April 13 from 11 a.m. to 3 p.m. at Terra Nova Rural Park (in the Red Barn at 2631 Westminster Hwy)

Complete a 10-minute online survey from now until Tuesday, April 23 at LetsTalkRichmond.ca



Photo via richmond.ca

Richmond student named Co-op Student of the Year

In celebration of the National Day of Work-Integrated Learning, Langara College Co-op & Career Development is proud to name fourth year business student and Richmond resident Nitika as the 2023 Co-op Student of the Year.

Co-operative Education and Work-Integrated Learning Canada (CEWIL Canada) celebrates the National Day of Work-Integrated Learning on the fourth Wednesday of March each year.

"Co-op is an opportunity that should not be missed. With amazing mentors guiding you during this learning curve in your career, you are expanding your chances of success," said Nitika. "It's always hard to get that initial push or get your foot in the door and for me, co-op was the key to start your journey. Classrooms can't always teach you the things you learn through co-op."

Nitika attended her first co-op experience as an event assistant with the non-profit organization Latincover in the spring of 2023. Her initial four month co-op term was extended further to eight months. "I honestly was a little nervous in the beginning of my first co-op as I was going into a new environment and industry, but with patient mentors and supportive instructors, the process went very smoothly and I enjoyed every minute of it"

She recently completed her third co-op term,



NITIKA

this time with Blackbird Security, as a full-time recruiting assistant, developing further new skills as a part of their human resources team.

"I remember taking on a small task of going to a volunteer hiring fair when I worked with Latincover and that was an experience that I got to use towards my job interview for Blackbird Security

as a recruiter," added Nitika. "The knowledge we can gain by being open to growing ourselves is an unforgettable takeaway I got through co-op. Even though my degree is in business management, I got to gain experience in event management and human resources, not to mention the countless other soft and technical skills I gained along the way."

"Nitika showed great enthusiasm and hard work doing three consecutive co-op work terms at both Latincover and Blackbird Security during 2023. She will soon graduate with the Co-op Designation as part of her Bachelor of Business Administration (BBA) in Business Management and has already landed a full-time role," said Dionne Orange, instructor, Co-op & Career Development. "Participating in co-op and work integrated learning opportunities provides students with the ability to test out different roles/companies and explore career opportunities while still in school, which sets them up for success upon graduation."

RAG presents two dynamic exhibitions

Richmond Art Gallery (RAG) is thrilled to present two dynamic exhibitions from April 20 to June 30, 2024: *Unit Bruises* featuring Theodore Saskatche Wan and Paul Wong, guest curated by Michael Dang, and *The Marble in the Basement*, a solo show by Hazel Meyer, curated by Zoë Chan.

"These two exhibitions share parallel interests in archives and the queering of art histories," says Chan. "At the same time, they articulate these concerns very differently. *Unit Bruises* contextualizes the production of artworks by two Asian-Canadian artists working during the predominantly white Canadian art scenes of the 1970s. And *The Marble in the Basement* pays tribute to the iconic Canadian artist Joyce Wieland—who ultimately functions as a point of departure for larger considerations around legacy, ownership, and collecting."

Unit Bruises brings together the work of photographer Wan (b.1953–d.1987) and multimedia artist Wong (b.1954), two contemporaries in the small art world of 1970s Vancouver. Both Chinese-Canadian artists turned the camera onto themselves in explorations of the body within the then still-new genre of performance art. Though these works are nearly half a century old, they respectively address issues that continue to resonate in today's sociopolitical climate, particularly given the rise of anti-Asian hate crimes.

The exhibition is named after Wong and collaborator Kenneth Fletcher's *60 Unit; Bruise* (1976), documenting the "ritualized" withdrawal of Fletcher's blood inserted into Wong's back via a syringe. Combined with a companion piece titled *50/50* (1976/2024) long believed to have been lost, the video will be shown as a newly re-edited work entitled *Blood Brother* (1976/2024). Wong's photographic series *7 Day Activity* (1977) will also be featured, marking the first time it has been exhibited since 1978.

Wan was known for his black-and-white photographs that straddled the line between instruc-



Photo via richmondartgallery.org/upcoming-events
Between April 20 to June 30, the Richmond Art Gallery will present two dynamic exhibitions.

tional medical illustrations and Photoconceptualist interventions. His well-known *Bound By Everyday Necessities II*, in which he performed as a "patient" in a series of medically accurate photographs, will be on display alongside rarely seen objects from his archive: original drawings, handwritten notes, and photocopies of medical manuals. The exhibition showcases artworks and ephemera on loan from the Vancouver Art Gallery and the private collections of Paul Wong Projects, and Sophie and Christos Dikeakos.

The Marble in the Basement is a continuation of Hazel Meyer's multi-year research project, *The Weight of Inheritance* (2019–ongoing), which examines the legacy of feminist artist and experimental filmmaker Joyce Wieland (b.1930–d.1998). The origin point of this exhibition is a pile of marble scraps found in Wieland's basement after her death.

Playfully referencing the marble's original location, Meyers plans to transform the space of the *Gallery into a Basement*. Comprising sculptures, drawings, video, and a textile work, the exhibition serves as both an immersive installation and the set for three site-specific performances. The artist and her collaborators, including a cute bug-eyed puppet named Marble, will activate

artworks and objects on display as props for the performance. In this ambitious, multifaceted project, Meyer thinks through different kinds of legacies and contemplates bigger questions around artistic value, inheritance, collecting, queer kinship, and official histories. She writes: "What gets stored in a shoebox? Deposited into an archive? Shoved into a corner? Catalogued as important?"

Unit Bruises is presented with the support of the Audain Endowment for Curatorial Studies through the Department of Art History, Visual Art and Theory in collaboration with the Morris and Helen Belkin Art Gallery at the University of British Columbia. This exhibition is part of the 2024 Capture Photography Festival Selected Exhibition Program.

Public programming

Visit the gallery's website and social media for the most up to date information on upcoming programs. Select events include:

Artist and Curator Tour at Opening Reception
Saturday, April 20

Artist / Curator Talk & Tour: 2 to 3 p.m.

Opening Reception: 2 to 4 p.m.

Join Richmond Art Gallery curator Zoë Chan, artist Hazel Meyer, and guest curator Michael Dang for an informal tour of the new exhibitions *The Marble in the Basement* and *Unit Bruises*. Opening reception immediately to follow. Everyone is welcome to attend.

Performances by Hazel Meyer

Thursday, May 9, 7 p.m., Friday, May 10, 7 p.m., Sunday, May 12, 2 p.m.

Tickets: \$5–20 (sliding scale), on sale April 1

Hazel Meyer and her cast of two performers and a bug-eyed puppet called *Marble* act out *The Marble in the Basement*, a site-specific performance that uses her installation of the same title as a set. The marble found posthumously in Canadian artist Joyce Wieland's home becomes a point of departure to think about "inheritance, class, queerness...and what you pass on."

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In honour of our soldiers: James Arthur Hayne

By **SAMUEL CHENG**
Contributing writer

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

Born on Aug. 13, 1891, in Guysborough County, Nova Scotia, James Arthur Hayne grew up as an only child. Hayne worked many jobs across the provinces, including as a miner in Alberta, before deciding to relocate to Steveston.

It was also at Steveston that Hayne met the love of his life, Lilly nee Fisk. They got married on Sept. 12, 1914, shortly after Hayne's turned 23. He worked as a fisherman alongside Lilly's brother, who owned a fishing camp at the time.

The newlywed couple gave birth to two children, Gordon and Mary Frances. The siblings were born within a year of each other with the brother being the older of the two.

In less than two years after their wedding Hayne enlisted in the armed forces in New Westminster on March 24, 1916. He joined the 131st Overseas Battalion of the Canadian Expeditionary Force and took off for England seven months later.

Hayne arrived at Liverpool and was transferred to the 30th battalion, before being transferred again to the 47th battalion, both were units un-



A poppy engraved road sign of Hayne Court.

Screen grab from Google Maps

der the command of the Canadian Expeditionary Force.

Hayne finally arrived in France on Nov. 28, 1916 and was wounded four months later. He was declared medically fit for duty a month later, unfortunately, upon returning to duty he was killed in action on May 1, 1917. Tragedy struck this family twice when the mother of his two children, Lilly Hayne died from influenza two years after the death of her husband.

The orphaned children were sent to live with Mr. and Mrs. Reginald Barber, who owned a grocery store in Vancouver. The children received a memorial cross, plaque and a scroll from the Government of Canada to commemorate their father's sacrifice in the war.

Today, Hayne Court is found to be located to the south of Odlin Road and to the east of No. 4 Road.

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Richmond RCMP warns scams escalating

Richmond RCMP is alerting the public to a significant rise in sophisticated online scams, combining romance and investment schemes to defraud residents of millions. These scams, often involving cryptocurrencies, have already cost Richmond residents over \$16.64 million in reported losses since 2023.

In 2023, Richmond RCMP's Economic Crime Unit, part of Richmond Organized Crime Unit, received 87 reports of such scams, with victims reporting total losses of approximately \$16.17 million. The trend continues in 2024, with 12 reported cases from January to March alone, amounting to losses of \$477,820. Due to the nature of these scams, it is believed that the actual number of victims may be higher, as cases may go unreported due to embarrassment or fear.

These "long con" scams involve perpetrators grooming victims over weeks or months. Victims are lured through dating websites, social media, and even text messages, often under the guise of a mistaken identity. Over time, scammers, using fake yet compelling profiles, build a relationship with their targets, eventually convincing them to invest in fraudulent opportunities.

This method, commonly referred to as "pig butchering" sees victims being "fattened" with false promises of profit, only to be financially "slaughtered" when they are left with nothing. Scammers may show false returns on small initial investments to entice further spending, leading victims down a path of financial ruin.

Richmond RCMP urges residents to exercise caution online. Be skeptical of unsolicited contacts, especially from overly attractive profiles or strangers professing romantic interest. Never send



Photo via flickr.ca

An increase in sophisticated online scams, combining romance and investment schemes has prompted Richmond RCMP to alert the public.

money or share financial information with someone you've not met in person. Before making any investments, particularly in cryptocurrency, seek advice from trusted, independent sources. If you suspect you've been a victim of an online romance or investment scam:

1. Preserve all communication and transaction records.
2. Report the incident immediately to your bank, the Canadian Anti-Fraud Centre, and Richmond

RCMP at our non-emergency line: 604-278-1212.

Education and awareness are our best defences against these scams. For more information on how to protect yourself from online scams, please visit the Canadian Anti-Fraud Centre at antifraudcentre-centreantifraude.ca

Richmond RCMP is committed to the safety and security of our community. Together, we can combat these predatory scams and protect our community from significant financial harm.

Sustainable policing with Greener Fleet initiative

Richmond RCMP is proud to announce a significant stride in our sustainability efforts with the adoption of hybrid vehicles within our operational fleet. In alignment with our Strategic Policing Plan and the City of Richmond's commitment to sustainability, this move marks a pivotal shift towards eco-friendly law enforcement in our community.

Since 2022, the Richmond Detachment has integrated 22 hybrid Ford Explorers as part of our aging fleet replacement program, significantly reducing our carbon footprint. Not only do these vehicles demonstrate a reduction in idle time fuel consumption by approximately 56 per cent, but they also show a commitment to fiscal



Photo courtesy Richmond RCMP

Cst. T. Joubert with the one of the integrated 22 hybrid Ford Explorers.

responsibility, with estimated cost savings of over \$22,000 per vehicle over its lifetime.

"As we look to the future, the integration of greener vehicles, including hybrid vehicles, within our fleet replacement program stands as a testament to our commitment to fiscal and environmental sustainability. The successful rollout has demonstrated that greener vehicles can withstand the rigours of law enforcement use," says Inspector Mark Baxter, proactive enforcement and administrative services officer, Richmond RCMP.

For more information on Richmond RCMP's Greener Fleet initiative, please contact Richmond_Media@rcmp-grc.gc.ca

Richmond is getting 3 more \$10 a day child care facilities

New Democrat MLAs Kelly Greene, Aman Singh and Henry Yao say families in Richmond will save money on child care as three local child care sites becomes \$10 a Day ChildCareBC sites where fees are capped at a maximum of \$200 a month per child.

"Providing affordable child care options empowers parents to make life and career choices that work best for their family," says Kelly Greene, MLA for Richmond-Steveston. "This investment not only supports families but also strengthens the fabric of our community."

In Richmond, three local childcare facilities will become \$10 a Day ChildCareBC sites, with fees dramatically reduced for parents:

- Alderwood House North River, 18 spaces
- Sprouts YMCA Child Care Centre, 37 spaces
- Tomsett YMCA Child Care, 25 spaces

"These new child care spaces represent tangible relief for families grappling with the high cost of living," says Aman Singh, MLA for Richmond-Queensborough. "By easing the financial burden, we are fostering an environment where parents can pursue their careers and children can thrive."

"Investing in our children today means we're laying the groundwork for a brighter and more prosperous tomorrow," says Henry Yao, MLA for Richmond South Centre. "These additional child care spaces reflect our ongoing efforts to alleviate



Richmond will be getting three more \$10 a Day ChildCareBC facilities. Photo via flickr.ca

financial strain for families and ensure every child has access to quality early learning opportunities."

Spaces in the \$10 a Day ChildCareBC program reduce the average cost of child care from \$1,120 a month at participating facilities (for full-time, centre-based infant care) to \$200 a month, saving families approximately \$920 a month per child on average.

The newly approved \$10 a Day spaces are being

offered at 27 child care centres throughout B.C., bringing the total number of \$10 a Day spaces in B.C. to over 15,000, keeping the province on course to achieve the goal of 20,000 spaces by spring 2026.

This intake focused on areas that did not yet have \$10 a Day spaces, or that had a low number compared with the population to best ensure families in more regions could access this program.

For more information: news.gov.bc.ca/30568



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Rika Mansingh
Best selling author



Photos via Freepik.com

About hydration

By MATTHEW CHEUNG
Contributing writer

In this edition of Richmond Stories, *Richmond Sentinel* host Jim Gordon (JG) sat down with best-selling author, registered dietitian Rika Mansingh (RM) to discuss the topic of hydration.

Jim Gordon (JG): *Rika in our last interview we talked about “you can make the change”. Today, I understand we’re going to talk about something that really interests me as well, and that is hydration, and the fact that people do not hydrate enough. Let’s start with, how important is it and, how much water does someone have to drink per day – is it six to eight glasses?*

Rika Mansingh (RM): First of all, let’s talk about why it’s so important. For overall cognitive functioning, we need to be well hydrated and what is so interesting is that studies have found that even mild dehydration can impair cognitive performance, create difficulties with learning, memory, and increases confusion.

A person can be prone to headaches and fatigue—dehydration can worsen the situation and we don’t realize it; we get a headache, take medication, instead of asking ourselves how many glasses of water did I have the day before. It’s good to be mindful about that and you’re right Jim, six to eight glasses of fluid in a day is okay. That is the 250-millilitre glass, about a cup size, so 1.5 to 2 litres of water are good in a day.

Water is the best way to hydrate, it’s calorie-free and guilt-free. If you feel your water needs a boost, you can add some mint leaves, blueberries, or cucumbers. My favourite is lemon slices. Lemons have antioxidants and bioflavonoids, which reduce inflammation, they flush out toxins, they’re good for digestion, and also help prevent fatigue.

JG: *Is it possible to over hydrate?*

RM: Yes, over hydration, even though it’s not

common, can occur. If a person is having more than two litres of fluid over a shorter period of time and if they are not exercising the excess fluid can exert a greater workload on your kidneys and that can dilute important electrolytes like your sodium, potassium, and magnesium. We need these electrolytes to stay in balance to help our nerves and muscles function better and to also prevent dehydration.

JG: *I’m about eight days into no coffee, I’m usually a one coffee a day, I just got tired of paying for almond, soy, and coconut milk with my coffee. How many cups of coffee a day should one drink?*

RM: About three to four cups of coffee, which equates to about 400 milligrams of caffeine is regarded as okay. But, we need to be mindful to manage the amount of caffeine because, caffeine is going to make your brain less sensitive to its natural stimulants like adrenaline and dopamine. What will happen is you will crave more caffeine to keep making your brain release those stimulants, eventually you will feel depleted and exhausted. Coffee contains three stimulants, caffeine, theobromine, and theophylline, what that does is, it interrupts your sleep.

JG: *In your book, you highlight green tea and matcha as a brain’s cup of tea, what makes matcha tea stand out and why is it considered special for brain health?*

RM: Matcha tea contains something called EGCG which is epigallocatechin-3-gallate, it boosts neurogenesis, increases your brain cells, repairs damaged

brain cells, and reduces inflammation. Matcha tea also has an amino acid called L-theanine, which keeps a person calm, focused, and relaxed. The caffeine in matcha tea is very little, is released gradually over a slower period of time so you feel calmer and relaxed.

JG: *What are your thoughts on energy drinks?*

RM: We have to be mindful of energy drink’s caffeine and stimulants which make our brain less sensitive to stimulants. They also tend to have a lot of sugar or artificial sweeteners which can disrupt the good bacteria in our gut making us crave sweeter foods and cause us to gain weight. When it comes to fruit juices, even if it says 100 per cent fruit juice, it’s best to go with fruit instead. Another popular drink is a breakfast smoothie. It’s an excellent way to hydrate but has lots of calories so wise to add just one portion of fruit, more veggies and protein powder.

JG: *A lot of people drink orange juice in the morning, if it says not concentrate, is that still not terribly healthy?*

RM: I’d say dilute your fruit juice as much as you can. If you had to choose between fruit juice and the fruit I suggest do the fruit, then drink a glass of water with lemon in it.

JG: *The trend of adding salt to water, is this advisable and are there benefits or drawbacks?*

RM: It’s a very recent common practice and I have journal articles about it through Dietitians of Canada. A lot of people are adding salt to their water to keep their electrolytes in balance. If you’re exercising that’s okay. If you’re not exercising, it’s not a good idea to add salt to every cup of water you’re having. You have to be very cautious because excess salt can aggravate or influence your blood pressure, hypertension. We don’t want more than 2,300 milligrams of sodium in a day, that’s about a teaspoon full.

JG: *In an earlier segment, we talked about New Year’s resolution and giving up alcohol. Can you give us some tips to support people with their goals?*

RM: With a focus on health, the latest research is supporting the idea that alcohol is carcinogenic, it’s known that six drinks per week can increase your risk of breast cancer by 40 per cent and 10 drinks per week can increase your risk by 70 per cent. There are many non-alcoholic wines or beers or cocktails. When it comes to cutting back on alcohol, it’s important to have creative visualization, a person has to actually visualize themselves going to a restaurant, ordering a mocktail, having a social interaction, enjoying their night, sleeping well and waking up with energy. The key thing is focusing on what you want and not what you don’t want. I like to think about Albert Einstein’s quote he says “Imagination is everything it is a preview to life’s coming attractions”. When you imagine yourself in a better mood, your subconscious will work in a way to make that vision of yourself a reality but, you have to imagine it first.

To watch the full interview, visit richmond-sentinel.ca/videos

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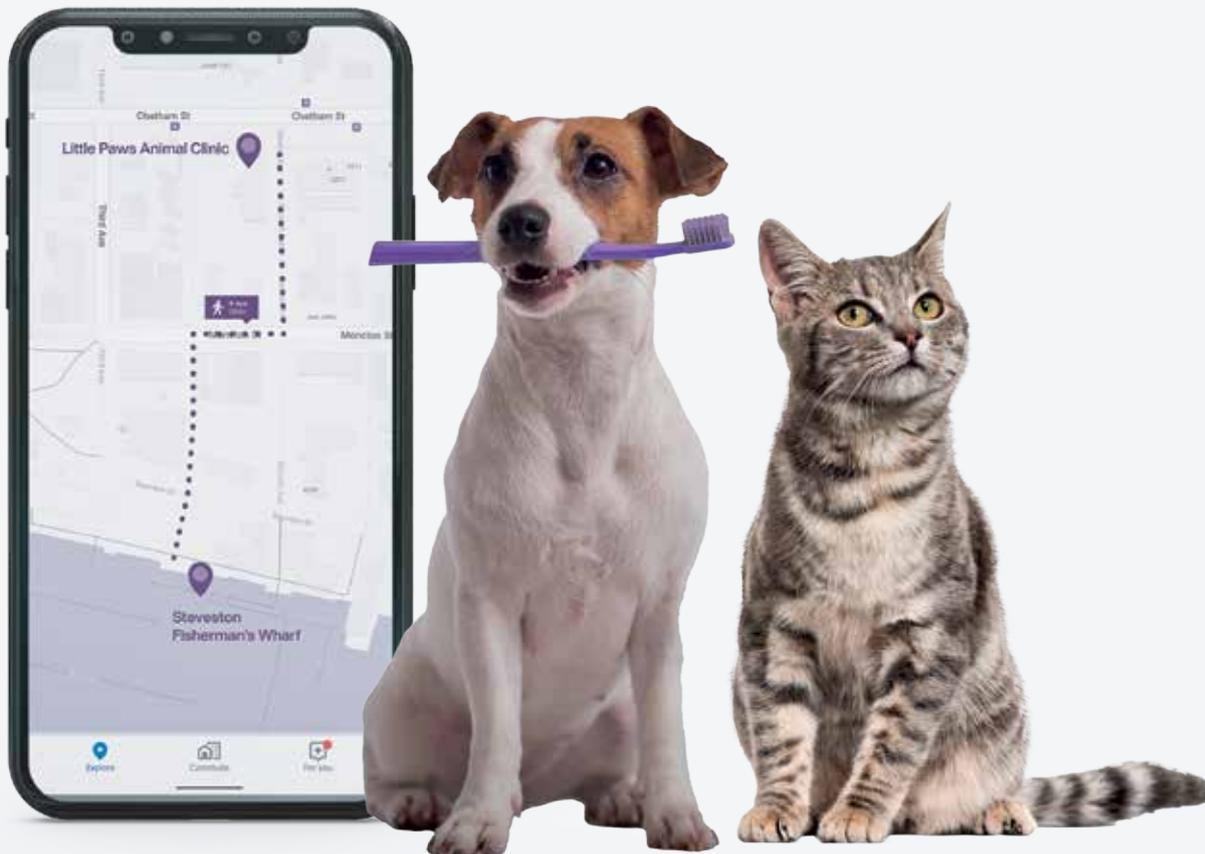


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The Masters – will he play?

By FLORENCE GORDON
Contributing writer

Although there's a new generation of great golfers on the circuit, they haven't made the impact on the industry the way Tiger Woods did during his reign. His story has been public from boyhood, to manhood. His disciplined training driven by his father (a high-ranking lieutenant colonel) drove Tiger to become not just a professional golfer, but the best professional golfer in the world until, his personal life tragedies undermined his dream career and disappointed an army of fans.

There's a possibility of the future producing a Tiger Woods' prodigy – son Charlie. I remember a much-televised father/son PNC golf tournament. All the other pro golfers' sons were adults, Charlie was 11 years old. Tiger's drive went deep into the trees. Eleven-year old Charlie unrattled, stood on the tee, hit a long shot straight down the middle of the fairway, turned to Tiger and said 'it's okay dad, I've got it'.

Fast forward, four years to December 2023 and they teamed up again. They didn't get to win the PNC Championship but Tiger and his son Charlie once again stole the show on the final day in Orlando. Charlie's 355-yard drive on a par 4 and a chip-in for a birdie capped off the magic moment with a fist-pump that was reminiscent of his father in his prime, while Tiger Woods watched and applauded, visibly beaming with pride.

These are recent happy memories, but with the 2024 Masters taking place on April 11 to April 14, devoted golf fans hope Tiger won't face a repeat of 2023.

The 2023 Masters was really tough to watch while the bitter weather and Tiger's physical health got the better of him. On that Friday, when the second round was suspended due to severe weather, followed by the third round on Saturday with Tiger teeing off on in the final threesome rain and severe weather rolled in again.

Woods, a five-time Masters champion, played 14 total holes on that cold and rainy Saturday when he began seriously struggling. Late in the day, Woods did not appear to be in fine health. Multiple rogue videos found their way to Twitter, of Woods' limping from his shot to his bag. It's safe to assume the cold temperatures were clearly getting to the 15-time major winner. What fans feared, happened – Tiger Woods withdrew from the 87th Masters, citing a plantar fasciitis injury' (Golf Digest April 9, 2023).

History of the Masters

With Bobby Jones retirement from championship golf in 1930 and with the assistance of Clifford Roberts, an astute investment banker in New York, Augusta National Golf Club was founded by the legendary golf champion, Bobby Jones. When Jones' dream to build a golf course became a reality, it was decided the Augusta National Golf Club would be built near Augusta, Georgia.



Tiger Woods.

Photo via wikimediacommons.org

Since 1934, the Masters Tournament has been the home to some of golf's greatest moments. Amidst blooming azaleas, towering pines and flowering dogwoods, the first full week of April ushers in a stage unique to golf. Over four days and 72 holes, the top qualifying players in the world representing some 23 countries will descend on its immaculate grounds to compete for a chance to capture the 'Green Jacket' and a place in Masters history.

The Purse in 2023, 1st place was \$3,240,000. At time of print the 2024 prize money had not yet been posted.

Masters 2024 Survey (Golfweek/USAtoday.com March 29, 2024)

The coolest thing about the Masters from the golf pros themselves

- You're walking down the same fairways where Bobby Jones was trying to figure it out. It's a historical place and just to be a part of that for me is so cool.

- The enthusiasm by the galleries and the fact that the tournament is played at the

same venue every year. Augusta National knows how to make it better and better.

- The entire atmosphere is fantastic but if you had to single out one thing I'd say the way it is manicured to the nth degree. You will never see another golf course like it.

- Just being in the field. When you're not there, you wish you were there, just to experience the whole week.

- There's nothing like making that turn on to Magnolia Lane. I get goose bumps every time. That turn down Magnolia Lane is like coming down the stairs as a kid at Christmas. You just know something awesome is around the corner.

- The tradition. Just the history of the place. You feel it driving down Magnolia Lane. There's just nothing else like it.

Magnolia Lane – 60 Magnolia trees line the entrance to Augusta National.

As someone who loves the sport, the closest I have come to the Masters is a story about a friend – a bachelor, a successful businessman who married late in life. On his honeymoon they drove from Toronto to Florida. Some how, he managed to book a game of golf at Augusta National Golf Club (a stop in their road trip). For a long-time single-digit handicap, this was a dream come true. When he announced to his bride she could go shopping while he took a few hours to play golf, (she not being a golfer couldn't appreciate the importance of this opportunity) she insisted they continue their journey. He was broken hearted because he caved to her wishes. I love telling this story because he has to be the only golfer in existence that cancelled and didn't show up for a game at the Augusta National Golf Club, home of The Masters.

•florencg@richmondsentinel.ca

Richmond Shred-a-thon

Richmond residents are invited to drive through and drop off their confidential documents to be safely shredded for free.

Saturday, April 27
11 a.m. - 3 p.m.
City Works Yard
5599 Lynas Lane

Next to the Richmond
Recycling Depot

FREE!

- *Maximum drop-off: 4 boxes per vehicle.*
- *Envelopes and staples permitted.*
- *Please remove rubber bands, paper clips and binder clips.*

richmond.ca/recycle



Province and YVR support jobs and business opportunity

A partnership aimed at fighting pollution in the aviation sector, growing investment and supporting clean, sustainable jobs and business opportunities for people in British Columbia has been made between the B.C. government and Vancouver International Airport (YVR).

"Vancouver's airport is one of our province's biggest employers and economic drivers of growth and revenue. They're also leaders in sustainability and innovation," said Premier David Eby. "By working together on shared priorities, like promoting made-in-B.C. clean tech and expanding trade diversification while reducing pollution, we can maximize benefits for all British Columbians, while strengthening our province's economic future."

Through a signed memorandum of understanding (MOU), YVR and the Province will collaborate with Indigenous partners, communities and aviation and aerospace stakeholders over three years to deliver new products, projects and activities that reflect the following shared priorities to:

- accelerate sustainable aviation to fight pollution and reduce emissions;
- support community resilience, leveraging YVR's expertise to support communities in emergency preparedness, response and recovery;
- increase clean-tech investment to promote made-in-B.C. technology and good jobs;
- expand trade diversification, working to meet increased demand for B.C. export and grow B.C. tourism and good jobs for people;
- promote workforce development growth to meet demand for skilled workers in aerospace and aviation; and
- enhance goods and people movement, positioning YVR as a key hub within a multi-modal hub for people and goods movement between communities throughout B.C.

"YVR has long been an economic engine and jobs creator for British Columbia. This partnership recognizes the importance of aviation to the diversification of the provincial economy including zero-carbon innovation, technology, international trade and investment, and skills training," said Tamara Vrooman, president and chief executive officer, Vancouver International Airport. "Together with the Government of British Columbia, we are advancing important work and creating value for all British Columbians by strengthening connections between businesses, communities and sustainable economic opportunities."

The province and YVR recognize the benefits of working together to attract clean investment and human capital and to drive sustained economic growth leveraging B.C. StrongerBC economic plan and CleanBC climate plan and YVR as a vital economic asset and crucial driver of B.C.'s economy.

"Creating a dynamic marketplace for sustain-



File photo by Hannah Scott

The province and VYR have partnered to fight pollution in the aviation sector, growing investment, and supporting clean, sustainable jobs for people in British Columbia.

able made-in-B.C. technologies aligns with work already being done through the Integrated Marketplace program with YVR," said Brenda Bailey, minister of jobs, economic development and innovation. "I look forward to building on the work already underway and furthering our efforts toward realizing a clean economy."

As Canada's second busiest airport, YVR is an economic engine for B.C., connecting people, communities, cargo and markets to the world. This is done through international and domestic services, regional and coastal air services, float planes, helicopter operations, corporate charters, sport fishing camps and aerospace facilities, which connect First Nations and communities throughout B.C., support the delivery of vital services, and facilitate business and economic growth in the province.

To kick off this partnership with YVR, the province is investing in three key projects that will support the broader aviation industry:

- \$250,000 for a sustainable aviation fuel opportunities study to accelerate the development of sustainable aviation fuels and clean technologies (Ministry of Energy, Mines and Low Carbon Innovation);
- \$375,000 to support the creation of a net-zero airports action plan to outline actions for carbon-reduction measures across the B.C. airport network in line with CleanBC objectives (ministry

of transportation and infrastructure); and

- \$250,000 for a study to explore opportunities to enhance the movement of people and goods between YVR, Vancouver Island and beyond, to facilitate multi-modal access to new markets and increase the resiliency of supply chains (Ministry of Transportation and Infrastructure).

The MOU will also help enhance access to reliable, sustainable air services. This is vital to Indigenous communities as it ensures access to critical health and emergency services, supports job creation, creates business and tourism opportunities, and maintains their connection to other parts of the province.

"The B.C. Aviation Council applauds Premier Eby and the Government of British Columbia for this strategic initiative in partnership with YVR and B.C.'s aviation and aerospace industry," said Heather J. McCarley, board chair, British Columbia Aviation Council. "Aviation is a powerful economic generator connecting communities, people and businesses across our province, and facilitates response for medevacs, wildfires, and other emergencies. The long-term sustainability of our industry, both environmental and financial, is vital for the well-being of our province."

Establishing B.C. as a leader in sustainable aviation, clean-technology investment, and building resilient communities aligns with the key objectives of the StrongerBC Economic Plan.

Province takes action to protect renters and landlords

The province is taking action to support renters and landlords who play by the rules by amending legislation to better protect people from bad-faith evictions, eliminate rent increases when a child is added to a household and resolve rental disputes faster.

"While most landlords and tenants play by the rules and have respectful relationships, too many people in B.C. are still facing unfair rent hikes and evictions under false pretenses," said Premier David Eby. "At the same time, many people who have chosen to rent part of their home are struggling to end problematic tenancies. That's why we're taking action to protect both renters and landlords with stronger rules designed to ensure the law is respected by everyone—and bring more fairness for everyone in the rental market."

Proposed amendments to the Residential Tenancy Act and the Manufactured Home Park Tenancy Act will protect growing families by restricting rent increases if a tenant adds a child under 19 to their household. No rent increases above the annual allowable rent increase will be permitted even if there is a term in the tenancy agreement that states rent will increase with new occupants.

The amendments will also deter bad-faith evictions by requiring landlords to use a web portal to generate a notice to evict a tenant for personal use. This will help educate landlords about the required conditions and risks of bad-faith evictions, while providing a standardized process for serving notice. The new process for evictions will also allow for post-eviction compliance audits and provide information to the ministry about the frequency of these types of evictions.

"We are taking action to protect tenants from unfair evictions, promote better compliance and improve the rental system overall," said Ravi Kahlon, minister of housing. "Renters should not lose their homes because of some bad actors who don't follow the rules. Landlords need the certainty that issues with problematic tenants can be resolved quickly. By putting stronger policies in place and increasing education, we are strengthening protections and promoting stability in the rental market."

Action is also being taken to resolve rental disputes faster. Since November 2022, wait times at the Residential Tenancy Branch have been reduced by almost 54 per cent, due in large part to additional staff, service improvements



Photo via flickr.com

The province is amending legislation to better protect people from bad-faith evictions, eliminate rent increases, and resolve rental disputes faster.

and investments to provide resolutions faster. Wait times for the dispute stream that fast tracks hearings for unpaid rent and/or utilities decreased by more than 52 per cent from 10.5 weeks in February 2023 to less than five weeks in February 2024, providing quicker resolution for landlords waiting to get their units back.

The Ministry of Attorney General's new Money Judgment Enforcement Act will come into force in 2025, which will make it easier and less costly for people to get the money owed to them from decisions resulting from Residential Tenancy Branch hearings.

Other changes through these proposed amendments include:

- allowing for more flexibility in addressing cases where there is a prob-

lematic tenancy and prescribing more clear guidelines for ending tenancy with justified cause;

- increasing the amount of notice a landlord must give a tenant when ending a tenancy for personal occupancy;
- increasing the amount of time a landlord must occupy a rental unit after ending a tenancy for personal occupancy from six months to 12 months;
- increasing the amount of time a tenant has to dispute a notice to end tenancy from 15 days to 30 days;
- prohibiting evictions for personal use in purpose-built rental buildings with five or more units; and
- prohibiting eviction for the conversion of rental units to specific non-residential uses.

"These changes are critical to protect good renters and landlords from those who try and cheat the system for profit," said Spencer Chandra Herbert, premier's liaison for renters and MLA for Vancouver-West End. "We know of too many people who act in good faith that are facing the consequences of those who take advantage of the system, and this legislation is crucial to put an end to that."

Since 2017, the province has taken action to better protect renters, including banning illegal renovations, strengthening the financial penalties for landlords who evict tenants in bad faith and improving wait times at the Residential Tenancy Branch. The proposed amendments to the Residential Tenancy Act meet government priorities as laid out in the Homes for People Action Plan, further strengthening tenancies in B.C.

Mandatory devices limits commercial trucks speed

Heavy commercial vehicles will soon have digital technology activated to help moderate their speeds on B.C. highways, keeping roadways safer for all travellers.

The mandatory use of speed-limiter devices came into effect on April 5, as announced by the province in December 2023. Heavy commercial vehicles with a gross-vehicle-weight rating of more than 11,793 kilograms that were manufactured after 1994 will be required to have the devices installed in their vehicles to operate in the province. The devices must be programmed to a

maximum speed of 105 km/h, which effectively prevents these vehicles from accelerating past that speed.

The legislative amendments made to the Motor Vehicle Act mean that any contraventions, including not being equipped with a speed limiter or not having it accurately programmed, will result in a fine, including a victim surcharge of \$368.

Some vehicles are exempt from the legislation, including emergency vehicles and motorhomes, as well as in certain circumstances, such as during emergency response or if the vehicle is

equipped with an electronic control module that is incapable of meeting the speed limiter requirements. Exemptions are made at the discretion of the director of Commercial Vehicle and Safety Enforcement.

The change brings B.C. into alignment with other jurisdictions where these requirements have seen reductions in crashes. As heavy commercial vehicles regularly travel cross-country, speed limiters provide consistency for carriers and truckers who travel between B.C., Ontario and Quebec, where these requirements also exist.

OUR CITY *tonight*

**SPOTLIGHT ON
BOOK, HOME VIEWING
& A SPRING COCKTAIL**

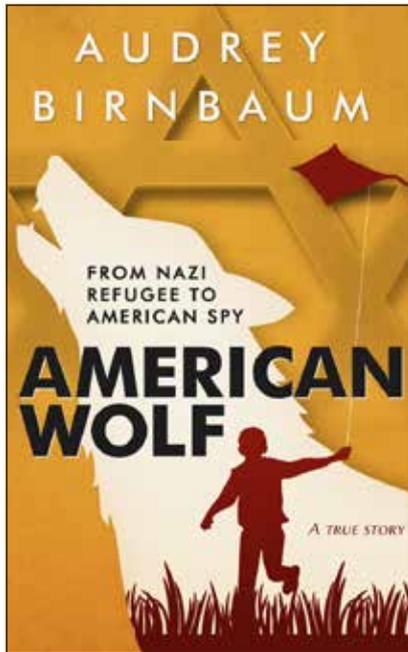


Photo courtesy Tamara York
Public Relations

The Good Read – *American Wolf: From Nazi Refugee to American Spy* by Audrey Birnbaum

Over the last few years, we have interviewed a number of authors whose books are the result of a late parent’s words. That is the case with Audrey Birnbaum’s *American Wolf: From Nazi Refugee to American Spy*. Years before, shortly after her father retired, he sat down and typed out the story of his life—and a fascinating one it was.

Wolf “Jack” Schwersenz was a German citizen of Jewish descent growing up in the 1930’s during the dark days of Hitler’s rise to absolute power. He and his immediate family made it out of Germany—barely—only to struggle for years as new immigrants in America. But they had survived a fate which would eventually claim 6 million Jewish lives in the Holocaust.

This book—which is about survival but also about starting again while coming of age—is beautifully written with a fine detail about everyday life while trying to stay alive in your homeland, then later, trying to navigate and transition to a new life in a far off country. As Birnbaum states about her father in the prologue of the book, “His Holocaust trauma was not only a source of pain and suffering; it was also a source of pride.” She goes on to write that her father would say, “I survived this terrible thing. I am both wounded and special.” audreybirnbaumauthor.com

The Good Cocktail – *Lo Speziato*

We continue our spring cocktail spotlight, this time seeking guidance from one of our “cocktail experts”, Sam Batt, who serves up creative and delicious cocktails at Italian Kitchen in Vancouver. Like



Photo courtesy Neil Jones

all the cocktails we showcase, they can easily be made at home.

“This is a perfect cocktail for spring and the transition to summer,” Sam tells us, “it’s a fruity and spicy cocktail to put the winter gloom and grey behind you as we make our way forward to summer.” The *Lo Speziato* is part of Italian Kitchen’s new cocktail showcase which is available now. If you are planning to enjoy this wonderful cocktail at home, you’ll need:

Shaken and double strained, then garnished with a rose bud and 3 drops of Cassis. glowbalgroup.com

- 1 oz White Rum
- .5 oz Peach Schnapps
- .75 oz clove and cinnamon syrup
- .75 oz lemon
- 1 oz pineapple juice



Photo courtesy Apple TV

The Home View – *Sugar*

The detective, or “private eye”, genre is almost as old as Hollywood itself. Classics like *The Maltese Falcon*, *The Big Sleep* and later, *Chinatown*, quickly come to mind and are still as enjoyable to watch as when they first appeared.

If you are a fan, the new series, *Sugar*, which is a modern take on the detective story, not set in New York, but the equally intriguing landscape of Los Angeles, may be just what your viewing habits need.

Colin Farrell (who also serves as executive producer), is private investigator John Sugar, known for doing one thing and one thing only: finding the missing. He is hired to look into the disappearance of a legendary Hollywood producer’s granddaughter. The cinematography is superb as is the supporting cast including Amy Ryan, James Cromwell, Anna Gunn, and Dennis Boutsikaris. Apple TV will air the first 2 episodes starting April 5. appletv.com

B.C. designer found her niche and never looked back

Her father was the first Black Speaker of the House for British Columbia. He was a well-known politician, a revered football player in the CFL, and there is a park dedicated to her father, Emery Barnes, in Yaletown. Recently, Our City Tonight had a chance to sit down for a chat with one of his very accomplished daughters, Beverli Barnes. She is a designer, an athlete, and a writer, who has made Vancouver her home since returning from New York in 1983. As a designer, she is proud to say that everything is made in Vancouver and always will be. "I'm not a supporter of cheap labour or throw away fashion," Barnes says, "quality over quantity has always been my mandate. I've built my business one customer at a time. Many of whom are still with me today".



Beverli Barnes, designer, athlete, author.

Photo via beverlibarnes.ca

OCT: Let's start with your design career as it's quite an interesting story.

BB: I've got a niche market, doing the lawyer's robes and judicial robes and regalia for universities. I had wanted to be a fashion designer forever, since I was 5 years old. My mom made all our clothes when we were kids and I think that's where I got the "bug". She was very creative and I was like a dog with a bone; I knew what I wanted to do and I went after it and I got it. There have been some bumps along the way but I'm happy to say I have a very successful business

OCT: But both parents weren't equally supportive.

BB: That's true. My mom was a 1000 percent behind me, and helped me find Parsons School of Design in New York—it was a very difficult school to get into as they only accepted about 30 students each year into the fashion design program. My father was the opposite. He said something to me which I will never forget: you have three strikes against you—they only accept the crème de la crème from around the world, you are black, and you are a woman. That really stuck with me, but as I've learned, if someone says to me you can't do that, watch out!

OCT: That's true. We've known you a long time and you've done everything you said you would do, with your successful design career, from your former company called 'Is It Legal', to currently designing under your own name (beverlibarnes.ca), and you've also expanded your business across Canada. Tell us about working early on with Emily Carr University.

BB: That's right. It started with Emily Carr when it became a university, and I approached them about who was designing their regalia. They wanted some-

one local, so they hired me and I did their robes for eleven years. Then it just branched off to University of Alberta, Mount Royal, Manitoba, SFU, really prominent universities. And then incorporating Indigenous art to all the regalia—which is the way the country is going—has been phenomenal as a designer to work with all of these great artists.

OCT: We love the story that explains how and why you got into designing robes. Your best friend was a nurse and she became a lawyer and she realized the clothing was a problem.

BB: My friend, Michelle—we've known each other since the 1980's - decided to switch careers and become a lawyer. She was "called to the bar" and she said to me, these robes are awful, they

don't fit, they're basically men's clothing. She said that I needed to get into this business, but I didn't even know what this stuff looked like. So, I started with shirts, then waist coats, robes, and the whole thing just took off. In 1996, I was nominated for "Entrepreneur of the Year" by McCarthy Tétrault, one of the largest law firms in the country, for innovation, design, and marketing.

OCT: That's wonderful. You found your niche and have kept it up to this day. We must mention your athleticism. You've been an athlete for most of your adult life.

BB: My first year at Parsons Design School in New York, the level of stress was something I'd never experienced before, and I had ulcers in my first semester. I'd never felt such pain in my life, and my doctor asked what I was doing for exercise. I said nothing. I didn't like to exercise. He said if I didn't find some way to deal with the stress physically, I wouldn't see thirty. That scared me to death. And so, I started aerobics, and I haven't stopped.

OCT: And you're a runner, which is so inspiring. We want to end on your memoir. Knowing your life, we must say, we're excited to read this when it comes out. And you've warned us, it'll be a tell-all from your childhood through your adulthood and everything in between.

BB: There will be some shocking things, and some incredible stories, like my time at Studio 54 in New York, how I got there and what I went through. There's so much that has happened and you can't make this stuff up. It will be very entertaining, but there will be some dark stuff. I'm really excited about writing it and getting it out there.

More on Beverli Barnes at beverlibarnes.ca

For the video interview in full go to richmondsentinel.ca/videos



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