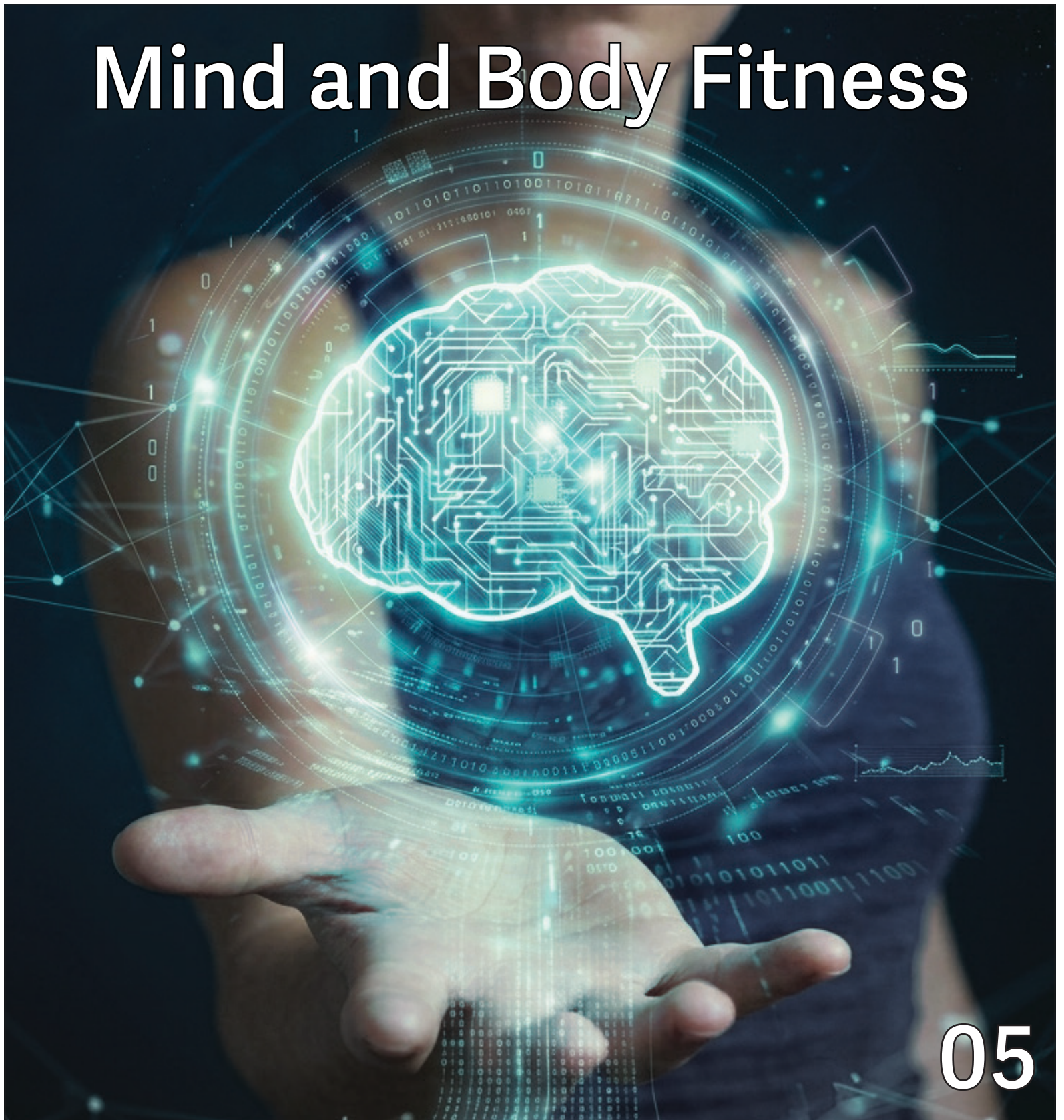




# Mind and Body Fitness



**05**

# OUR CITY

# Richmond

## 10<sup>TH</sup> ANNIVERSARY

by Florence Gordon

The Richmond Sentinel for the past decade, has proudly served the residents of the City of Richmond, sharing the stories of people, and moments that make this community unique. From its very beginning, The Richmond Sentinel was built on a simple but powerful vision: to create a community newspaper that focuses on the positive while providing valuable information freely to the public. The goal was to inform, connect, and celebrate Richmond — helping newcomers learn about their new home while keeping long-time residents engaged with the evolving story of our city.

Over the years, The Richmond Sentinel has highlighted voices from all three levels of government, featured the stories of individuals who helped shape Richmond's history and character, and celebrated the many businesses that contributed to the city's vitality. Created a series with informative content for seniors, provided a trusted platform for candidates during election periods and added a touch of entertainment, local sports and the arts (in print and video).

As The Richmond Sentinel grew, so did the ways we could tell those stories. With the addition of a video department, no story became too big or too small to capture. One day we might be in a boardroom filming an interview with a company president; the next day we could be inside a garage highlighting a young entrepreneur's latest creation, or soaring above the city in a float plane to capture that perfect shot. Our passion to produce a publication that we are proud of has never wavered. None of this would have been possible without the vision of the Founder, the support of our advertisers, and the loyalty of our readers.

To celebrate our journey, we have created this special series — a reflection of ten years of community, connection, and storytelling. We hope you enjoy looking back with us.

The Canadian Coast Guard will always hold a special place in our hearts. On August 13, 2002, the Canadian Coast Guard was involved in a controversial rescue incident near Steveston, BC where a commercial fishing boat, the Cap Rouge II, capsized resulting in five deaths. The Coast Guard arrived within 19 to 22 minutes of the distress call but were prevented from entering the overturned vessel due to new, strict safety protocols. The incident sparked immense outrage, leading to the federal government to reverse the policy which allowed the Coast Guard Divers in the future, to enter submerged vessels.

It was at this time a gentleman came into my life that shared with me the history of the Coast Guard and his passion became my passion - I like to refer to him as Steveston's ambassador — Loren Slye.

It was also at this time as President of the Chamber of Commerce we were asked to organize an awards event. It took a year to bring together an event that included the RCMP, Fire Fighters, Coast Guard and the Paramedics. Everyone in attendance agreed it was a heart-wrenching event. The Coast Guard were without a formal uniform but in our eyes they stood tall next to their colleagues. It was called the 9.11 Awards and to our knowledge Richmond hosted the only event of its kind in Canada.

In 2022, the Coast Guard were celebrating 60 years of service, so the Richmond Sentinel were on a mission to bring their story to life. After many phone calls and e-mails we received permission to enter into the world of the Sea Island Hovercraft Base.

Paul Tobin Officer in Charge of the Base in Richmond gave us a tour, explaining the history behind their operations, their team and how they serviced their equipment in-house. Because of the capability of the all-weather machine, speed and the amphibious capability, if they have a rescue happening where a conventional boat can't get into shallow water or around rocks or reefs, the hovercraft is the only equipment that can be deployed to safely evacuate people off the vessels. They have the only capable dive program on board. They have five divers so they are a multi-task

## RICHMOND SENTINEL

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VOL. 6 ISSUE 9
NOT-FOR-PROFIT
MAY 24 - JUNE 6, 2022

60 YEARS

1962-2022

CELEBRATE THE PAST.  
NAVIGATE THE FUTURE.

09

Canada

Photo courtesy Government of Canada  
Canadian Coast Guard assistant commissioner Derek Moss reflects on the organization's 60-year history in the first installment of a two-part series on the coast guard's importance.

platform, whereas a conventional vessel will patrol an area like English Bay, Howe Sound, (or) congested areas like False Creek where they don't want to take the big hovercraft. It's more efficient and safer to take a small coast guard boat and that's been operating effectively for a number of years. To top off this amazing interview we got to experience a ride on the hovercraft. To read or watch the video interview in full go to [www.richmondsentinel.ca/editions](http://www.richmondsentinel.ca/editions) July 15, 2022 and video interview [www.richmondsentinel.ca/videos](http://www.richmondsentinel.ca/videos) page 7.

## RCRG and Richmond Community Foundation Announce Conclusion of Collaborative Partnership



Photo provided by RCRG

For Richmond Cares, Richmond Gives (RCRG) and the Richmond Community Foundation (RCF), it's the end of an era. After a decade, the two local non-profit organizations have decided to conclude their collaborative partnership.

In 2015, RCRG and RCF entered into an agreement that would see them share staff, resources, and office space, with each organization maintaining its charitable status and a separate Board of Directors. It was and remains a unique operating model, allowing the organizations to explore synergies between their areas of expertise: volunteer development and service delivery for RCRG, and fund development and community building for RCF.

**"It was a bold and innovative experiment,"** says Jocelyn Wong, who serves as Executive Director for both organizations. **"In the non-profit sector, financial sustainability continues to be a significant challenge, and this collaboration demonstrated how working closely together can strengthen community organizations."**

Over the past 10 years, RCRG has grown its programs and services, while RCF has increased the number and size of its endowment funds, resulting in the distribution of more grants and scholarships. Working together, the two organizations have strengthened their financial sustainability and expanded their community impact. With both RCRG and RCF in a strong and stable position, the Boards have mutually agreed that this is the right time to conclude the partnership.

**"On behalf of RCF, we thank RCRG for their support and services over the past decade,"** says RCF Chair Sunny Chiu. **"During that period, both organizations have achieved significant growth. We are grateful for the collaboration and look forward to expanding the Foundation's impact in its next chapter."** The collaboration will officially end on June 30.

**"The Foundation's Board has been proactively preparing for this transition and is implementing a structured plan to ensure continuity, accountability, and strong stewardship of all funds,"** says Chiu. In the coming months, RCRG will work with the Foundation to facilitate a smooth transition. Importantly, there won't be any service interruptions, with the Foundation's current grant and scholarship cycles continuing as normal.

**"In collaborating with the Foundation, we've seen firsthand the vital role it plays in the Richmond community,"** says Wong. **"While our partnership is coming to a close, we'll always have a deep appreciation for the Foundation and its impact. We've been on an incredible journey together."**

For more information on this announcement and its impact on RCRG, please contact Jocelyn Wong at 604-279-7020 or [jwong@rcrg.org](mailto:jwong@rcrg.org).

## Friends of Richmond library donated \$46,000 to library

Friends of the Richmond Library board of directors recently presented a cheque for \$46,000 to Richmond Public Library on January 28, the proceeds derived from Friends' successful book sales in 2025. The funds will be used towards Richmond libraries' various projects.

Founded in 1972, Friends of the Richmond Library (FOL) is a non-profit organization with the mission to advocate for and support library services as well as the freedom to read in Richmond, BC. We had two mini sales on January 17 and February 21 and the most anticipated annual "Whale of a Book Sale" at Thompson Community Centre is scheduled for March 14 & 15. The FOL used bookstore at Unit 130, 11590 Cambie Road is open on Wednesdays and Saturdays from 10 am to 4 pm. For more information, please go to: [www.richmondfol.ca](http://www.richmondfol.ca)

A book sale doesn't just happen. FOL appreciates and thanks all the dedicated and hard-working volunteers for the many hours to help sort and price all the donated items that come our way, and many more to set up and conduct each sale. Volunteering with FOL is an opportunity to support Richmond libraries and contribute to the community. For application, please visit: <http://www.richmondfol.ca/how-to-join.html>





City of  
Richmond

# News Release

6911 No. 3 Road, Richmond, BC V6Y 2C1

## City of Richmond reminds public to plan ahead and stay safe during cherry blossom season



Photo courtesy richmond.ca

**Richmond, BC** – The City of Richmond is reminding residents and visitors to prioritize safety and plan ahead as cherry blossom season returns to Richmond. Each year, the popular seasonal display attracts tens of thousands of visitors, resulting in significant traffic congestion, pedestrian safety concerns and parking challenges in key areas, particularly along Russ Baker Way and in Steveston Village.

Cherry blossom season typically runs from late March through April, with peak visitation occurring on weekends and sunny days. In previous years, high visitor volumes have contributed to unsafe conditions, including traffic backups, jaywalking, illegal parking and limited emergency vehicle access.

“Richmond’s cherry blossoms are a beautiful seasonal attraction that residents and visitors look forward to each year,” said Dammy Ogunseit-an, City spokesperson. “Everyone plays an important role in helping keep these areas safe. By planning ahead, using designated parking and following traffic and pedestrian safety measures, visitors can enjoy the blossoms while helping protect the community.”

Key safety and traffic considerations include:

- Russ Baker Way: Heavy traffic congestion, limited safe crossing areas and overflow street parking, especially on weekends from

10:00am to 5:00pm

- Garry Point Park and Steveston Village: Increased pedestrian activity, pedestrian-vehicle conflicts, jaywalking and parking saturation, particularly on weekends and holidays from 11:00am to 6:00pm
- No. 1 Road and Westminster Highway: Secondary congestion caused by rerouted traffic during peak visitation periods

Visitors are encouraged to:

- Use designated parking areas and avoid stopping or parking illegally
- Follow all posted traffic signs and instructions from traffic control personnel
- Cross only at marked crosswalks and obey pedestrian signals
- Consider walking, cycling or using public transit where possible
- Allow extra travel time and plan visits during off-peak hours when feasible

City staff will continue to monitor conditions and implement traffic management and safety measures as needed to help ensure safe access for residents, visitors and emergency services.

For more information and updates, visit [cherryblossomfestival.ca](http://cherryblossomfestival.ca) or follow the City’s official social media channels.

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OUR COMMUNITY NEWS

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# Nutrition Meets Mental Fitness



## Rika Mansingh

Rika Mansingh, has earned many accolades such as, RD, B.Sc. Dietetics(UNP), PG.Dip.Diet(UKZN), DCEP(CA), Registered Dietitian (Clinical, Consultant, Media), Bestselling Author of The Empowered Mind Diet Equation and Awaken The Magic Within and she's also a Certified Meditation & NLP Master Practitioner, Hypnotherapist, Philanthropist and Podcaster.

**RS: In this edition we will talk about health, both physically and mentally, and how one can improve both. Rika one of the things I love when we talk and when I read your material is you really, for lack of a better phrase, "plain speak it". I always learn so much from you when we talk because you really have a way of simplifying it so that the average person like myself can understand and apply it to our lifestyle. Today, I'd like you to tell our viewers why you created the "Empowered You" a five-part wellness guide and how people can start the program today.**

RM: I created a quick and easy guide because people today face so many challenges and the idea of reading a book can be overwhelming. I combined the most powerful insights from both my books and I've created something that's quick, simple, supportive, easy to follow and integrated mindset movement, NLP techniques and hypnotherapy and basically created something that is going to help people restore their energy and gain clarity. Usually in January we start off the year, we have these massive New Year's resolutions and by mid-January, all these resolutions fade and people become very discouraged and burnt out. But I find that we are actually approaching such a powerful period of energetic transition.

**RS: Part 1 - Many people make a New Year's resolution, they get discouraged, they beat themselves up and then they're back where they started and maybe in a worse position because they're feeling guilty. But the way you have laid out your Guide it's not that complicated starting with part one, which is "eat to empower your mind". Explain that further.**

RM: First of all, before I tap into the nutrition shifts for eating to empower your mind, it's important for people to really understand that food

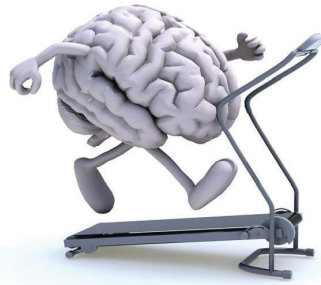


Photo courtesy R. Mansingh  
By Florence Gordon

is information for your brain and that everything that you eat is going to affect your mood, your energy, your sleep, your focus, and also your emotional resilience.

I just read recently in a journal that one in every four Canadians experience trouble with anxiety. An important shift that everybody can make is to make sure that they eat balanced meals with protein and fiber. Why this is so important is because, we stabilize our blood sugar and in doing so we have more clarity and more energy throughout the day and this is so important for anxiety, addiction or even to curb cravings. The other important thing to do is to avoid processed foods because these will dampen your mood and they will affect your clarity. In previous segments we talked about hydrating to feel great, something simple, to help you improve your memory and focus throughout the day. I think it's important for people to recognize that they're not just changing their diet they're actually changing their destiny.

**RS: In Part 2 - you refer to something I can relate to, and that is exercise for mental strength. When I was suffering from an injury in late December and didn't exercise for about three weeks, I really felt it mentally and physically.**

RM: Yes, it will definitely impact your mind and your mood. I think what's very important when it comes to exercise and movement is to see movement as medicine for the brain. And it doesn't have to be so intense and vigorous. Just simple exercise - walking, dancing, stretching for 30 minutes a day can have a powerful shift. And I think what's important, is instead of always visualizing a workout as vigorous and intense it's better to view movement as something supportive for the mind. Another very important thing to do is to recognize the mind body connection. When we train the body with movement, we also train our mind automatically with repetition. And in the same way, when we train our mind, we can get our mind to get our body to do exercise. So they both work hand in hand.

**RS: Part 3 - It's interesting because I was reading a study recently, and a key word used was repetition in that repeating these things to yourself, leads to moving from limitation to empowerment. I'm very curious for your thoughts on this.**

RM: What we do with repetition becomes almost an automatic behavior, but it all starts with being aware of your thoughts. Your thoughts create your feelings. Your feelings affect your behavior and your biology. So what I want viewers to remember is empowered thoughts create empowered outcomes, and negative thoughts will keep you stuck. So awareness of your thoughts is the first thing to change. An important question to ask yourself when you experience a negative thought is to ask if this thought is true? Is it helpful or is it harmful? I ask my viewers and my patients to always become the objective observer of their thoughts. What action can I take today that my future self will thank me for? Ask is this really true? How can I change it and think of something else that's more empowering? Be aware, reframe challenges as opportunities and watch that inner dialogue. If we respond to the inner critic harshly it will affect our feelings and our behavior. So be kind to yourself instead of saying, I can't say I can. Just making that switch in the way you think is so powerful your words become the architects of your reality.

**RS: Part 4 - Gratitude - I'm really interested in how gratitude can be a key element to mental fitness.**

RM: I'm sure you've heard people say, be grateful. According to science, gratitude actually helps your mind focus on what's working instead of what's not working. And what that does is, it creates emotional steadiness and it grounds you in the present moment. In my first book, I remember a study that found subjects who journaled five things a day after about two months, they were more positive, they were very energetic. So gratitude is really important along with visualization, because if you visualize the ideal version of yourself part of your brain is going to think that it's real. And you will behave in a way to make that vision a reality.

**RS: Part 5 - Reflect and grow through journaling. I am one of those people that it makes more sense, thoughts become easier to understand when you write them down.**

RM: I am a big fan of journaling. I actually get a new journal every year on my birthday. So I see the page as a power tool. And journaling is your evolution on paper. So it's your silent coach, it's your best listener, and it's your most honest mirror. I see journaling as an appointment we make with ourselves. Journaling should take five minutes, it's a time to pause and to give clarity. You basically write down what went well today and visualize a little bit of the next day. So what that does is you celebrate your wins and that reinforces consistency.

You can watch the video interview in full [www.richmondsentinel.ca/videos](http://www.richmondsentinel.ca/videos)

For more information: [rikadiet4wellness.com](http://rikadiet4wellness.com); [@rikadiet4wellness](mailto:@rikadiet4wellness); [anchor.fm/rika-mansingh5](https://anchor.fm/rika-mansingh5); [info@rikadiet4wellness.com](mailto:info@rikadiet4wellness.com)

# Richmond enforcement blitz opens March Distracted Driving Prevention Month with more than 160 charges

A single-day joint-forces distracted-driving operation in Richmond on March 5th, 2026, launched Distracted Driving Prevention Month, yielding 120 charges for use of an electronic device while driving, along with approximately 40 other secondary or other offences.

The initiative aligned with the provincial March road-safety campaign led by the B.C. Association of Chiefs of Police (BCACP), ICBC, and police agencies across B.C. The annual campaign highlights the risks of distracted driving, which is the second-leading contributing factor in police-reported fatal crashes in the province, after speeding. More than 6,300 vehicles passed through five deployment locations during the operation. Richmond RCMP Community Policing volunteers and members from partner agencies including BC Highway Patrol, Metro Vancouver Transit Police Mobile Enforcement Team, and Vancouver Police Department supported Richmond RCMP officers through a mix of roadside presence and traffic-monitoring roles, resulting in real-time enforcement. Volunteers also issued 92 warning letters to registered owners after witnessing drivers using their phones, reinforcing the financial and human costs of distracted driving.

According to ICBC, distracted driving contributes to an average of 80 people killed and 4,833 injured each year in B.C., and is a factor in 37 percent of all police-reported injury crashes. About 39 percent of distracted-driving crashes occur at intersections, and men account for 61 percent of distracted drivers in police-reported collisions. Not only can inattention lead to tragic consequences for drivers and other road users, it can also cost you \$368 and four driver-penalty points in B.C., with repeat offences

quickly adding up to thousands in premiums. During the operation, a total of 120 charges were laid for **Use of an Electronic Device While Driving (s.214.2(1) MVA)** along with approximately 40 other secondary or other offences. The cost of the fine and the high-risk driver penalty point premium represent \$69,840.00 in penalties in under 10 hours.

**"Distracted driving has surpassed impaired driving as a causal factor in injury collisions, and that's deeply concerning,"** said Cst. Frank Tarape of the Richmond RCMP Road Safety Unit. **"But I'm heartened to see so many people giving their time, effort, and energy toward raising awareness and ultimately changing the behaviour of motorists."** Among notable incidents were VPD motorcycle officers responding to a two-vehicle crash, one driver travelling at excessive speed toward an enforcement site and another who had no insurance, no driver's licence and a cellphone in hand when stopped by police.

Chief Superintendent Dave Chauhan, Officer in Charge of Richmond RCMP said the collaboration made a meaningful difference. **"Operations like this demonstrate what's possible when municipal, regional, and provincial partners come together with a shared commitment to road safety,"** said Chief Superintendent Chauhan. **"The support from our partners, volunteers, and city council members shows how committed we all are to reducing distracted-driving harm. This is exactly the kind of coordinated approach that helps make our roads safer. We value these partnerships, and we look forward to continuing this work throughout the month and beyond."**



## RCMP Crime Map Feb. 20, 2026 – Mar. 20, 2026

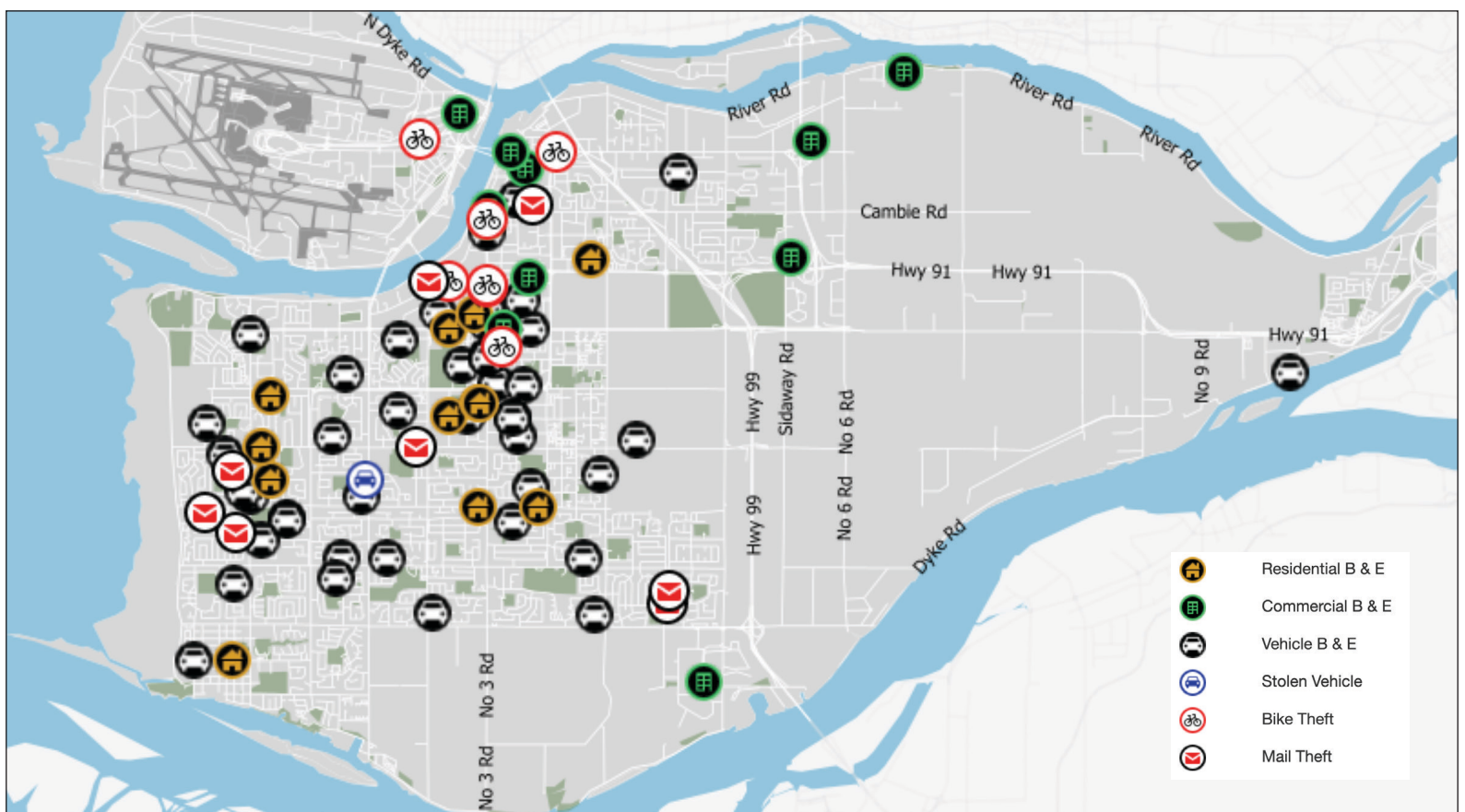


Photo courtesy [csgeo.richmond.ca](http://csgeo.richmond.ca)

## Richmond RCMP conducts impaired-driving enforcement as part of CounterAttack campaign

Richmond RCMP and partner agencies conducted a large-scale impaired-driving enforcement operation on March 7, 2026 as part of the province's ongoing CounterAttack campaign, stopping more than 800 vehicles and issuing impaired-related suspensions.

The operation focused on identifying and removing impaired drivers from Richmond roads, while also promoting public awareness about the dangers and consequences of impaired driving. Visible roadside checks and enforcement activities were conducted at several high-traffic and high-risk locations throughout the city

### Enforcement locations included:

- Sea Island Way on/off ramp, Highway 99
- Russ Baker Way off ramp at Miller Road
- River Rock Casino area

The joint enforcement initiative was supported by Richmond RCMP Community Policing Office Volunteers and involved members from multiple agencies, including Metro Vancouver Transit Police. Over a three-hour period, 1,109 vehicles passed through the checkstop and 839 drivers were stopped. Officers issued a total of 31 violation tickets, representing 45 charges, along with two Notice and Order violations. Impaired driving enforcement remained a central focus throughout the operation, with officers conducting 44 mandatory or suspicion-based roadside alcohol-screening demands, resulting in one 90-day Immediate Roadside Prohibition (IRP), one three-day IRP, and one 12-hour driving suspension. Four additional police files were generated, including for no insurance and other

moving violations. The information gathered during this operation will help guide future enforcement efforts and resource deployment. Richmond RCMP will continue targeted impaired-driving enforcement throughout the year as part of its commitment to safer roads for all users.



Photo courtesy RCMP



# HUMAN LIBRARY®

*unjudge someone.*

### Description

Join the conversation at Richmond Public Library's 4th annual Human Library® event!

### What is the Human Library®

The Human Library® is a non-profit organization that began with its first event in Denmark in 2000. It has established itself as a global learning platform with an initiative to create safe spaces for dialogue between human Books and their readers. The conversations between Books and readers can not only help challenge prejudices and stereotypes but also contribute more broadly to greater cohesion across social, ethnic, and religious divisions.

### How does it work?

During a Human Library® event, readers will see a variety of available Book titles and will be able to select one to "borrow" for a 20-minute reading slot. Readers and Books will then have a one-on-one conversation where Books will introduce themselves and readers will then have the opportunity to ask questions.

This is a drop-in event, and participants will be invited to borrow Books on a first-come, first served throughout the event until "last call" at 3:30pm. This event is appropriate for a teen, adult, or senior audience.

Sunday April 12, 1:00-4:00

# B.C. NDP recruitment campaign brought 52 U.S. healthcare workers to Vancouver, Richmond, and other VCH communities in one year



[gov.bc.ca](http://gov.bc.ca)

**Minister Josie Osborne**

**VANCOUVER** – Today, Health Minister Josie Osborne and Premier David Eby shared that the B.C. NDP government's program to recruit American healthcare workers has succeeded in bringing 414 healthcare workers to B.C., 52 of them to jobs in the Vancouver Coastal Health Authority. This includes 6 doctors, 25 nurses, 3 nurse practitioners, and 8 allied health professionals in Vancouver Coastal Health alone, serving **Richmond**, Vancouver, the North Shore and neighbouring communities.

**"Every person who sees one of these doctors or nurses is going to feel that America's loss is our gain,"** said George Chow, B.C. NDP MLA for Vancouver-Fraserview. **B.C. is fighting the nation-wide shortage of healthcare workers harder than any other province, and it's making a difference."**

The B.C. Conservatives opposed the program, with many of their MLAs calling for it to be cut. **"What an irresponsible, reckless, idiotic, waste of taxpayers' money,"** said Heather Maahs, B.C. Conservative MLA for Chilliwack North. Jody Toor, MLA for Langley-Willowbrook came out against the program even when it was already seeing early results: **"We should be asking: was this really money well spent?"** she said in September.



[gov.bc.ca](http://gov.bc.ca)

**Minister Kelly Greene**

**"We're welcoming 52 healthcare workers to Richmond and surrounding communities who would not have come here if the B.C. Conservatives had their way and got this program cut,"** said Kelly Greene, B.C. NDP MLA for Richmond-Steveston. **"There is more work to do to make sure everyone in BC has access to the healthcare they need. But the success of this recruitment program makes it clear that Conservative cuts would make it harder to access healthcare."**

The B.C. NDP's plan to retain, recruit and train more healthcare workers also includes increasing the seats at UBC's medical school to 328, and building the new SFU Medical School in Surrey, which begins training future doctors in September.

## One year update: More than 400 U.S. health-care professionals are serving people in BC and making B.C. home



### Summary

As of January 2026, more than 400 U.S.-trained health professionals have accepted job offers throughout the province, including rural and remote regions, nearly triple the last update.

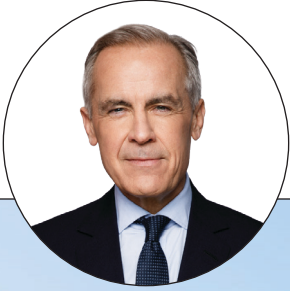
B.C. has received more than 2,750 job applications as of March 2026 from U.S. doctors, nurse practitioners, nurses and allied health professionals as a result of targeted recruitment efforts.

More than 1,300 U.S. trained doctors, nurses and nurse practitioners have registered to practise in B.C., indicating growing interest to work in the province since pathways were streamlined for U.S. credential recognition in 2025.

**"In less than a year, we've successfully recruited hundreds of U.S. health-care professionals who are already helping strengthen B.C.'s public health-care system,"** said Josie Osborne, Minister of Health. **"They include doctors, nurses, nurse practitioners and allied health providers who are joining teams in hospitals and communities across the province. This is just the beginning – U.S. health professionals are enthusiastic about the opportunity to work in B.C., and we will continue welcoming them and connecting them with opportunities throughout the province."**

[Premier.Media@gov.bc.ca](mailto:Premier.Media@gov.bc.ca)

# Prime Minister Carney deepens cooperation with Nordic countries in defence, Arctic security, and critical minerals



*"The Arctic and the High North are central to Canada's national identity and strategic autonomy. Canada is intensifying our cooperation with trusted Nordic partners to bolster Arctic and transatlantic security, build economic strength at home, and catalyse massive opportunities for Canadian businesses and workers."*

The Rt. Hon. Mark Carney, Prime Minister of Canada



In a more dangerous, divided, and uncertain world, security can no longer be taken for granted. Canada is strengthening its defences in the North and working closely with trusted partners to protect our sovereignty and reinforce collective security.

To bolster Canada's Arctic security, defence, and economic partnerships, the Prime Minister, Mark Carney, travelled to Bardufoss and Oslo, Norway, this week. In Bardufoss, the Prime Minister observed Exercise Cold Response – a Norwegian-led NATO exercise above the Arctic Circle to enhance the Alliance's readiness, interoperability, and defence capabilities. Prime Minister Carney was joined by the Prime Minister of Norway, Jonas Gahr Støre, and the Chancellor of Germany, Friedrich Merz.

In Oslo, Prime Minister Carney met with Prime Minister Støre. The two leaders issued a joint statement outlining new ambition to build on the longstanding and close partnership between Canada and Norway, including their shared commitment to NATO, support for Ukraine, co-

operation in the Arctic, and new partnerships on energy, critical minerals, trade, emerging technologies such as space communications and security, and artificial intelligence (AI).

While in Norway, Prime Minister Carney attended the Canada-Nordic Summit, where he met with leaders from Denmark, Finland, Iceland, Norway, and Sweden to reinforce efforts to strengthen transatlantic security in the North. In a joint statement, the leaders outlined the deepened partnership between Canada and Nordic nations – in trade, technology, energy, and defence and security.

Norway is home to the world's largest sovereign wealth fund with a value of over \$3.5 trillion. In Oslo, the Prime Minister held meetings with business leaders to position Canada as a premier destination for international capital. As Canada diversifies its trade partnerships, accelerates major nation-building projects, builds out its defence capabilities, and attracts greater investment into its economy, Prime Minister Carney emphasised the opportunities to invest in Cana-

da. Building on this momentum, Canadian company Champion Iron has recently announced that they are moving forward with the acquisition of Norwegian company Rana Gruber ASA, a leading producer of high-grade iron ore in Norway. The proposed transaction is for an estimated equity value of approximately \$400 million.

Following the conclusion of his visit, the Prime Minister will visit the United Kingdom to meet with the Prime Minister of the United Kingdom, Sir Keir Starmer, and have an audience with His Majesty King Charles III. The prime ministers will discuss progress underway to deepen Canada and the United Kingdom's defence, trade, and economic partnerships.

In this period of rapid change, Canada is safeguarding our interests, modernising our defence capabilities, and strengthening partnerships abroad. By working with valued partners like Norway, we are turning shared priorities into concrete action with strength and unprecedented ambition.

*Photos gc.ca*

## Joint statement by the Prime Ministers of the Nordic countries and Canada

We – the Prime Ministers of the Nordic countries and Canada – met in Oslo today, 15 March 2026. At a time characterized by heightened geopolitical tension, war and a multitude of crises, we are united in the view that international cooperation, based on international law, shared values and interests, remains the best way to strengthen our common security and prosperity. As democracies and countries committed to

the rule of law, human rights, and the territorial integrity and sovereignty of states, we share fundamental values, and strengths.

Today we have agreed to deepen cooperation between our countries to ensure the safety, security and sovereignty of our people...

In support of **collective defence, security and resilience**, the Nordic countries and Canada will enhance defence industrial capacity to ramp

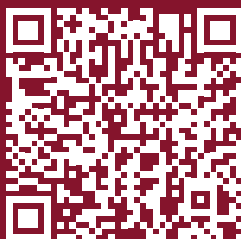
up defence production, strengthen capabilities, respond to hybrid threats, build resilient infrastructure, and develop interoperable, innovative and dual-use technologies.

To read the Joint Statement in full go to Prime Minister's Web Site (<https://pm.gc.ca/>)



# Advance from Acupuncture to TCM

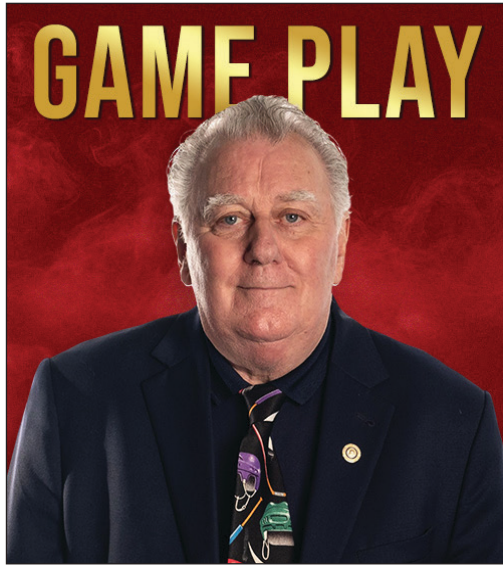
KPU's BTCM degree offers registered acupuncturists clinical Traditional Chinese Medicine training. Experience hands-on learning at our student-run herbal dispensary and explore the power of TCM herbs in real clinical practice.



LEARN MORE



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**Steve Erickson**  
Media Relations Richmond Sockeyes

## Sockeyes/Trappers Far From Over

As much as the Sockeyes were looking to wrap-up the series pulling off a win in game four given that they were holding a three-nothing series lead outshooting the Steelers by a commanding 144-66 in shots the Steelers were no match for the league-leading Sockeyes. Any seven-game series can be an up-hill battle for any team but considering that they outscored them by 126 goals game four would promise to be dominated by the home town Sockeyes, which it clearly was. This contest saw Sockeyes Teo Lin netted his first of the playoffs albeit shorthanded opening the scoring at 4:57 in the first period taking control, followed by the first of the play-offs off the stick of Beaudy Beaudin at 7:29 with the man advantage.

Richmond continues to dominate shots from all areas of the ice outshooting the Steelers 13-5 after twenty minutes with the team trading minors in a game that saw the Steelers assessed four minors to the Sockeyes eight. From there it was the Sockeyes who not only took control, maintaining control with David Yoon grabbing their first goal of the play-offs at 8:27 which would be the final of the game giving the Sockeyes a 3-0 game four win. The win would eliminate the Steelers from advancing to the second round of the play-offs, setting up a play-off series between the Sockeyes and the Langley Trappers who eliminated the Chilliwack Jets in five games.

The second round of the playoffs would see the first-place Sockeyes (44 wins, 5 losses for 88 points) face the sixth-place Langley Trappers who finished with a record of 19 wins, 27 losses, 1 O/T loss, 2 shoot-out losses with 41 points. Given the above record you would think the series would be a four-game sweep or so you would

think with the series kicking off in Richmond who came out with more jumps than a youngster on a trampoline on spring break. Any play-off series regardless of league is played at the liberty of the team finishing with the most points at season's end which saw game one played Monday, March 9th in Richmond. The Sockeyes continued to dominate the scoring that saw Joshua Mytton open the scoring at 3:45 of the first period for the early lead opening the scoring with Jayden Shirk getting the lone assist. Given the discrepancy in the standing it was Captain Teo Lin (5th) giving the Sockeyes the 2-0 lead at 8:19 with helpers from Quinn Orr and Jonathan Zhang. Richmond controlled the first period until 18:29 when Langley's Mason Begg with helpers to Campbell and Toma saw the Sockeyes outshoot the Trappers by 16-7 after twenty minutes. The second saw the Trappers come out with more "jump" in a period that saw each team have several close in chances with Bryce Strandt (1st) getting the lone goal of the period at 19:41 that ended with the Sockeyes holding a 11-9 lead in shots.



*Courtesy of Sockeyes*

Regardless of the score, the third period saw the Sockeyes send a pair past Trappers "tender" Beckham Brossard who was tested from various areas of the ice turning several aside unable to get any past Haden Heide who turned aside 25 of the 26 he faced. The third period was more aggressive than the first two considering, the frustration was clearly getting the better of the Trappers in a penalty filled period forcing the officials to make several penalty calls to each team. The Sockeyes managed to finish holding a one game series lead getting set to host game two on a regular Thursday night game at the Fish Tank with the face-off set for 7 pm. Game two wasn't as chippy as game one with each team "testing" each tender in a contest that saw the Trappers turn several attacking players shots aside from all areas of the ice forcing each "tender" to pull off some remarkable saves.

Sockeye's Michael McIntyre opened the scoring at 13:54 while on the PP setting up a goal that held until the third period that saw Nick Kovich (3rd) hammer one past Beckham Brossard at 3:58 giving them a 2-0 lead. Given the consistent play of Trappers Beckham Brossard he was the one that kept the Sockeyes off the scoreboard

until the 19:57 mark that saw Trappers Karsen O'Brien get a PP marker which otherwise would have been a shutout for Sockeyes Haden Heide. Given the dominating play of the Sockeyes they were heading to Langley holding a two-game lead into game three but as we all know over confidence can be a detriment for any team considering the home team's fan base plays a key role in the outcome.

Over the season both the Trappers and the Sockeyes have relied on the solid play of their "tenders" who have pulled out wins for each team knowing that neither team would be changing goalies. Fans play a key role in the success of any team but game three saw Sockeyes Beaudy Beaudin (3rd) open the scoring for the Sockeyes three minutes in managing to hold the lead until Trappers Bryson Patkau got them even at 13:38 in a period that the Trappers outshoot the visiting Sockeyes by a narrow 12-11 margin. Langley managed to take a "short-lived" lead with Molidema getting a PP goal at 8:25 followed by Sockeyes Captain Teo Lin who got a short-handed goal at 8:31 - six seconds later tying the game at two. The second period again saw the Trappers dominate the shots finishing the second period outshooting the visiting Sockeyes by a 16-9 margin in a game that saw a tight checking third with neither team managing to capitalize in the goal department. Shots after three periods saw the Trappers finish with 31 shots while Richmond managed 27 after sixty minutes heading to O/T that saw the Sockeyes run into penalty trouble that set up a PP marker that got the Trappers back in the series albeit trailing 2-1.

Having their backs to the wall isn't something that the Sockeyes are used to given their impressive record this season noting that Teo Lin opened the scoring at 9:24 again on the PP which seemed to be a confidence builder. Sockeye's Dylan Nazareth put the visitors up 2-0 getting his first of the playoffs that saw Richmond narrowly outshoot the Trappers by a 8-7 in a period that saw the teams trade penalties with all pressure on the Trappers. The second period saw the Sockeyes manage to get more shots on goal sending 12 directed at Brossard while the Trappers only managed 8 at Sockeyes' Heide that saw neither team score until the 19:37 mark when Langley took the lead heading to the dressing room after forty minutes. The Sockeyes found themselves in penalty trouble in the third period the Trappers pressed, knowing that they never wanted to go down 3-1 in the series. Langley managed a pair of goals in the third with Esmail getting not only his first but also the first of the period tying the game at two followed by a PP marker at 17:52 with Patkau rounding out the scoring for the final goal of the game giving the Trappers a 3-2 win.

The Sockeye head home looking to grab a 3-2 series lead March 17th in hopes that St. Patrick's Day will bring some Irish luck their way with the face-off set for 7 pm.

# A Record Year for Mortgage Renewals



**Jolene George**  
Sr. Mortgage Broker

2026 is projected to be one of the largest mortgage renewal years in Canadian history. A significant number of homeowners secured five-year terms in 2020 and 2021 when rates were under 2%. Those historically low rates were driven by extraordinary monetary stimulus. Today, those mortgages are maturing in a materially different rate environment.

While rates have stabilized following one of the fastest tightening cycles in modern history, renewal pricing remains meaningfully higher than what many borrowers are coming from. For some households, this means higher payments.

For others, it represents a strategic planning opportunity. Before signing your lender's renewal offer, it is critical to understand an important distinction — a renewal and a refinance are not the same.

## Renewal vs. Refinance

### A renewal is simple:

- You sign a new term
- The rate changes
- The payment adjusts.
- No requalification is required
- The structure remains the same

### This works well for borrowers who:

- Want no structural changes
- May not qualify under current stress-test rules
- Prefer simplicity and minimal documentation

### A refinance, however, is a full review.

It requires qualification, but it unlocks structural flexibility. In today's environment, structure often matters more than rate alone.

### What a strategic review can unlock:

For many homeowners in 2026, this moment is less about rate shopping and more about optimization.

### A refinance may allow you to:

- Improve Cash Flow
- Re-amortize back to 30 years (where eligible)
- Offset higher rates with lower monthly payments
- Reduce financial strain in a slower economy

### Even if rates are higher than your previous term, restructuring can meaningfully soften the impact:

- Consolidate High-Interest Debt
- Unsecured debt often carries rates between 18% and 22%.

### Consolidating credit cards or loans into mortgage financing can:

- Lower overall interest costs.
- Reduce monthly obligations.
- Strengthen your balance sheet.

### Set Up or Expand a HELOC

A refinance can establish or increase a Home Equity Line of Credit, creating:

- Liquidity for investment opportunities.
- Capital for renovations.
- Business funding flexibility.
- Emergency reserves.

### Liquidity provides optionality in uncertain cycles — Access Equity Strategically

Equity can be deployed for:

- Tuition.
- Investments.
- Family support.
- Intergenerational planning.
- Short-term liquidity needs.

### Plan Around a Future Sale

If you anticipate selling within the next one to three years, structuring properly today can:

- Minimize penalties.
- Improve portability.
- Reduce discharge and re-registration costs.
- Your mortgage structure should align with your life timeline.

### Implement Advanced Strategies

For sophisticated borrowers, renewals can introduce structured approaches such as:

- Accelerated principal reduction.
- Cash-flow reallocation.
- Tax-efficient leverage strategies like the Smith Manoeuvre.

In these cases, the mortgage becomes a financial tool, not simply a debt.

### Current Market Context

#### The macroeconomic backdrop has shifted.

- The Bank of Canada has moved from aggressive tightening to stability.
- Inflation has cooled toward target.
- Growth has slowed.
- Unemployment has risen modestly.
- Bond yields have declined from mid-2025 highs.

We are no longer in a tightening cycle. We are in a slower, data-dependent economy. In this environment, rigid long-term commitments often underperform flexible positioning.

### Strategic View: Flexibility First

For most borrowers renewing from ultra-low 2021 rates, the starting principle is clear:

1. Preserve flexibility. Protect cash flow. Avoid unnecessary long-term commitment.
2. Variable-rate structures remain a strong starting point in today's market. Not because they are risk-free, but because they offer adaptability.

### Why Variable Rates Make Sense

#### 3. Lower Starting Cost

Variable rates remain priced below comparable fixed terms, meaning a lower initial interest cost without paying a premium for long-term certainty.

#### 4. Participation in Potential Easing

If rates drift lower through 2026, variable borrowers benefit automatically. Fixed borrowers do not.

#### 5. Conversion Flexibility

Most variable mortgages allow conversion to fixed at any time. This allows observation of bond markets before committing long term.

#### 6. Lower Penalty Risk

For households that may sell or restructure, three months' interest on a variable mortgage is often significantly less than a fixed-rate IRD penalty.

#### 7. Cash-Flow Stability Options

Fixed-payment variable structures provide predictable monthly payments while still allowing principal acceleration if rates decline. Adaptability and control are valuable in slower cycles.

### When Fixed Makes Sense

A fixed mortgage remains appropriate for clients who:

- Have tight budgets.
- Strongly dislike uncertainty.
- Value predictable payments above flexibility.

Historically speaking, today's fixed rates fall within reasonable long-term norms. If payment certainty improves financial behaviour and peace of mind, that has measurable value.

### The Distinction is Strategic:

- Variable is built around optionality.
- Fixed is built around certainty.

In a slower economy with rate stability expected through 2026, optionality may carry greater value for many borrowers.

### Final Perspective

2026 renewals are not administrative events. They are financial inflection points. Signing your lender's first offer may be convenient, but convenience is not strategy. The objective is not simply securing a rate. It is structuring intelligently, protecting cash flow, and aligning your mortgage with broader financial goals. In a record renewal year, those who treat this as a planning opportunity — rather than paperwork — will position themselves strongest for the years ahead.



Douglas James Scammell

## FASHION FOR MEN

# Shoe Investment

When it comes to men's dress shoes there are many great different styles. The most notably styles are the derby, oxfords, monk strap, loafers, and loafer with tassels. No matter what one of those styles you choose they will all look unique and terrific paired with your suit. I want to help lay out some key details to help the modern gentleman find the right pair of dress shoes that will help elevate his shoe style appearance but not only that help educate the difference between the cheaper pair of shoes and a more expensive pair of men's dress shoes so that you will make the right purchase that helps give you the most value for your hard-earned money.

The first thing every gentleman must learn to understand is the terminology of all of the various parts of your standard dress shoes. Attached below is a picture of a pair of Derby shoes with all of the different parts of the shoe named listed.

Today a good quality men's dress shoe is made up of full grain leather, durable construction like the Goodyear Welting for resoling, precise stitching, and a comfortable supportive fit with cushioned insoles allowing it to mold to your foot.

Let me better breakdown each one of these key things below:



Photos courtesy DJ Scammell

### 1. Material Quality:

**Full-Grain Leather:** Supple, sturdy, and develops a unique character (patina) over time, unlike lower-grade or synthetic materials.

### 2. Construction & Durability:

**Goodyear Welt or Blake Goodyear Welt or Blake Stitching:** These methods attach the sole securely but allow the shoe to be resoled, dramatically extending its life. Avoid cemented (glued) soles.

**Resoleable:** The ability to replace the sole is a hallmark of quality.

**Stacked Leather Heel:** Can be replaced by a cobbler, extending the life of the shoe, unlike some fully synthetic heels.

### 3. Craftsmanship & Details:

**Precise Stitching:** Clean, even, and tight stitching shows attention to detail.

**Smooth Finishes:** High-quality leather and finishing give a polished look.

**Solid Sole:** A well-constructed sole provides support and balance.

### 4. Comfort & Fit:

**Cushioned Insoles:** Adds comfort for long wear.

**Snug, Not Tight Fit:** Should feel supportive, molding to your foot with slight wiggle room for toes.

**Supportive Structure:** Good balance and internal support are crucial for all-day wear.

### What to Look For:

**Leather:** Feel the leather – is it soft but firm?

**Stitching:** Inspect for consistency and neatness.

**Sole:** Check if it's stitched (welted/Blake) rather than just glued.

**Brand Reputation:** Brands known for classic, durable dress shoes (like Church's, Allen Edmonds, or Edward Greens for example and many others) often embody these qualities. But there is many other great reputable brands out there you will need to look for.

Today unfortunately there are many brands you will find on online retailers or at the outlet malls I will not name here but they are very cheaply made and are what I call fast fashion. They look great and often are priced very cheap but, unfortunately the cheap cost of these shoe's will eventually come at a higher cost because the life of the shoe will be very short and you will likely have to buy multiple pairs where if you invested a bit more to get the higher quality that I have outlined above you would really only need to buy just a few higher quality pairs for what will last likely the rest of your life opposed to the cheap fast fashions shoes because on those cheaper ones the leather will scuff very easily and the bottom insoles will wear out very fast. Because they do not have the Goodyear welting that I mentioned above they will likely be unrepairable when the heel or the rest of the bottom insoles have worn out. A lot of the fast fashion shoes use cheap plastics opposed to high end leathers and are cheaply made and stitched by machines instead of being hand made.

It is also very important to still note the high-quality of men's dress shoes will still need maintenance along the way from worn out insoles and heels, to scuffs that will happen and sometimes there are stitching issues but that can all be repaired at any qualified shoe cobbler for a reasonable price further extending the life of your investment that will not be as expensive as buying a new pair of shoes.

There are many different price points to look for in these high-end dress shoes. Some will sell for example approximately \$400.00 to \$600.00 and then a very good pair for about \$1,200.00 or more. The key thing is all will likely look great and feature a Goodyear welt but there will be some small differences that will bump the prices up further. The other key thing I suggest is you should do your research on each pair to find out what features the shoe offer.

There is usually something that will drive the cost of the shoe up in price such as superior materials, extensive hand craftsmanship, higher quality control along with substantial brand prestige. The \$1,200 shoe likely uses top-tier, first-grade full-grain leather, which is more supple, develops a rich patina over time, breathes better, and is selected from the best parts of the hide. A \$400 shoe might just use full-grain leather, but it will likely be a lower grade, which could be heavily pigmented to cover flaws and will not age as gracefully.

Higher-priced shoes likely involve more man-hours and are often made by highly skilled artisans who take more time with each pair. The increased time allows for greater attention to detail, resulting in cleaner lines and finer finishing. It is very important to ask yourself what options you really need and how often you're going to be wearing your dress shoes so that you get the right pair for your budget.

Also, you can do what I like to do is to find exceptional vintage shoes made by Hartts, Florshiem, Dack's, and any other high-end brand from yesteryear as long as they were manufactured with the Goodyear welts and have decent leather they can be brought back into service looking like brand new just by getting the insoles redone and a good shoe polish. Giving you some shoe options while helping you save some money, selecting a great pair of quality men's dress shoes is to always consider this as a great investment.



# OUR CITY *tonight*

SPOTLIGHT ON  
GREAT FILMS

A SPRING COCKTAIL



Photo courtesy O.C.T

## THE SIP – *Sakura Sour*

With spring right around the corner (hopefully), we change our cocktail focus to those liquid creations that go with warmer weather and longer days. For that, we turn to one of our “cocktail experts”, Anique White, from Glowbal Restaurant. She provided a delicious winter cocktail earlier this year and has a springtime cocktail that is equally inviting. “It’s called the Sakura Sour, and it’s inspired by Vancouver’s fleeting Sakura season,” Anique tells us as she makes our cocktails. Our first sip and we’re sold on this wonderful creation. As with all our cocktails suggestions, if you can’t make it to the restaurant – in this case Glowbal – what are the ingredients for making this at home? “This delicate gin sour layers rose and lychee over bright citrus, a floral whisper balanced by coastal salinity,” she tells us. All our “cocktail experts” feel creativity and inspiration from a variety of places, and for Anique White it’s our city at this time of the year: “I love the spring season here in Vancouver, it’s absolutely beautiful, but it’s short and sweet so I thought why not celebrate it while we have it?” We agree. The Sakura Sour will be on the menu at Glowbal Restaurant this spring. [www.glowbalgroup.com](http://www.glowbalgroup.com) If you have questions for any of our “cocktail experts”, email at [info@ourcitytonighttv.com](mailto:info@ourcitytonighttv.com)

## THE VIEW – *Train Dreams*

One of our favourite films of 2025 is *Train Dreams*. Set in the Pacific Northwest in the early part of the 20<sup>th</sup> Century, it tells the story of Robert Grainer (Joel Edgerton), a logger and railroad worker, an ordinary man living a quiet, ordinary life alone then later with a loving wife. What he sees and experiences over the course of his life – joy, profound grief, loneliness, and wonder – is all beautifully captured in this wonderful film set amongst the ever-changing American landscape. *Train Dreams* is not for everyone, but if character driven, poignant and atmospheric stories are to your liking, we’re sure you’ll like this film. Joel Edgerton gives the performance of his career, and the supporting – including William H. Macy, Felicity Jones and Kerry Condon – only enhance this film. *Train Dreams* is available on Netflix. [www.netflix.com](http://www.netflix.com)



Photo courtesy Netflix Canada



Photo courtesy 20th Century-Fox

## THE CLASSIC – *The King of Comedy*

Here are a few films from the last 50 years which are brilliant, but also prophetic in terms of their depiction of fame, success and the pursuit of each. The Oscar-winning *Network*, from 1976, is brilliant in its depiction of hard, old-style TV news moving toward what would become known today as “reality TV”. It’s grotesque, cynical, and 50 years later, all too real. Another film is Martin Scorsese’s *The King of Comedy*, from 1982. In this dark comedy, Robert DeNiro plays Rupert Pupkin, an aspiring stand-up comedian obsessed with fame and particularly a late-night talk show host played by Jerry Lewis. Pupkin has no desire to hone his craft and work his way up the ladder, he wants it all now, and he’ll go to extraordinary, even criminal, lengths to achieve his goals. His line between fantasy and reality is blurred at best. Though social media was still several decades away when this film was released, its themes of celebrity culture, tabloid media and fame could easily be applied to our world today. DeNiro’s performance is brilliant but also cringe-worthy and uncomfortable to watch at times (think Ricky Gervais or Steve Carell in *The Office*). A strong supporting cast includes comedienne Sandra Bernhard, Shelley Hack (just off her role in *Charlie’s Angels*) and, of course, Jerry Lewis, who delivers a superb dramatic performance as the weary talk show host Jerry Langford. *The King of Comedy* is available for home viewing through most platforms.

# Fly On The Wall; Bill Pugin's Heartfelt Memoir



Bill Pugin signed for 4 US Presidents

Photo provided Bill Pugin

Our City Tonight sat down with Bill Pugin, who shares his life story in his heartfelt memoir *Fly On the Wall*. From growing up in a small Southern town to being on the global stage as a sign language interpreter, performer, and advocate. He has provided services for four US presidents, the Dalai Lama, World Leaders, and Global celebrities.

**OCT: You shared five decades of your travels and experiences. The biggest point learned from your book has to be that sign language is not universal but in fact unique to every country. Did that surprise you as you started to learn American Sign Language?**

BP: I'm the youngest of four kids in my family and my sister, Maryanne is the second oldest. She is eight years older than me, and she lost her hearing when she was three years old. By the time I was born, she was already deaf. Even as a young kid, I realized that she struggled to communicate with the family. Nobody learned sign language until I did at 17, then my other sister learned to sign the next year. It didn't seem fair that the burden of communication was always put on my sister's shoulders. She was the

one who had to lip read, she had to struggle with speech if she didn't know how to say a word. She was sent to a school for the deaf in the fifth grade and she would bring home classmates. I would watch them communicate, and I was so envious because I wanted to know what made them laugh, and what they were talking about. To me it was a secret language, and I was determined to learn that language. I have now been an interpreter for 50 years, she and I are very close because I did learn her language. I also learned about her culture and her community.

**OCT: You have had a very full life not just with sign language, although you became the top of your field in that career. Alongside that you also became a successful actor and performer.**

BP: I was always the little boy that loved to dance, so I was in children's theatre and when I got older, I realized that I still had that skill and the love to perform. Sign language sort of helped me do that because as an interpreter you're very aware, you're out there, and you're performing for an audience. I was able to combine my love of interpreting and sign language with my love of music. At a very young age I was doing music shows in sign language and signing songs. The message that comes across in my book is that I always said yes to things. Any time anything was presented to me I would say yes, even if it scared me. One of the things that was presented to me when I was 21 was the opportunity to work on a cruise ship as a singer and dancer. I thought to myself when am I going to get an opportunity to travel the world and get paid to sing and dance in front of thousands of strangers every week.

**OCT: We mention Marlee Matlin because she had a huge influence in your life. I understand you have worked a long time with her, so can you tell us how that came to be?**

BP: Marlee and I are great friends, in fact we were just on a zoom call this morning before this interview. We met the year she won her Oscar for Best Actress in the movie *Children of a Lesser God*. I was teaching song signing at the music centre for a group called VSA, Very Special Arts. They had used me for a couple of years in the past and every year I came to teach little kids

how to sign songs. There were various tents set up with face painting and other things for kids to do. My tent was for song signing, and that year the host was Lauren Tewes, who played Julie McCoy, the cruise Director of the TV series *The Love Boat*. I had worked with her on board the Princess Cruises. Lauren came to my tent with the guest of honour that year, Marlee Matlin. Marlee had just won the Oscar, and I saw them walk into the tent. All I could think about was, I hoped not to screw up my performance in front of her. I did my thing, she really liked it, she came over, and we hit it off like we had been friends for years. That was many decades ago. We have worked together on 28 of her projects, in television and film. I've also travelled the world with her including all of the provinces in Canada.

**OCT: We learned a lot about the difference between small "d" deaf and the big "D" deaf. It's a good educational part, can you please explain this to our viewers.**

BP: I'm glad you asked that and as we mentioned that sign language is not universal, the little "d" deaf refers to hearing loss, a deafened adult, so this would be talking about deafness in general by hearing loss. The big "D" for deaf relates to the deaf culture. This is someone who uses sign language as their main form of communication, and who identifies with the culture as well as someone who may have attended a school for the deaf growing up. This identifies somebody who is really part of the community, involves sign language, and has a shared experience with a shared language. I made sure to differentiate just the word, deaf or deafness with giving honour and respect to those people who are in that culture and in that community. So that's when you will see the D deaf.

**OCT: Your book was entertaining as well as very educational. It is not just for people who are interested in learning more about sign language. It is overall just a really good story about a very unique life.**

Find *Fly On the Wall* through [amazon.com](https://www.amazon.com), as well as [barnesandnoble.com](https://www.barnesandnoble.com) and coming soon to all bookstores near you. To watch the video interview in full go to [www.richmondsentinel.ca/videos](https://www.richmondsentinel.ca/videos).



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