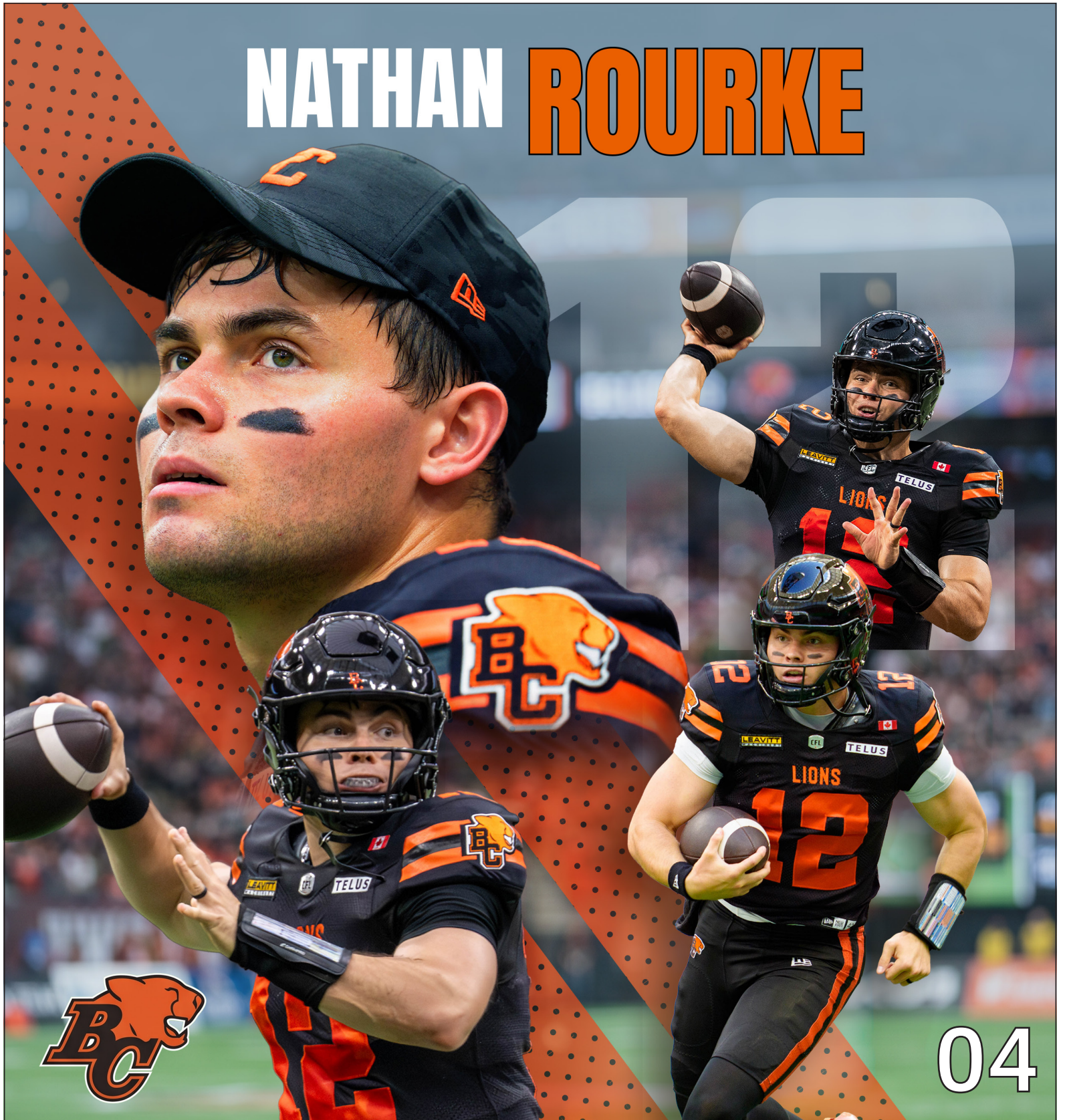




# NATHAN ROURKE



Victoria, BC-born Nathan Rourke

Photos Courtesy BC Lions

# 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 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 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. We 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 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. In no particular order, we hope you enjoy looking back with us.

**RICHMOND**  
**SENTINEL**

OUR COMMUNITY NEWS



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VOL. 9 ISSUE 17
NOT-FOR-PROFIT
SEPT. 9 - 22, 2025

## RICHMOND SOCKEYES



New season starts

12

Season 2025/2026 opener is on September 11 at 7 p.m. at Minoru Arena.
Photo courtesy Richmond Sockeyes

In our series for the 10th anniversary, we continue with part 3 covering the Richmond Sockeyes Junior A hockey season. I grew up in Ontario where the winters were long, cold and snowy, so hockey was a big part of our lives as an all-day activity and it was free. Whether it was shoveling snow off the frozen river to play hockey or gathering in front of a black and white TV screen as part of our weekend entertainment hockey is no stranger to me. Two years ago when the Richmond Sentinel was asked to sponsor the Richmond Sockeyes our number one goal was to share our experience with our community and 2026 was a year to remember. Last weekend at the Sockeye's Awards another sponsor said "I grew up in Richmond and didn't know there was so much talent providing the community with a night of entertainment for the whole family to enjoy at such an affordable ticket price. From the owners, to the coaching team and all of the players they provided those who came out to the games a night to remember and for those who were unable to make it to the games Steve Erickson a Sentinel's contributing writer provided a weekly play-by-play description of the games.

With the approval of the powers at be in the 2025/2026 season the Sockeyes moved up to the next level of JR Hockey and with a new coach and the addition of new players the Richmond Sockeyes created an outstanding Season playing 52 games and 47 wins ending the Season In number one position. A special congratulations to the team and a special thank you to the families who opened their home to billet players away from home.



# Nominate a Veteran for a Street Banner

This fall, veterans from Richmond will be honoured on street banners displayed throughout the city. Recognize their sacrifice and service to our community and country by nominating someone who deserves this honour.

**Submissions open\*:** April 9, 2026

**Deadline:** May 24, 2026

**Eligibility:** Veterans who served in the Canadian Armed Forces or the Royal Canadian Mounted Police and lived in Richmond.

**Display:** City Centre, October 1–December 1

**Find all details, including submission requirements at**  
[richmond.ca/VeteransBanners](http://richmond.ca/VeteransBanners).

*\*Eligible veterans will be selected in the order nominations are received.*

# Why Was a Canadian Chosen as One of the Astronauts on the Latest Artemis Space Mission?

BY CODY CHEUNG

Canada, a global leader in space robotics, has been partnered with NASA for decades by providing key robotic systems like Canadarm and Canadarm2; through the Canadian Space Agency, Canada is contributing with the next-generation robotic system, called Canadarm3, developed with MDA Space Ltd., for NASA's Lunar Gateway as part of the Artemis program. In part of this contribution to deep-space exploration infrastructure, Canada secured astronaut flight opportunities on Artemis missions, leading to Canadian astronaut Jeremy Hansen's assignment to Artemis II.

So when NASA's Artemis II mission carried astronauts around the Moon, one of them was Colonel Jeremy Hansen, a Royal Canadian Air Force colonel and Canadian Space Agency (CSA) astronaut—a milestone tied directly to technology built in part by MDA Space Ltd., a company with operations in our very own city of Richmond. On April 1, 2026, he became the first Canadian astronaut to travel beyond low Earth orbit and journey to the vicinity of the moon.

Canada's role in the mission comes from its contribution of Canadarm3, a next-generation robotic system designed for the lunar-orbiting Gateway station. As part of this contribution to the Gateway, Canada secured astronaut flights, including a seat for Jeremy Hansen, who became the first Canadian to travel to the Moon's vicinity.

MDA, headquartered in Brampton, Ont., is leading the Canadarm3 project under contract from the Canadian Space Agency. The system is expected to perform maintenance, repairs, and a wide variety of support tasks on Gateway, using both advanced autonomous technology and expert human operations.

While the company's primary robotics work is based in Ontario, MDA maintains a notable presence in our very own city of Richmond. Founded in B.C. in 1969, MDA's Richmond location is actually home to its Earth and Space Observation business segment. With five locations across Canada and 3,800 employees globally, MDA Space continues to advance next-generation technologies in robotics, satellite systems, and space exploration.

The Artemis program brings together international partners in space exploration, including Canada's contribution through its robotic systems. Through programs such as Canadarm, Canada has built a long-standing role in space robotics, which continues

today with Canadarm3 being developed for NASA's Gateway program. This work builds on decades of Canadian expertise in space robotics and has positioned our country as a key partner in lunar exploration.

For Richmondites, it's a local link to MDA's mission—"to build the space between proven and possible"—a branch of a company here in our own community can be part of something this extraordinary: helping carry humanity's reach all the way to the Moon.

For references and to keep up with this spacefaring journey, please visit the websites of:

MDA Space Ltd. — information on Canadarm3, its capabilities, and MDA's role in the Gateway program. MDA Space is a member of the Lunar Dawn team that NASA selected to start development of a human-rated Moon rover, which is a key part of NASA's Artemis mission. For further information go to:

**Space Exploration & Infrastructure | MDA Space**  
[mda.space](https://mda.space) › [space-exploration-and-infrastructure](https://mda.space/space-exploration-and-infrastructure)

**Canadian Space Agency** – details on Canada's contribution to Gateway, the Canadarm3 agreement, and astronaut assignments including Jeremy Hansen

**NASA** – official information on the Artemis program and Artemis II mission



Photo courtesy Canadian Space Agency

Colonel Jeremy Roger Hansen

**RICHMOND**  
**SENTINEL**  
OUR COMMUNITY NEWS

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# RCMP News Release Richmond RCMP arrest ten passengers following incident at the Vancouver Int. Airport

April 14, 2026 – Richmond, BC  
From: Richmond RCMP

## Content

Richmond RCMP responded to a report of disruptive behaviour aboard a departing commercial flight at Vancouver International Airport that raised safety concerns and resulted in a delay.

On April 11, 2026, at approximately 7:30 a.m., Richmond RCMP responded to a report of unruly passengers aboard a departing flight at Vancouver International Airport (YVR). The passengers were alleged to be non-compliant with flight crew instructions, creating safety concerns and resulting in a delay to the flight. Richmond RCMP officers attended and worked with airline staff to safely de-escalate the situa-

tion, which included directing passengers to deplane. Ten individuals were arrested, and police are recommending charges of failing to comply with flight crew instructions under the Aeronautics Act and mis-

chief under the Criminal Code. The individuals were later released on undertakings and are scheduled to appear in Richmond Provincial Court. There were no reported injuries.



# RCMP

## Crime Map

### Mar. 20, 2026 – Apr. 17, 2026

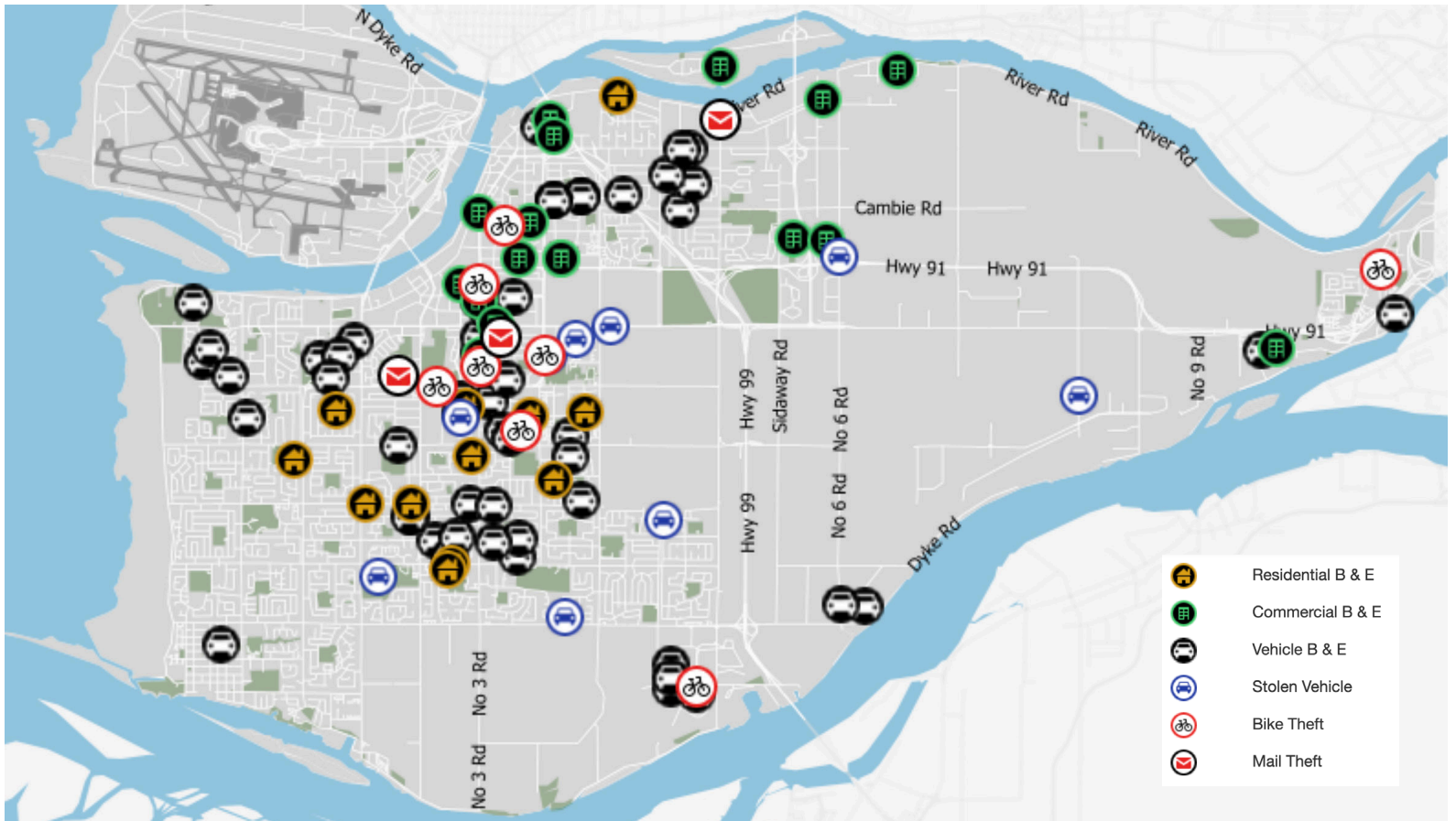


Photo Courtesy csgeo.richmond.ca

# Prime Minister Carney suspends the federal Fuel Excise Tax on gasoline and diesel to lower costs for Canadians

April 14, 2026

The global landscape is rapidly changing. In response, Canada's new government is focused on what we can control – building a stronger, more independent, more resilient economy. We're building an economy where Canadians are empowered with greater security, certainty, and a lower cost of living.

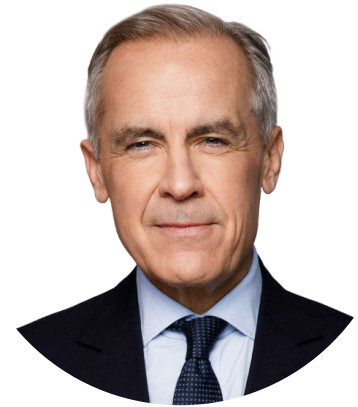
Global conflict and ongoing supply disruptions in the Middle East are driving up fuel prices around the world. To make Canada more energy secure and less reliant on external factors, our government is advancing major projects to realise Canada's full potential in clean and conventional energy. We're building big in electricity, LNG, and nuclear to provide all Canadians with clean, reliable, and affordable power. As we build for the long term, we are providing immediate relief to bring down costs for Canadians right now – including cutting taxes for 22 million Canadians, cancelling the consumer carbon tax, and protecting and expanding vital social programs.

Today, the Prime Minister, Mark Carney, announced that the government is **temporarily suspending the federal Fuel Excise**

**Tax on gasoline and diesel** across Canada. Starting April 20, 2026, Canada's new government will suspend the full amount of the tax on gasoline and diesel until September 7, 2026. **This is expected to reduce Canadians' bills at the gas station by 10 cents per litre on regular gasoline and 4 cents on diesel.** The government is also temporarily suspending the federal Fuel Excise Tax on aviation fuels.

Cutting the tax on gasoline and diesel until Labour Day is a responsible measure that will reduce operating costs for truckers and businesses in the food, agriculture, housing, construction, and delivery sectors. With lower costs and greater financial strength, businesses can hire more workers, confidently build, and export more products to global markets.

Canada's new government was elected to build a more resilient economy – an economy that creates good careers, strengthens our sovereignty, and empowers all Canadians with a lower cost of living. We're moving with speed and ambition to build a country where all Canadians have greater certainty, security, and prosperity.



“We're building a stronger, more resilient, and more independent Canadian economy. As we build, we're cutting your taxes, reducing the costs of your homes, and providing you relief at the pump. We cannot control what other nations do. We're focused on what we can control – building Canada strong for all.”

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

## Canada and Manitoba sign a new agreement to get major projects built faster

04/14/26 Ottawa, Ontario

Today, the Prime Minister, Mark Carney, and the Premier of Manitoba, Wab Kinew, announced the new Co-operation Agreement between Manitoba and Canada on Environmental and Impact Assessment. In response, Canada's new government is focused on what we can control. We are building a stronger, more independent, more resilient economy – an economy built on the solid foundation of strong Canadian industries and workers, bolstered by diverse international trade partners.

That's why Canada's new government is diversifying our trade partnerships – se-

curing more than 20 economic and security partnerships across four continents. To seize the full potential of these partnerships, Canada's new government is partnering with provinces, territories, and Indigenous governments to build new ports, highways, and trade and energy corridors at speed and scale.

This agreement will bring a “one project, one review” approach to major infrastructure initiatives in Manitoba. Canada The new Co-operation Agreement will help accelerate major infrastructure projects across Manitoba – getting shovels in the

ground faster on projects like the Port of Churchill Plus. This project would modernise the Port of Churchill by advancing potential improvements, such as an all-weather road, rail line enhancements, a new energy corridor, and strengthened marine ice-breaking capacity. Together, these upgrades would establish a reliable trade corridor in the North, enabling Canada to export more resources to European markets. Now, with today's Co-operation Agreement, Canada and Manitoba can pool our resources to further advance this project and unlock its full potential.



**Hon. Anne Kang**  
Minister of Tourism,  
Arts, Culture and Sport

“With this new hub, businesses will more effectively be able to offer unique B.C. adventures, drawing more visitors, creating good jobs and growing the economy.”

## A new Adventure Tourism Hub is the next step in improving British Columbia’s permitting process, makes it easier for business approval

A new Adventure Tourism Hub is the next step in improving British Columbia’s permitting process, making it easier for businesses to seek land-tenure approval for popular tourism activities. These include heli skiing, cat skiing, heli-assisted guiding activities, commercial snowmobiling and snowmobile-assisted activities.

**“This new approach to adventure tourism permitting supports investment and reflects the importance of tourism as a key part of B.C.’s economy,”** said Randene Neill, Minister of Water, Land and Resource Stewardship. “With these and other changes to the permitting process, we are making it easier for businesses to get the permits they need, launch their projects and grow the economy.” The hub model builds off the work the Province has done that has resulted in reduced permit timelines for housing, connectivity and electrification projects.

### **Permitting specialists ready to help with complex tenure applications**

Adventure tourism operators have expressed the need for more predictability when it comes to permitting. Tenures for these activities cover large areas. New applications and renewals will now benefit from a dedicated team of experts that will manage these applications from intake to decision. The Adventure Tourism Hub is a single point of contact for operators. Under the previous system, applications were handled regionally. Adventure Tourism Hub applications are accepted through Front Counter BC and routed to

a dedicated group that will co-ordinate applications across agencies, liaise with other authorizing agencies and provide applicants one point of contact. The hub is considered a pilot project at this time with an initial focus on heli-skiing/guiding, cat skiing and guided snowmobiling activities. It will also be a place where new approaches to process and policy will be tested, which will benefit the broader adventure tourism sector.

### **Supporting tourism as key driver of economic diversification, growth**

This new approach adds consistency and improves turnaround times for operators. It also supports the Province’s Look West: Tourism Sector Action Plan to double visitor spending by 2036 by making sure tourism operators have what they need to grow, innovate and keep B.C. competitive on the global stage. Streamlining authorization and regulatory processes unlocks new potential for tourism growth, which strengthens the economy, supports jobs in rural and remote places and delivers an exceptional experience for visitors.

“B.C.’s natural beauty and access to the outdoors are a major reason visitors choose our province,” said Anne Kang, Minister of Tourism, Arts, Culture and Sport. “With this new hub, businesses will more effectively be able to offer unique B.C. adventures, drawing more visitors, creating good jobs and growing the economy. This is another big step towards delivering the Look West Tourism Sector Ac-

tion Plan goal to grow tourism in B.C.”

The Look West industrial and economic strategy leverages B.C. strengths and work underway to be the economic engine of Canada, advance nation-building major projects, create good jobs and skills training opportunities for people, and grow key sectors that are driving economic growth into the future.

### **New initiatives make difference in permitting times**

The Adventure Tourism Hub is part of a government-wide push to streamline the permitting process, which includes initiatives across several sectors that are important to growing B.C.’s economy.

Budget 2026 supports this work, with \$7.5 million for the Ministry of Water, Land and Resource Stewardship to support permitting activities, as part of a broader strategy that includes changes to the Water Sustainability Regulation and Riparian Areas Protection Regulation to improve clarity and support people and businesses to reduce project timelines, with more to come.

A one-window approach to housing and connectivity has eliminated 100% of backlogged housing applications and reduced timelines by roughly 40–50% since July 2024, and the average permitting time for land and water electrification applications has decreased by more than 80%.

A specialized team within the Ministry of Transportation and Transit that approves water licences for transportation projects has reduced approval times from 12–24 months to less than a month.

# ENTERTAINMENT COCKTAILS & WINES

FILM / MUSIC  
BOOKS

SPORTS

STYLE



# LIFE

# Gateway Theatre Announce Season 2026-2027

## About Gateway Theatre

Gateway Theatre is "A Stage for Change", creating outstanding professional theatre to be a celebrated stage for the performing arts in British Columbia, guided by the diverse stories of this place and beyond.

Gateway provides entry points for audiences and performers in three key areas: Theatre and Events, Education, and Community Rentals. Through Theatre and Events, Gateway produces a breadth of stories that tackle the ideas, values, and issues which reflect the diverse people of this city. The Education programming connects youth to the performing arts, including offering classes in acting, singing, and dancing. The Community Rentals program allows the community to celebrate its achievements, welcoming thousands of people each year to participate in events put on by the public. Gateway Theatre is proud to bring the community together through the performing arts.

## SCHEDULE

Studio B  
October 14 – 17, 2026  
**SECRET INGREDIENTS**

Minoru Chapel  
November 13 – 14, 2026  
**SONGS FOR A NEW WORLD**

MainStage  
December 10, 2026 – January 2, 2027  
**42ND STREET**

Studio B  
February 15 – 20, 2027  
**SHE SHOOTS SHE SCORES**

MainStage  
March 2027  
**WORKING PHOENIX**

Gateway Theatre  
July 30, 2026  
**TRUE VOICES: PRIDE STORYTELLING EVENT**

Gateway Theatre  
September 20, 2026  
**MID AUTUMN FESTIVAL**

Gateway Theatre  
February 6, 2027  
**LUNAR NEW YEAR CELEBRATION**



**Information Bulletin**  
City of Richmond  
6911 No. 3 Road, Richmond, BC V6Y 2C1



April 9, 2026

### Richmond seeks community input as it plans for new outdoor covered court

**Richmond, BC** – The City of Richmond is inviting residents to share their input as it moves forward with planning for an outdoor, covered multi-use court. The court would support active living and enhance access to sport, recreation and culture opportunities all year-round.

The facility is envisioned to accommodate a broad range of uses – from sport-specific rentals and registered programs to public drop-in opportunities and community events – ensuring residents of all ages and interests can participate and benefit.

To advance this project, the City is developing a community-informed program plan. As part of the first phase of engagement, Richmond residents are invited to share their sport, recreation and culture interests and experiences. Feedback collected will help shape this new community facility.

Visit [LetsTalkRichmond.ca/](https://lets-talk-richmond.ca/) to learn more and complete the survey online survey by Sunday, April 26, 2026.

## Engagement Timeline



### Phase 1

#### Information collection

- Public survey - March 26 - April 26, 2026
- Data Analysis - April 27 - May 30, 2026



### Phase 2

#### Information sharing

- Open Houses - Dates and location to be determined



**Steve Erickson**  
Media Relations Richmond Sockeyes

The majestic Sockeyes' season came to an abrupt end at the hands of the Langley Trappers in a winner take all game seven March 22nd managing to pull out a narrow 3-2 win eliminating any playoff hopes for the Sockeyes.

**Overall the Sockeyes ended with a regular season record of:**

- 44 wins
- 5 losses
- 1 O/T win
- 267 Goals for
- 106 Goals against
- Finishing the Season with 88 points

The Sockeyes first round competition was the Burnaby Steelers who were eliminated in four straight games ending their season rather abruptly outscoring the Steelers by an 18-1 margin.

The Sockeyes advanced to round two in a seven games series against the Trappers who finished the season with a record of 19 wins, 27 losses, 1 O/T loss, 2 shootout losses for a dismal 41 points.

So realistically speaking the series should have belonged to the Sockeyes but stranger things have happened in the world of sports and given the Sockeyes record the series should have been over in five or at least six games.

From the start, the series was more of a "goaltenders" duel between Trappers tender Beckham Brossard and Sockeyes Matthew Candusso who both have an illustrious career ahead of themselves.

The series proved to be a home and home series with each team winning in their own respective home rink, with the exception of game seven, the final and deciding clinching game to advance against

## Richmond Sockeyes 2025/2026 Year End AWARDS 49 Games – 44 Wins

the Ridge Meadow Flames.

The seven-game series saw the Sockeyes outscore the Trappers by an 18-15 margin, but it all came down to a game seven final that saw the Trappers pull out a game seven 3-2 win advancing them to the PJHL final.

There is no question that the loss took its toll on the entire team from ownership to players as well as the broadcast crew with everyone knowing that changes will be made in the off-season. After a couple of weeks to get over the loss, ownership put the wheels in motion to book a season ending wrap-up at the Riverside Banquet Hall for the players, volunteers and their billet families to show their appreciation this past season.

As you can appreciate it's not an easy process to select the award winners, but realistically speaking everyone in the Sockeyes organization is a first class winner!

**Rookie of the Year – Jonathon Zhang** came in tenth place for points in the league finishing the season with 6 goals, 23 assists in 46 games.

Although injured for a portion of the season Kai Adano nicknamed "the ripper" managed to play 34 games, finishing with 144 PIM's.

**The Three Stars Award** presented to **David Yoon** who was a first star 8 times, second and third star 7 times finishing to be a star in 22 games finishing first in the league in scoring.

**Top Scorer Award David Yoon** finishing with 43 goals, 59 assists.

**Most Popular Player Award was shared by both Dawson Sucke and Teo Lin.**

**Unsung Hero award was presented to both Solstice Tennant and Brody Lindal.**

**Most Improved Player Award went to Rowan Duke.**

**Defensive Player Award shared by two players Kai Adano and first year player Quinn Orr** who finished with a +63 and fifth in league scoring.

**Most Inspirational Player Award was Keelan Wyke**, You can imagine the thought that went into the Most Inspirational Player Award who leaves it all on the ice and played last season with the Grand Forks Border Bruins

**Iron Man Award was given to Dylan Nazareth, Quinn Orr and Brody Lindal** being tough isn't necessarily about taking

penalties and is appropriately named.

**Unsung Hero Award** is given to the Volunteer of the Year **Social Media Team.**

**Special Team Award** was shared by both **Teo Lin and William Huo.**

**The Cumberworth Fan Award** inspired by the family who wanted to remain part of the Sockeyes family bringing a new culture to the team **presented to Mr. Lindal.**

**Sockeyes Community Award** was presented to **Nick Kovich and Gavin Dacpano** for players who attended all Sockeye functions in the community, continuing to give back when asked.

**The Ray Sawata Leadership Award**, was inspired by the leadership Ray showed both on and off the ice and presented to **Captain Teo Lin** who has played his last game as a Sockeye.

**The MVP Award David Yoon** presented for leading the team, the league with 102 points with only three games where he failed to record a point.

**The Captain and Assistant Award** was presented to **Captain Teo Lin, Alternate Captains Bryce Strandt, William Huo, Keelan Wyke and Dawson Sucke.**

Players were awarded **League Awards** and selected by teams in the Tom Shaw Conference went to **Top Scorer and MVP David Yoon and Keelan Wyke.**

**The Richmond Sockeyes Scholarship program** has been around for the past 26 years and passed out over Four Hundred Thousand Dollars with **William Huo presented "The Next Up Hockey Scholarship" award with others to Bryce Strandt, William Nazareth, Quinn Orr, William Duke, Kai Adano, Keelan Wyke, Solstice Tennant.**

**The Fire Department Award** went to **Teo Lin** in addition to various presentations to the **Billet Families for hosting Keelan Wyke, Brody Lindal, Rowan Duke, Haden Heide, Carter Voll and Beaudy Beaudin.**

**A Surprise Climax to the Event** was the announcement of the 2026/2027 PJHL season presenting Keelan Wyke with the Captain's Sweater which was a popular choice.

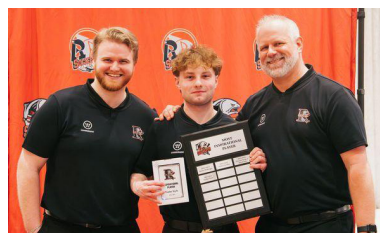
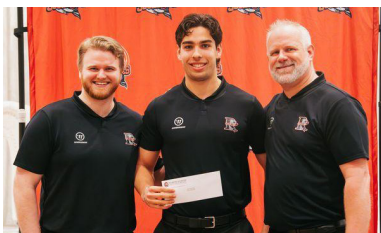
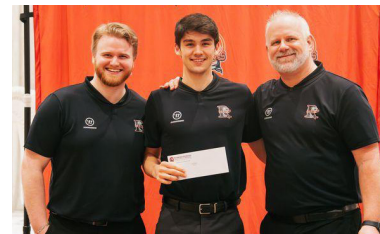
Watch for upcoming announcement for 2026/2027 season

*Congratulations for an Outstanding Hockey Season – First Place  
Thank You for Giving Your Fans All That You Could and...  
Special Thanks to the team for Volunteering to Help Our Community  
From a proud Sponsor The Richmond Sentinel*



In closing the Season is one last photo opportunity for the departure of Richmond Sockeyes' graduating players who are embarking on a new journey.

Special Appreciation was given to the Volunteers and the Families who opened their homes to several players who moved to Richmond to be part of the Sockeye Family.





## Joe Biz BY JOE LEARY

# A Football Star Is Born

Nathan Rourke didn't follow the usual script to becoming a professional athlete. And in a sport where a player can take years to develop and even longer to define themselves, the rise of the Victoria-born star quarterback seemed inevitable.

Long before he became the driving force of the BC Lions and the face and future of the Canadian Football League, the 27-year-old Rourke was just a kid with a relentless work ethic and a belief that he could compete with anyone. Those who watched him early on remember him possessing discipline, focus and almost stubborn confidence beyond his years. He wasn't just trying to be good – he was trying to be undeniable.

Rourke's path to the pros wasn't the most traditional, and Canadian-born quarterbacks often face skepticism. But he didn't just embrace the obvious bias — he used it as motivation.

Every practice, every rep and every game became part of a larger inevitability. He was clearly showing the football world that he belonged in the game, and by the time he reached the professional level, it was evident. When Nathan Rourke joined the BC Lions in 2021, expectations were measured. Development often takes time and the CFL is known for its complexity and speed. But what unfolded instead was something far more compelling. He didn't just adapt – he excelled – and his performances quickly turned heads. He showcased an uncanny ability to read defenses with maturity beyond his experience. Paired with his obvious athleticism,

Nathan Rourke became a dual threat. He could extend plays, escape pressure, and deliver precision throws on the move. And he made it look natural. Teammates began to rally around him, not just because of his talent, but his approach to the game. Rourke prepared like a veteran, studied like a coach and competed like someone who knew exactly what the opportunity meant. Leadership, in his case, wasn't loud, it was consistent. And then came the breakout moments. Game after game, Rourke delivered performances that demanded attention across the league.

Expectations, and the natural ups and downs of a professional career have all tested him. But adversity – much like doubt earlier in his career – has only added to his story. There's something uniquely compelling about a quarterback who combines physical ability with emotional control. Rourke doesn't just play the position; he understands it. He manages games, reads momentum and responds to situations with a calm that spreads through the entire roster. For the BC Lions, he represents more than just production. He's become a symbol of possibility and proof that talent,



*Photo provided by BC Lions Football LP*

### Highlight performances

- Big passing yards: clutch drives and a poise that rarely wavered under pressure.
- Fans didn't just start to believe in him — they expected him to deliver.
- What has made Nathan Rourke's rise even more compelling is how seamlessly he carried it.
- There was no sense of arrival; no hint that he felt he had 'made it'.
- If anything, success seemed to have sharpened his focus and each win led to more film study.
- Each mistake has become fuel for improvement.
- Coaches often talk about players who are "coachable." Rourke goes a step further – he is self-correcting.
- He didn't wait for feedback; he sought it out.

Still, the Nathan Rourke journey hasn't been without its challenges. Injuries, ex-

when matched with preparation and belief, can break through barriers. He's been duly awarded as a CFL All-Star and 2025's Most Outstanding Player and Most Outstanding Canadian.

And as his stellar career path continues to progress, it similarly continues to impress. The questions are no longer about whether he belongs in the game but rather how far he can go and what kind of legacy he carves out in the process. For now, though, Rourke remains focused on the present. The next game; the next drive and the next opportunity to improve. It's the same mindset that parlayed him from a determined young, aspiring Canadian athlete to one of the most exciting quarterbacks in the history of the CFL, earning him the nickname 'Kid Canada' in the process. And if his journey so far is any indication, Nathan Rourke's story has many compelling chapters yet to be written.



**Douglas James Scammell**

## FASHION FOR MEN

# 5 Spring Wardrobe Ideas

Finally, it is officially a brand new season. Spring time is finally here in the greater Vancouver area and that means a new season of outerwear for the modern everyday gentleman. Spring weather can bring on very unpredictable warm, cool and wet weather... as you all know too well spring is the season that bridges between winter and summer.

It is important to have that fine line of clothing for this incredible season. Here we focus on breathable fabrics and the right colors that reflect this season. The proper spring attire will help boost your confidence, improve professional impressions, and mark a fresh season update of your wardrobe.

Here is my 5 essentials / recommendations for men's spring wear in the Greater Vancouver area:

- 1. Olive Green Chinos:** Are perfect for spring fashion for men due to their exceptional versatility, allowing you to wear for formal and casual occasions. This earth color goes great pairing with blues and browns the contrasts perfectly with spring weather. You can pair them with your sport coat blazer, crew neck sweaters, Harrington jacket. I find they look great with a white dress shirt.
- 2. Navy Blazer:** This is a blazer and suit every gentleman should have regardless of the seasons but this is an-

other great versatile earth color that goes great with all neutrals and can be paired beautifully with the Olive Chinos I mentioned above. Your Navy blazer will likely be your most versatile blazer of them all and really could be worn as a full suit at all months of the year so the value of having the staple in your collection of great clothing is enormous. The beautiful thing about Navy opposed to black is navy is far less harsh. It functions as an ideal, lightweight layer for fluctuating spring temperatures, combining easily with bright, pastels, and white clothing for a very fresh appearance.

- 3. Brown Derby Shoes:** Time to retire your heavy boot wear for spring. I suggest a brown leather derby shoe. They are timeless and go great with almost everything and can really be worn 90% of the year in this marine climate. Their warm tones and open lacing construction provide the versatility needed to complement the lighter, brighter color palettes typical of the spring.
- 4. Harrington Jacket:** I consider this jacket to be the perfect spring staple for the modern gentleman. Because this jacket is designed for unpredictable spring weather. The jacket will keep you mostly dry while moving in and out of the rain, and well as provide a bit of extra warmth on cooler days. The style jacket was originally created for Golf that allowed the golfer to have lots for freedom of movement

while swinging the golf club that really makes this jacket feel extremely comfortable. This jacket looks great for casual everyday wear and will look elegant paired with your Olive Chinos, and Brown Derby shoes. I suggest getting an earth color version of the jacket like a Navy or Brown to get the most versatility and value from your Harrington jacket.

- 5. Crew neck Sweater:** They offer the ideal balance of warmth and breathability for the unpredictable spring weather. They are great because they are very simple, collarless design that works effortlessly with many combinations pairing with your dress shirts, to put the collar, as well it can go great with you more formal blazer, or a casual Harrington jacket. The sweater can also be a great standalone item when paired with your chinos and brown Derby shoes. Just make sure you get a great color that will work well with your blazers, chinos, and Harrington jacket to help with the most value of your sweater.

The 5 essentials items I mentioned above most aside from the 2 jackets can all be combined together to help create the most wear and help you get the most out of your spring wardrobe clothing investment. And the nice thing with these items you can spread an item with other items throughout the entire year.

I believe based on my own research that spring fashion is widely considered the best because it perfectly balances comfort, versatility and renewed style. Spring really is the season of effortless refinement, that allows for some creative layering to handle the unpredictable weather while maintain a polished look.



Photo Courtesy DJ Scammell

**Far-Left:** Navy Blazer  
**Left:** Harrington Jacket  
**Above:** Brown Derby Shoes

# OUR CITY tonight

SPOTLIGHT ON

2 GREAT FILMS

A SPRING COCKTAIL

## THE VIEW #1 – Remarkably Bright Creatures

Her career has been long and successful, including two Academy Awards, and a variety of roles that began when she was a teenage actress. Jump ahead over 60 years to her new film which is called *Remarkably Bright Creatures*. Sally Field is that actress. In this new film – based on the best-selling book – Field plays a lonely widow working in a local aquarium who develops an unlikely bond with a Pacific Octopus. Also entering her life, a lost young man who comes to town looking for family. Somehow these two people uncover a mystery that will lead them to a life-changing discovery and restore their sense of wonder. Watching the talent of acting veteran Sally Field on screen – something which has become more and more rare – is reason enough to watch this film, and the supporting cast only enhances the experience. Joining her is Lewis Pullman, Colm Meaney, Joan Chen, Kathy Baker, and Alfred Molina. You may also recognize some of the locations for this film as it was filmed in Vancouver and parts of North Vancouver and Deep Cove. *Remarkably Bright Creatures* is available for home viewing on Netflix starting May 8th. [www.netflix.com](http://www.netflix.com)



Photo Courtesy Netflix Canada

## THE CLASSIC – Michael Clayton

It was one of our “Top Ten Films of the 2000’s” and is still a film that resonates almost 20 years after it’s 2007 release. Michael Clayton (George Clooney in one of his best performances) is a lawyer for a prestigious New York law firm, but he’s more of a “fixer”. Whatever the firm needs done for their wealthy clients, Clayton is the guy who can make a bad scenario much better. But when one of the firm’s longtime lawyers (Tom Wilkinson) has a mental breakdown in the middle of a major, billion-dollar legal suit, Clayton is called in to clean up the mess and make the situation better for their client. But this may be a situation he can’t just fix as he discovers a cover-up. This legal thriller was written and directed by Tony Gilroy (this film was his directorial debut but Gilroy was already acclaimed for writing the *Bourne trilogy*). Supporting cast includes Tilda Swinton as the client’s in-house counsel, and legendary director Sydney Pollack as Clayton’s boss. *Michael Clayton* would go on to critical acclaim and 4 Academy Award nominations. It would also carry the mantle forward of films dissecting corporate greed and criminality, a theme that really developed in the 1970s with films like *All the President’s Men*, and *The Parallax View*. *Michael Clayton* is available on platforms like Apple TV. [www.appletv.com](http://www.appletv.com)

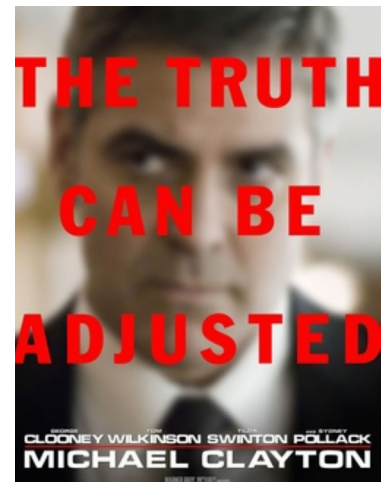


Photo Courtesy Warner Bros. Pictures

## THE SIP – Garden Party

Patio season is officially here, and with it, warm weather and seasonal cocktails. As we continue our spotlight on those cocktails, we turn for the first time, to our newest “cocktail expert”, Wyeth Maiers. He’s the Bar Manager at the Provisions Italiana (at Seaside Hotel in the popular Shipyards District). While at their recent restaurant relaunch, Wyeth took a few minutes to have us sample a great cocktail for patio season called Garden Party. “This is a spring cocktail which brings every element of the garden into the kitchen,” he tells us as we watch him create. Our first sip and we can see this being part of our cocktail list for spring and summer. How about the ingredients? “You’re using a beet shrub foam, so pickled beets, and you use that liquid; you make a foam with a foaming agent in a canister,” Wyeth says. He finishes with a very nice garnish for the top of the cocktail. “We have a clarified coconut carrot daiquiri as the base alcohol of this cocktail,” he says, “a very vegetal, very sweet, slight acidity, perfect balance for springtime.” We all agree if you’re on a patio at home or in a restaurant, the Garden Party cocktail is ideal. [www.provisionsitaliana.com](http://www.provisionsitaliana.com) If you have questions for any of our “cocktail experts”, email us at [info@ourcitytonighttv.com](mailto:info@ourcitytonighttv.com)



Photo Our City Tonight

# A Doctor, Author, and Prolific Singer/Songwriter who finds musical success

We recently sat down with Dr. Peter George Hanson who is an accomplished doctor specializing in treating pain without prescription drugs. He also wrote a best-selling book on the topic of stress, and he is a prolific singer/songwriter.



Writing songs that emotionally resonate

**OCT:** As a doctor, you've treated a lot of pain, but we're not going to talk about that today. In fact, you are wearing a different hat today. You have performed comedy in the past and even had your own radio show. Today, we want to talk about your newest song called *Maybe Baby* and the success it has had already in such a short time from being released.

PGH: This song has been a real surprise hit. We have had 43,000 hits on YouTube in just the first three weeks. We recorded it here in Vancouver at the Bryan Adams Warehouse studio. For the rest of it, the musicians were picked from the best in Nashville, Los Angeles, and Toronto. We gathered together all kinds of top players, and it's been an incredible experience.

**OCT:** You are a very prolific songwriter, and

*we have listened to quite a few of your songs. You have a completely different view and process when you write your songs and because you've been around so many different people, specifically in your medical practice. Can you share how this has affected your songwriting?*

PGH: A lot of people think medicine is a very unconnected discipline to music but with meeting many people I find that it's very much interconnected. For instance, Billy Joel, who was a lounge piano player when he was just getting started, explains that most of his hit songs came from the stories of the people who frequented his piano bar. He would get to know them and just like on the TV sitcom 'Cheers' he would get to know all of the characters. The same thing applies to medicine. I am not divulging any patient's personal information, but I'm able to piece together stories; people that have been ghosted when they were trying to date, or someone that had their one true love slip away. The stories are built so that they provide great material for writing music. Each song has its own story and it's not about one person and it's certainly not about me. It's just the song that arrives; it's a real gold mine to have all these nuggets of information that come from different takes on life. The audience hears the song and says yes, I've had that feeling rather than hear elevator music that has no point or emotion.

**OCT:** You have a very different musical style. In fact, you crossover to all the different genres; country, blues, rock, even pop and reggae. Let's talk about your early influences.

PGH: My earliest inspirations came from when I took guitar lessons here in Vancouver as a seven-year-old. My grandmother gave me my first guitar and at that time I was listening to Hank Snow, one of Canada's great original country singers. He was a big influence as was Patsy Cline, Willie Nelson, Gordon Lightfoot, and Ronnie Hawkins, who were two of my biggest influences. I got to know Gordon Lightfoot quite well, and his two guitar players were my instructors when I was living in Toronto. I was able to be backstage quite frequently with Gordon Lightfoot and Ronnie Hawkins here in Canada. When I lived down in the United States, I got to know the Nitty-Gritty Dirt Band and they were very influential as well. To write songs, I

remember I would go to bed at night, and it would be like hearing a noise coming through the window. I would start to write it down thinking that's a good song and then I'd realize it's my own song. I like to compare it to delivering babies, which I've also done hundreds of times. Some babies just pop right out, some of them are a bit of a struggle, and some of them require a caesarean section. It's like that with music because sometimes the whole song just pops right out at you and not a word needs to be changed. Other times it requires a lot of editing.

My wife, Lisa, has been very helpful in editing a lot of songs and also gives me feedback. The songs need to be intelligible with a storyline so that people can understand the lyrics and feel emotionally connected. We have over half a dozen different singers other than me singing my songs. Some are just perfect for a torchy, blues singer or female vocalist. We do have some of the most amazing pop singers like Lois Mahalia (backup singer for Joe Walsh). Every one of the songs has a video on YouTube so that you can enjoy the scenery of Vancouver in several of the songs.

**OCT:** You mentioned your wife Lisa, that she's an accomplished orchestral musician. What is her role in all of this?

PGH: She's a real musician and knows what she's doing. I actually do not read music at all. She helps me keep the music as high a quality as we can. I don't know how to write music for a mandolin or a banjo, so each musician does that for each song. We can just play it once and they can create the music.

**OCT:** If you were to give advice to a young singer songwriter, who is just starting out what would you say was a key to your success?

PGH: I think it's just having the ear and knowing what sounds right and if it tells a story. If you have a message rather than just trying to think of a rhyme, it also must have a resonance.

**OCT:** Your latest releases are getting a lot of viewers/listeners already.

PGH: The songs are on all the platforms now; YouTube, Spotify, and iTunes.

Go to PeterGeorgeHanson.com or for the full video interview [www.richmondsentinel.ca/videos](http://www.richmondsentinel.ca/videos)

Photos provided by Dr. Peter Hanson



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