



OUR CITY

Richmond



BY ISABELLA RODRIGUES

April 24 – September 20

Richmond Night Market

8351 River Rd, Richmond, BC

Fri & Sat 7:00pm - 12:00am
Sun & Stat Holiday 7:00pm - 11:00pm

This summer, millions of fans and visitors from around the globe will fill the city with excitement — and the Richmond Night Market will be the place where everyone comes together to eat, laugh, and feel the energy!



Courtesy Richmond Night Market

July 26 – August 2

Pride Week

Come to the Richmond Pride Week! For the last week of July the city will be putting on a number of events in celebration of members of the (2SLGBTQIA+) communities in our city. Starting on the 26th of July, Pride Week features inclusive events and interactive activities like making wildflower seed bombs, jazz dancing, and screen printing. 2026 Pride Week programs and events are available at richmond.ca/PrideWeek



Courtesy diversityrichmond.org

July 29 & August 5

Concerts in the Plaza

7191 Granville Ave, Richmond, BC
6:30pm - 8:00pm

All summer long, there will be free concerts at the Minoru Centre for Active Living. Come and enjoy live performances from local bands and musicians every week. Bring a blanket, grab a spot on the grass, and soak up the music under the open sky.



Courtesy richmond.ca

August 9

Oval Community Day

6111 River Rd, Richmond, BC
10:00am - 3:00pm

Come to the Richmond Oval Community day for 5 hours of family friendly fun. This event features giant inflatable obstacle courses, live performances, opportunities to try new sports, interactive games, and food, be sure to bring an appropriate outfit to play and move in, and a "can-do" attitude.



Courtesy richmondoval.ca

May 5 – December 22

Kwantlen Farmers' Market

Richmond Public Library – Brighthouse
100 - 7700 Minoru Gate, Richmond, BC

Every Tuesday 11:00am - 4:00pm

Come by this vibrant farmers market hosted by the students of Kwantlen Polytechnic University! Spend the day enjoying live music, delicious local food, fresh produce, handmade goods, and an amazing community atmosphere. It's the perfect place to support student entrepreneurs and local vendors.



Courtesy bcfarmersmarkettrail.com

July – September

Seniors Activities, Guides & Passes – Summer 2026

In-person and online



Courtesy City of Richmond

The City and partners are proud to offer high-quality social programs and services for those adults aged 55+ at eight community facilities, including the Seniors Centre at the Minoru Centre for Active Living. Register in person at any community facility, call 604-276-4300, or online at richmond.ca/parks-recreation/about/senior

52nd Celebration of BC Day

BY MICHAEL COOPER

As the first Monday of August rolls around, British Columbians across the province prepare to celebrate BC Day, August 3rd, 2026, a statutory holiday dedicated to honouring the rich history, diverse culture, and pioneering spirit that defines our stunning western province. More than just a long weekend, BC Day offers a chance to reflect on the remarkable journey that has shaped British Columbia into the vibrant place it is today.

The origins of BC Day trace back to 1974 when Surrey MLA Ernie Hall proposed a provincial holiday to recognize the contributions of those who built British Columbia. The idea was warmly received, and the British Columbia Day Act was passed, officially establishing the holiday. This timing also aligns with the historic declaration of the Crown Colony of British Columbia by the Westminster Parliament on August 2, 1858.

Before the arrival of European explorers, the lands now known as British Columbia were home to a multitude of Indigenous peoples, whose presence dates back tens of thousands of years. The First Nations, with their rich and varied cultures, languages, and traditions, thrived on the abundant natural resources of the region.

European contact began in the late 18th century, with Spanish explorers like Juan Pérez and Bodega y Quadra making documented voyages along the coast. In 1778, Captain James Cook arrived at Nootka Sound on Vancouver Island, initiating trade relations with the Nuuchahnulth tribe and paving the way for British claims in the region. The Hudson's Bay Company further solidified British presence in the 19th century by establishing fur trading posts.

However, it was the allure of gold that truly transformed British Columbia. The Fraser Canyon Gold Rush in 1858 and the subsequent Cariboo Gold Rush in 1862 brought tens of thousands of prospectors and settlers, leading to a dramatic population boom and the formal establishment of the Colony of British Columbia. This period was marked by rapid development, challenging journeys, and the forging of new communities.

In 1871, British Columbia joined the Canadian Confederation, a crucial step that led to the promise of a transcontinental railway. The completion of the Canadian Pacific Railway in 1885, a monumental feat of engineering often carried out by Chinese and Japanese labourers

in treacherous terrain, finally connected British Columbia to Eastern Canada, facilitating trade, settlement, and further growth.

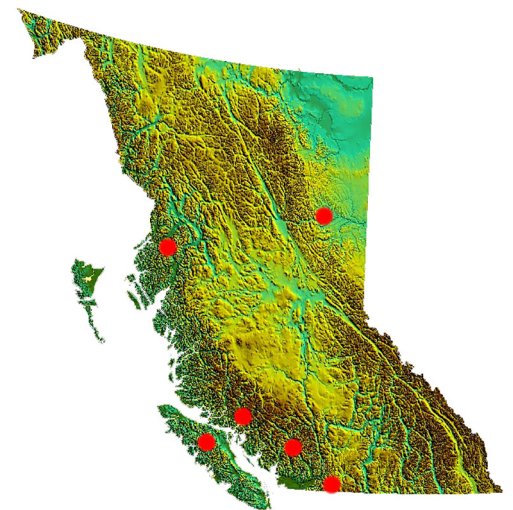
Today, British Columbia stands as a testament to this diverse and dynamic history. It boasts an unparalleled natural landscape, from the rugged Pacific coastline with its thousands of islands to the majestic peaks of the Rocky Mountains, lush temperate rainforests like the Great Bear, and even some interior plateaus. This geographical diversity is matched by its cultural mosaic, Indigenous influences, British colonial past, and new waves of immigration from around the world.

Fun Facts about British Columbia

- Vancouver Island is the largest island on the west coast of North America, almost half the size of Ireland.
- The Great Bear Rainforest is the largest coastal temperate rainforest in the world and the only place on the planet where you can find the Kermode (Spirit) bear, a subspecies of black bear with white fur.
- Victoria holds the title of "Cycling Capital of Canada," with more cyclists per capita than any other city in the country.
- In 1947, a group of 200 kids in British Columbia famously marched and protested on the capital building after the price of a chocolate bar increased from 5 cents to 8 cents, reportedly shutting down the government for a day.
- British Columbia is home to the world's largest hockey stick (Duncan, BC), the world's largest fly-fishing rod (Houston, BC), and the world's largest tin soldier (New Westminster, BC).
- BC has over 40,000 Islands
- BC has the largest proportion of Asians per capita of any North American city.

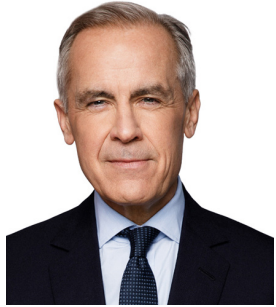
Richmond, British Columbia, boasts a rich history deeply intertwined with its geography as a collection of islands in the Fraser River delta. For millennia, the area was home to the Coast Salish people, who utilized its abundant resources for fishing and natural resources. European settlement began in the mid-19th century, with the first farms established in the 1860s. The fertile delta lands were ideal for agriculture, particularly cranberries and dairy, attracting a diverse population of settlers. The fishing industry also boomed, with canneries dotting the waterfront and processing the salmon from the Fraser.

The late 19th and early 20th centuries saw the development of vital infrastructure, including dykes to protect against flooding and a railway system connecting Richmond to Vancouver. Steveston, originally a cannery town, emerged as a bustling port and remains a vibrant historic village today. Post-World War II, Richmond experienced significant growth, transforming from a predominantly rural community into a thriving suburban city, fueled by immigration and its strategic location near YVR. This expansion has led to a dynamic multicultural city that still honors its agricultural and fishing roots while embracing modern development.



As residents gather for community festivals, outdoor adventures, or quiet reflection with family and friends, BC Day serves as a powerful reminder of the province's incredible journey. It's a day to appreciate the pioneering spirit that built this land, the diverse cultures that enrich it, and the breathtaking natural beauty that continues to inspire. Happy BC Day!

Statement by Prime Minister Carney on the closing of the 2026 FIFA World Cup



Mark Carney

Prime Minister of Canada

"Today, the FIFA World Cup comes to a close. Canada had the honour of co-hosting this historic tournament alongside Mexico and the United States – marking the first time men's World Cup matches were played in Canada.

Canadians will be talking about our team's performance on the pitch for generations. The Men's National Team's...

- First-ever win at the World Cup
- Our first-ever knockout win
- Our first match in the Round of 16

The team personified resilience and grit. Jonathan David's hat trick. Ismaël Koné going down injured, Nathan Saliba coming on, taking a free kick, scoring, and holding up Ismaël's shirt in celebration. Stephen Eustáquio's 92nd-minute winner against South Africa. Team Canada united the country – showing extraordinary character and showing the world that Canada belongs on any pitch, against any team.

Hundreds of thousands of fans packed the streets of Vancouver, Toronto, and across the country. Canadians watched the beautiful game at stadiums, fan festivals, hotels, sports bars, and living rooms. The World Cup created tens of thousands of jobs, generated lasting economic benefits, and welcomed the world to Canada.

While today marks the end of the World Cup, it marks the start of a new chapter in Canadian soccer and in Canadian sport. To build on this momentum, our government is making the largest-ever investment in sport – with \$1 billion to improve access to sport, to upgrade stadiums, fields, and local parks, and to provide talent with resources to get from playground to podium.

We are backing the Canada Soccer National Training Centre to create a permanent national home for soccer so the next Alphonso Davies or Christine Sinclair has the opportunities they need. As fans, we can support our local soccer teams and our national team – not just every four years – but year-in, year-out.

Canada's soccer journey is just beginning. The best is yet to come."

Statement by Prime Minister Carney on the United States administration's intention to impose new tariffs on Canadian goods

"Today, the United States administration announced its intention to impose a new 50% tariff on a significant number of Canadian goods. This is the latest in a series of unilateral U.S. trade actions that began with the U.S. imposing a series of tariffs in direct violation of the Canada-United States-Mexico Agreement (CUSMA), the free trade agreement between Canada, the United States, and Mexico. These include tariffs on the Canadian auto sector, in violation of CUSMA. Canada, as is its right, has merely matched those measures. More broadly, in response to these measures and threats to Canadian sovereignty, provinces, territories, and Canadians from coast to

coast to coast have stood together, taking the necessary actions to support our economy and defend our workers, farmers, businesses, and families.

"Recognising that the U.S. has been transforming all of its trade relationships, including those covered under CUSMA, over the past 18 months, Canada has made a series of detailed and comprehensive proposals to resolve this dispute and to modernise CUSMA. We stand ready to intensify those discussions in the coming weeks.

"Canada believes in the benefits of free and fair

trade, as evidenced by our new government signing more than 20 new economic and security partnerships. This trade dispute has raised costs for families, particularly in the U.S. Canada stands ready to engage intensively to address outstanding issues with the U.S. to the mutual benefit of our citizens.

"In all circumstances, Canada will work relentlessly and take any measures necessary to build our strength at home and to support Canadian workers, farmers, businesses, and families."

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Richmond rolls out 30 km/h speed limits on residential roads citywide



July 15, 2026
For Immediate Release

Richmond, BC – The City of Richmond is rolling out 30 km/h speed limits on local residential roads across the city to support safer, calmer and more livable neighbourhood streets.

“Many local roads are used every day by residents walking, cycling and travelling to school, parks and nearby destinations,” said Mayor Malcolm Brodie. “We’re asking drivers to slow down and follow the lower speed limits in residential neighbourhoods. It’s an important step to help support those daily trips and the quality of life in our communities.”

In British Columbia, the default speed limit on municipal roads is 50 km/h unless otherwise posted, and municipalities may establish lower speed limits through local bylaws. Council formally adopted Amendment Bylaw No. 10750 on June 8, 2026, establishing 30 km/h speed limits on local roads within residential neighbourhoods.

Arterial roads and perimeter roads that carry higher volumes of traffic, such as Westminster Highway, Granville Avenue and River Road, will remain at 50 km/h.

Sign installation is now underway and is expected to take approximately three months to complete.

The rollout covers nearly 50 neighbourhoods and about 500 kilometres of roadway. Once the 30 km/h signs are installed in a given area, the new speed limit is in effect and enforceable.

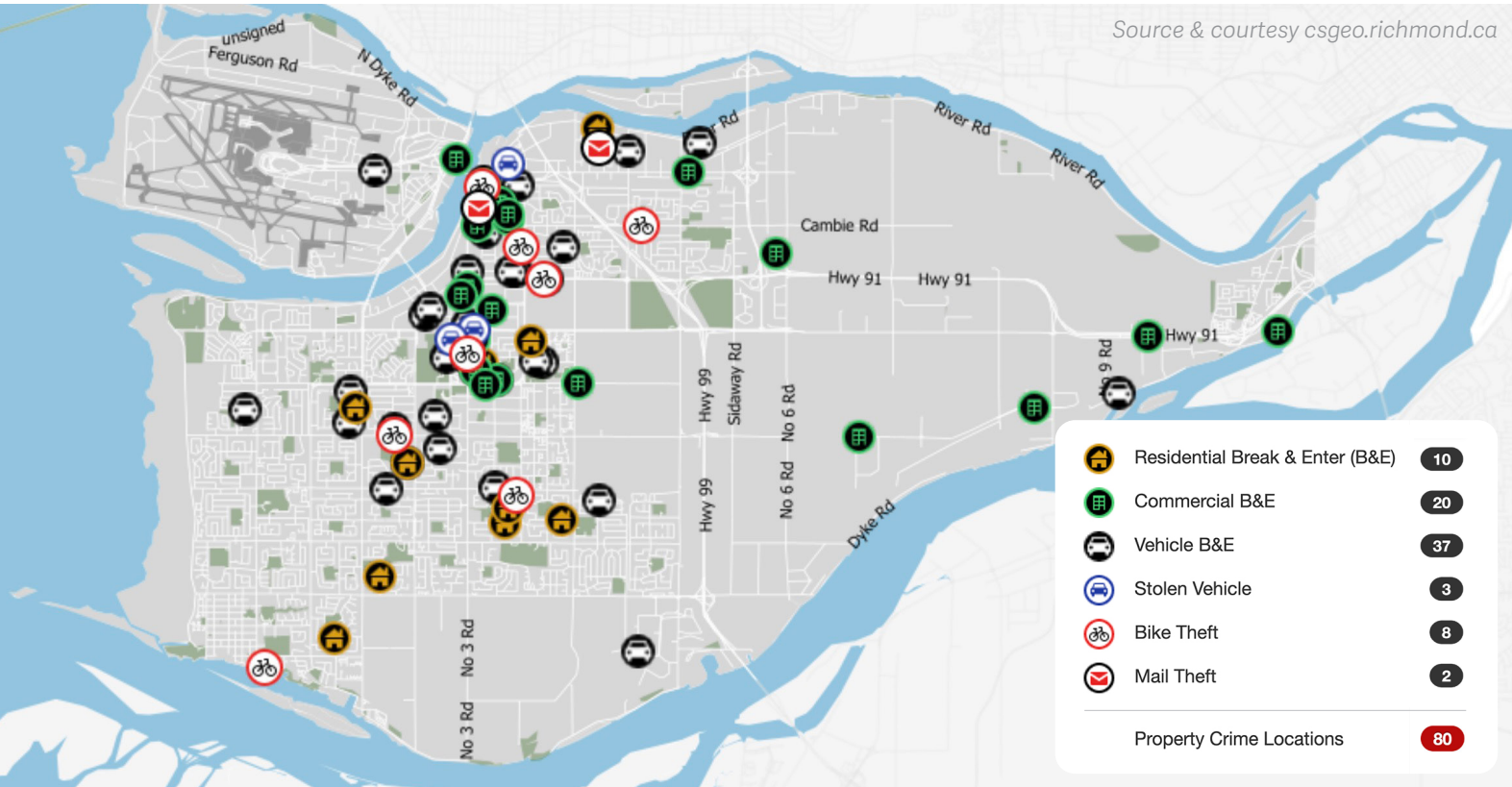
Richmond has already implemented 30 km/h limits in several neighbourhoods, including Hamilton, Steveston, Burkeville, Barnes/Flury and Princess/London. This citywide rollout builds on that work and supports the City’s broader transportation safety goals, including safer conditions for people walking and cycling.

For more information, visit: richmond.ca/SafeSpeed.

The logo of the Royal Canadian Mounted Police (RCMP), featuring a crest with a crown and a bison head.

RCMP Crime Map

Jun. 26, 2026 – Jul. 24, 2026



The West Coast Express; Metro Vancouver's least known transit system

BY ISABELLA RODRIGUES

The West Coast Express commuter service from Mission to Waterfront and return

You may have heard of the West Coast Express, but what do you really know about this form of transit? This article will provide an overview of what you need to know about the West Coast Express.

What is the West Coast Express?

The West Coast Express, or WCE, is a diesel commuter train that stretches for approximately 69 kilometres for a one-way trip. On board each two-story train there is a bathroom as well as plenty of seating to make your 75-minute commute as comfortable as possible.

When do trains run?

Unlike the other trains in the city, the West Coast Express only runs 10 single-direction trains during the morning and evening. In the morning, 5 trains leave from Mission and go to Waterfront, and then in the evening 5 return from Waterfront to Mission. This means there are five different times you can catch the train. While this is very useful to passengers who are travelling that route, it means that it has a lot less applicability than, say, the Expo Line, which runs trains throughout the city all day in either direction.

Where are the stations?

The West Coast Express has a total of 8 stops all spread out throughout the Lower Mainland of BC.

Waterfront

This is probably the most well-known stop along the West Coast Express, right in the downtown of Vancouver. When you get off of your train, you will be on a long platform next to the Waterfront train yard. From there, a brief walk will take you to the Waterfront Station, with connections to the Canada Line, Expo Line, and SeaBus, as well as food options.

Port Moody

The second stop along the West Coast Express is Port Moody. Like most stops on the West Coast Express, it is a covered open-air train station that is close to multiple food options, parks, buses, and even the Moody Centre train station. For those who drive to the WCE in the morning, there is a parking lot to leave your car while you venture off to the city for the day.



Coquitlam Central

Coquitlam Central is the next stop along this route. If you choose to get off the train or this is your destination, you are greeted by a nice open-air station sheltered by trees. But no more than five minutes away are a few food options and connections to the Millennium Line as well as buses. A huge perk at this stop is the spacious parking lot so you can park and go.

Port Coquitlam

The Port Coquitlam station is an open-platform station that sits adjacent to both a bus loop and a train yard. This does mean that it can be fairly noisy at times. For commuters driving to this station, the lot fills up quickly on weekday mornings, so arrive before 7 AM if you want a parking spot close to the platform.

Pitt Meadows

The middle point of the journey is the Pitt Meadows station. It's well-situated right off the Lougheed Highway and a short walk from a handful of cafes, restaurants, and shops. The parking lot is decently sized, but it can fill up on busy weekdays.

Maple Meadows

Maple Meadows station is a simply designed station with a single open platform. It's located near several industrial businesses, though you won't find much dining or shopping nearby the stop. The parking lot is reasonably sized and tends to have spots available even mid-morning, which is a nice change from busier stations along the line.

Port Haney

The second-to-last stop is Port Haney. When you get off the West Coast Express, this station is covered and has a nice lookout onto the Fraser River. However, once you leave the stop, you won't find any shops, cafes, or major attractions within walking distance of the station.

Mission City

The final stop along the route on the WCE is Mission. When you exit the train, there isn't a station to go to, but there is instead a platform that is beside a street. While this does feel a little anticlimactic for the last stop, there is a pedestrian overpass and a thrift store close by.

Theoretical route

Say you wanted to ride the West Coast Express. Here is a hypothetical route from Mission to Waterfront. The second train departs at 5:55 am, so you drive to the Mission train station for 5:45. After parking your car for only \$3.00, you walk over to the station and pay at one of the two Compass Card readers at the entrance. After a short wait, the train arrives. 75 minutes later, the WCE arrives in downtown Vancouver at 7:10 am, and you're ready to start your day.

How much does it cost to ride it?

Due to the West Coast Express travelling much farther than a city train, it also means that its prices are affected. For a 5-zone fare from Mission to Vancouver and back, you are looking at about \$27. While this price may seem extreme at face value, when you compare it to the cost of parking a car downtown, it comes out looking more favourable. This fact may be why 2.6 million people use this form of transportation a year to commute to Vancouver.

While the West Coast Express is an under-utilized service, the future seems promising. With trains running through the Lower Mainland, we can get more people travelling than ever before. While Translink has not announced any plans for expansion on this route, it is undeniable that many would benefit from full-day access to this service. For the time being, though, you are now informed on the ins and outs of the West Coast Express.

The Labour Ladder's Missing Rung: Inside BC's Youth Employment Crisis

BY MICHAEL COOPER



There's a frustrating silence that comes from a job application disappearing into the void. No rejection email, no interview, sometimes not even an automated "thanks for applying." Just nothing. Ask around any BC high school this summer, and you'll hear the same story on repeat: teenagers who've sent out fifty, a hundred, sometimes hundreds of applications for a first job. It could be a coffee shop, a grocery store, or a summer camp, and hearing back from almost none of them. It's easy to chalk that up to bad luck, a thin resume, or applying to the wrong places. But the data tells a different story. This isn't a personal failing. It's structural, and it's hitting British Columbia harder than almost anywhere else in the country.

What the numbers actually say

BC's youth unemployment rate covering everyone aged 15 to 24 has been on a rough ride over the past year and a half. It climbed as high as 15.6% at points in 2025, spent much of early 2026 hovering between 13% and 15%, and only in the last couple of months has started to ease. As of June 2026, the province's youth unemployment rate sat at 12.9%, down from 15.3% in May, a real, welcome improvement, driven by the usual summer hiring bump in retail and food service. But that number is still nearly double BC's overall unemployment rate of 6.5%, and it's still well above the pre covid norm of roughly 10-11%.

According to an analysis from the Business Council of British Columbia, BC is the only province in the country where youth employment never really recovered after the 2020/21 downturn, and the only one to post negative youth employment growth over 2019-2024. Between May 2024 and May 2025 alone, the number of employed young people in BC fell by 5%, one of the steepest annual drops of any province. At one point last year, the youth unemployment rate in BC had jumped more than 6% in a single year, reaching levels not

seen outside of the depths of the pandemic and, excluding it, not seen since 2003.

Victoria, propped up by a large public sector, continues to post some of the lowest unemployment numbers in the province. Even the numbers among young people aren't uniform. In June, unemployment among 15 and 16-year-olds: the ones just entering the job market for the very first time, hunting for a first summer job while still finishing the school year, sat at a startling 30.6%. The youngest and most inexperienced job seekers are carrying the heaviest weight of this slowdown.

Why it's happening

A few forces are colliding at once, and none of them are really about young people not trying hard enough.

Private sector hiring stalled. Much of BC's job growth over the past couple of years has come from government and public sector positions rather than businesses expanding. Retail and wholesale trade have traditionally been the entry-point for a first job, and are seeing real losses in recent months, even as they lead hiring gains during peak summer season. Construction, another sector that once soaked up a lot of young and entry level labour in fast-growing cities like Kelowna, shed 3,000 jobs across the province in June alone as the housing boom cooled.

Hiring has gone digital, and not in job seekers' favour. Applicant tracking software now filters a large share of resumes before a human ever reads them.

There simply aren't enough entry-level spots to go around. When hiring slows, employers tend to freeze the newest and most junior roles first, and those are disproportionately the part-time, entry-level jobs that have always

belonged to teenagers and young adults. Add tariff related uncertainty weighing on manufacturing and trade exposed sectors, businesses have even less appetite to take a chance on someone with no track record.

The credential squeeze. It's not just 15-year-olds competing for that first job anymore. Recent graduates, some with full post-secondary degrees, are applying for the same entry-level retail and food service openings, pushing teenagers further down the list for jobs that used to be theirs almost by default.

Some good news

The most recent data calls for cautious optimism. Nationally, youth aged 15 to 24 added 33,000 jobs in June 2026, mostly part-time, and the national youth unemployment rate fell to 12.7%, its lowest point since January. Economists have described it as the strongest start to a summer job season in three years. In BC specifically, the youth rate's drop from 15.3% to 12.9% in a single month is a meaningfully good sign, even if some of that is the ordinary seasonal rhythm of summer hiring in retail and food service kicking in.

What's being proposed

Community organizations and WorkBC employment centers across the province have also ramped up youth-specific supports: resume workshops, job fairs, and one-on-one coaching aimed at helping teens get past that first algorithmic screening and in front of an actual hiring manager. These programs help, especially the human coaching that a job board alone can't replace, but they're triage, not a fix for the underlying shortage of entry-level positions.

The bottom line

For a teenager applying to their first job in BC right now, the frustration of silence after silence isn't imagined, and it isn't a reflection of effort or ability. It's a visible symptom of a labour market that's structurally harder on young people here than in almost any other province, one where entry-level jobs have shrunk faster than the population of teenagers looking for them, and where the tools used to screen applicants have made the process feel more automated and less human than it used to be. The most recent numbers suggest the worst of it may be easing, at least for now. But easing from a historic high still leaves a lot of young people standing in line for jobs that a decade ago would have been far easier to land.



**RIKA
MANSINGH**

Best Selling Author

About Hydration

BY FLORENCE GORDON

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

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

Rika Mansingh (RM): First of all, let’s talk about why it’s so important. For overall cognitive functioning, we need to be well hydrated, and what is so interesting is that studies have found that even mild dehydration can impair cognitive performance, create difficulties with learning and memory, and increase confusion. A person can be prone to headaches and fatigue—dehydration can worsen the situation, and we don’t realize it; we get a headache, take medication, instead of asking ourselves how many glasses of water I had the day before. It’s good to be mindful about that and, you’re right, Jim, six to eight glasses of fluid in a day is okay. That is the 250-millilitre glass, about a cup size, so 1.5 to 2 litres of water are good in a day. Water is the best way to hydrate; it’s calorie-free and guilt-free. If you feel your water needs a boost, you can add some mint leaves, blueberries, or cucumbers. My favourite is lemon slices. Lemons have antioxidants and bioflavonoids, which reduce inflammation, help flush out toxins, are good for digestion, and also help prevent fatigue.

JG: Is it possible to overhydrate?

RM: Yes, overhydration, even though it’s not common, can occur. If a person is having more than two litres of fluid over a shorter period of time and if they are not exercising, the excess fluid can exert a greater workload on your kidneys, and that can dilute important electrolytes like your sodium, potassium, and magnesium.

We need these electrolytes to stay in balance to help our nerves and muscles function better and to also prevent dehydration.

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

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

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

RM: Matcha tea contains something called EGCG, which is epigallocatechin-3-gallate; it boosts neurogenesis, increases your brain cells, repairs damaged brain cells, and reduces inflammation. Matcha tea also has an amino acid called L-theanine, which keeps a person calm, focused, and relaxed. The caffeine in matcha tea is very little and is released gradually over a slower period of time, so you feel calmer and relaxed.



Photo courtesy Olena Bohovyk

JG: What are your thoughts on energy drinks?

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

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

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



Photo courtesy Enric Cruz López

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

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

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

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

To watch the full interview, visit richmondsentinel.ca/videos

You're Not Crazy—Headlights Have Gotten Brighter

BY BEZ CHAO

If you've ever thought that car headlights have become too bright, you're not alone. The implementation and adoption of LED bulbs have resulted in glaring lights that pose genuine road safety concerns, drawing increased attention from commuters and regulators alike.

Car manufacturers embraced this shift so quickly because LEDs offered practical advantages like energy efficiency, longer lifespan, and more flexible designs. However, they may have failed to consider the perceptual differences between the two. From a technical perspective, LEDs and halogen bulbs can measure the same brightness on paper, but be perceived differently by drivers due to the colour of the light they produce. LEDs aren't inherently problematic when installed and aimed correctly. The problem arises when installation standards aren't met.

For example, drivers swapping their factory halogen bulbs for aftermarket LED replacements, often do so without adjusting the angle of the headlight housing. Because the two types of bulbs emit light differently, headlight housings designed for halogen bulbs will not distribute LED light the same way, resulting in a headlight that is both brighter and more poorly aimed. In British Columbia, it's generally illegal to install LEDs in headlight housings not designed to accommodate them. Despite this, enforcement is inconsistent, and thus misaligned aftermarket headlights remain common on BC roads.

The growing dominance of SUVs and pickup trucks has introduced a separate but related issue: headlight mounting height. Larger vehicles mount their headlights significantly higher off the ground than passenger cars, which means that when a truck sits behind a sedan at a stoplight or follows one on a highway, its low beams are aimed directly into the sedan's mirrors and the driver's eyes. What the truck driver experiences as a normal low beam becomes effectively a high beam for the car in front of them.

These problems pose real safety concerns like temporary visual impairment when a driver's eyes are hit with a sudden burst of intense light, causing the pupils to contract rapidly. Another concern is shoulder checking while being followed by a vehicle with overly bright headlights, making it nearly impossible to determine whether the adjacent lane is clear and safe to merge into. There are also the potential risks associated with long-term or repeated exposure to intense glare, which has been linked to eye strain and discomfort, though research



Photo courtesy Jaykumar Bherwani

on permanent eye damage from headlight exposure is still developing.

So if LED headlights are so problematic, why are they still allowed on roads? In Canada, headlight regulations are governed by the Canada Motor Vehicle Safety Standard 108 (CMVSS 108), which incorporates Technical Standards Document 108 — a set of requirements for lamps, reflective devices, and associated equipment on all vehicles sold in Canada. Notably, TSD 108 is modelled directly on the equivalent American standard published by the US National Highway Traffic Safety Administration. The issue with this regulatory framework is that it hasn't kept pace with how headlight technology has evolved. The standard measures brightness in candelas, which is a unit of light intensity, but candela measurements do not account for colour temperature or the concentrated nature of LED bulbs. An LED headlight can technically fall within the legal brightness limits while still appearing significantly more intense to oncoming drivers than a halogen headlight with an identical candela rating. This metric is arguably no longer an accurate reflection of real-world experiences.

That being said, there are signs that the issue of headlight brightness is gaining regulatory attention. Vancouver City Council recently passed a unanimous motion calling on the federal government to establish clearer and more enforceable limits on headlight brightness, beam patterns, and mounting heights. Several other BC municipalities have made similar calls. A petition was filed in the House of Commons by a Gatineau resident citing extreme glare from vehicles, and Transport Canada has since launched a nationwide survey gathering data from Canadians on their thoughts on the current state of headlights and what safety impacts they have experienced. Survey questions

asked about experience travelling at night, contributing factors to headlight glare, driver behaviour, and feedback on solutions.

Unfortunately, there is currently no single fix, but several approaches are being discussed. Better regulation and enforcement is the most direct path. If LED headlights are the future, then the standards governing their installation, aim, and light distribution need to reflect that reality. Updating CMVSS 108 to account for the perceptual differences between LED and halogen bulbs, and strengthening provincial enforcement around aftermarket modifications, would address the problem at its source. On the technology side, adaptive matrix headlights represent a promising development. These systems use cameras to detect oncoming vehicles and selectively dim portions of the beam to avoid shining directly into other drivers' eyes, while keeping the rest of the road fully illuminated. They are already available on some higher-end vehicles sold in Canada, but widespread adoption is still potentially years away.

While waiting for regulatory or technological solutions, there are a few practical steps drivers can take. Adjusting your rearview mirror to its night setting can reduce the impact of bright headlights from behind. If you own a vehicle with aftermarket headlights or suspect your headlights may be misaligned, having them properly aimed by a mechanic is a relatively inexpensive fix that can meaningfully reduce the impact on other drivers.

Updating regulations can be slow, and the timeline for meaningful updates to Canada's headlight standards remains unclear. But the conversation is happening. The growing number of public complaints, combined with mounting evidence of real safety concerns, makes the current standards increasingly difficult to defend.

Supporting road safety, streamlining licensing for new drivers



Updated July 20, 2026

Summary

- B.C. continues to work to keep roads safe with addition of a 12-month restricted period for new Class 5 licence holders
- New drivers 25 and older have lower crash rates than younger drivers and now have a shorter pathway to becoming fully licenced
- These changes, including the removal of a second road test, come into effect Oct. 19, 2026, aligning B.C.'s modernized
- Graduated Licensing Program with similar programs worldwide

People learning to drive in British Columbia will get the experience they need to develop good driving habits as changes to the Graduated Licensing Program (GLP) prioritize safety and ongoing driver monitoring. "Evidence shows that driving experience gained over time predicts long-term safety as reliably as a single road test," said Nina Krieger, Minister of Public Safety and Solicitor General. "The changes we're making to the GLP maintain our high road safety standards, with a focus on helping new drivers get more time behind the wheel to develop the habits they need to drive responsibly."

B.C. has introduced new regulatory amendments to enable the removal of the second road test to progress to a Class 5 licence by replacing it with a driving record assessment. The assessment shows whether drivers have met the minimum driving experience as a novice driver. A record of unsafe behaviours, including convictions for excessive speeding and electronic device use, will result in re-starting the "novice" driving period. Nearly all jurisdictions worldwide do not have a second road test in their graduated licensing program. Transport Canada collision statistics show that three of the four Canadian provinces with the lowest motor-vehicle fatality rates do not have an exit test.

The GLP's changes will come into effect on Oct. 19, 2026, and drivers who are eligible may qualify

for a one-time, automatic licence upgrade from a Class 7 to a Class 5 licence, meaning they won't be required to complete an in-office driving record assessment.

Keeping roads safe

Drivers who pass the driving record assessment will be eligible to move to a Class 5 licence with a 12-month restricted period. During the restricted period, drivers will be subject to a zero blood-alcohol and drug restriction and face greater scrutiny than experienced drivers if they receive any violations on their record. These GLP changes emphasize ongoing monitoring of driving behaviour. The new 12-month restricted period will help flag and correct mistakes made by new drivers and ensure they spend more time developing good driving habits on the roads. Research shows that age influences crash risk and that new drivers who are 25 and older have lower crash rates than those who are between 16 and 24. The Province is creating a shorter pathway for people who are age 25 or older, which includes:

- shortening the learner phase from 12 to nine months
- reducing the novice phase from 24 to 12 months

Driver training continues to play a strong role in developing safe drivers for B.C. roads. Drivers under 25 are still eligible for a shortened novice phase of 18 months if they have taken an ICBC-approved GLP course.

Making learning to drive more accessible

The GLP changes will create a streamlined, more accessible process for new drivers with changes that include:

- lowering the age of consent to apply for a driver's licence from 19 to 18
- making the DRA available at all Service BC offices, driver licensing agent offices and ICBC driver licensing offices
- introducing an immediate family exemption for passenger limits

These changes will make it easier for drivers living in First Nations, rural and remote communities, as well as people with larger families, to get the driving experience they need.

Impacts to drivers currently in the GLP

Starting in early fall 2026, drivers enrolled in the GLP will receive letters from ICBC explaining the changes, how they will be affected and next steps for them to take.

In addition to modernizing the GLP, regulatory changes to the Motorcyclist Licensing Program will come into effect in 2027.



Niki Sharma

Attorney General
& Deputy Premier

"Getting a driver's licence is a major milestone in people's lives that opens doors to work, education and greater independence. With these changes to the Graduated Licensing Program, we're making that step more accessible for people, while maintaining our roads' safety. This is part of our work to modernize licensing and make everyday services more accessible for people throughout B.C."



Jason McDaniel

President and CEO,
ICBC

"The Graduated Licensing Program is a proven road safety measure that gives new drivers more experience over time, building good habits and reducing exposure to higher-risk situations before they're ready. These changes will make it easier and more accessible for qualified people living in Indigenous, rural and remote communities to get their licence, while continuing to ensure that drivers only receive their full licence when they've demonstrated they're ready."

St. John Ambulance – Youth Programs

BY LAUREN LUONG

St. John Ambulance is an international humanitarian organization and a foundation of the Order of St. John. It is viewed as Canada's standard for excellence in first aid and CPR services, offering innovative programs that ensure Canadians are receiving the best quality training. Any revenue generated from first aid/CPR training supports St. John's charitable work.

While St. John Ambulance helps the community in many ways, the biggest impact that they have on the safety and well-being of Canadians is through their provision of first aid and CPR training. Every year, thousands of certified St. John instructors teach over half a million Canadians life-saving skills that can be used at work, home, and play.

St. John Ambulance is considered the industry leader with its expert trainers, personalized instruction, how-to videos, and learn-as-you-go training guides. The mission of St. John Ambulance is to enhance health and well-being across Canada through training, products, and community services. These services include uniformed members who serve communities across Canada by providing first aid and emergency responses. The values of St. John Ambulance reflect this mission, demonstrating commitment to well-being, service to others, collaboration, and inclusivity.

What truly makes St. John Ambulance stand out as such a selfless organization is the number of youth programs that they offer. These programs nurture leadership skills, create opportunities for meaningful community involvement, and ensure youth voices shape their current and future programs.

One notable program is the Leadership Development and Community Engagement Program. Through structured leadership programs and volunteer opportunities at local events, they help young people develop leadership qualities, build self-confidence, and actively contribute to health and safety initiatives. They want youth to focus on collaboration, critical thinking, and effective communication, equipping them to take on any leadership roles in any setting, from school clubs to community organizations.

They also offer the First Aid and Emergency Response Training Program. Through initiatives like

LifeSmart, high school and campus response teams, and comprehensive first aid courses, they prepare youth to be first responders in their communities. These programs equip the youth with life-saving skills and a strong sense of civic duty. The training covers a range of scenarios, including natural disasters and everyday emergencies, ensuring the youth are prepared to act effectively and confidently when needed.



Additionally, the Mental Health First Aid Program provides youth with the tools and knowledge to promote mental wellness while helping adults who interact with youth to better recognize and respond to mental health challenges in themselves and others. This training includes practical strategies for approaching conversations about mental health, understanding various mental health conditions, and emphasizing the importance of seeking help when necessary. By fostering a culture of openness and support, St. John Ambulance encourages youth to become advocates for mental well-being in their schools and communities. Through this initiative, they aim to empower young people not just to respond to physical emergencies but also to lead with compassion, advocate for their peers, and foster a safer, healthier community.

Furthermore, the Canadian Youth Advisory Network (CYAN) accepts ages 14 to 24 and is an inclusive platform that brings together a diverse group of youth from across Canada. CYAN wants youth to discuss, enhance, and maximize volunteer outreach programming and recognition within St. John Ambulance. CYAN values unique perspectives and provides a dynamic space where youth can actively participate, advise, and shape the future of the organization. Through collaborative discussions, CYAN members work

to develop innovative programming ideas, share valuable insights from their experiences, shape organizational policies and practices from an informed perspective, and showcase youth leadership skills to make a real impact.

A particularly beneficial initiative is the Youth Cadet Program, which provides opportunities for young people (ages 6 to 17) to become valued and vital members of the community. The cadet program is a health-oriented program that provides opportunities for social, environmental, and personal development through training, local community volunteering service, leisure activities, and participation at special events. Youth gain confidence by learning first aid skills and how to manage themselves and others during an emergency. Learning objectives and members' ranks are based on age, though in exceptional cases, one can advance early. Progression is structured into distinct ranks: Juniors (ages 6-10) focus on foundational first aid, healthy living, and engaging activities. Cadets (ages 11-15)

focus more on personal development through community service. They are given opportunities to participate in events under the guidance of a youth leader. Crusaders (ages 16-17) learn more advanced first aid techniques and begin to develop their leadership skills needed by participating in community service programs and occasionally helping out the juniors in certain community events. Finally, Youth Leaders (18+) train and supervise youth members. With the help of the youth leaders, members develop discipline and responsibility through the drills they perform and the first aid skills they learn. They learn to collaborate on a shared goal and to socialize with peers who share their drive. As the members climb the ranks, they gain more confidence, participate in competitions, and eventually become leaders themselves, teaching younger members what they have cultivated themselves.

St. John Ambulance is an admirable organization, and its contributions worldwide and its mission to achieve longevity by investing in its youth programs are reassuring for today and the future. As time passes and acts of nature unfold, their youth program will ensure that these cadets will develop into responsible volunteers.

Find out more at: sj.ca/en

B.C. welcomes Bail and Sentencing Reform Act

Niki Sharma, Attorney General, has released the following statement regarding the BC Prosecution Service announcing updates to its Crown Counsel Policy Manual, in response to federal Criminal Code amendments:

"I welcome the BC Prosecution Service's updates to its Crown Counsel Policy Manual, which provides prosecutors with guidance on significant Criminal Code reforms coming into force this week."

Holding Repeated Offenders Accountable

"Our government worked closely with Ottawa to secure many of these federal reforms, which strengthen public safety, enhance protections for victims and help hold repeat offenders accountable. They include changes to bail and sentencing laws, new measures to address intimate partner violence and gender-based violence, and stronger protections for victims of sexual offences."

Ensuring BC Prosecutors Have Clear Guidance to Effectively Apply New Laws

"Crown counsel play a pivotal role in criminal legal proceedings in the province and upholding our justice system. These policy updates, independently drafted by the BC Prosecution Service, will help ensure B.C.'s prosecutors have clear guidance to effectively apply the new laws. The changes also support recommendations from Dr. Kim Stanton's review of how intimate partner and sexual violence cases are treated in British Columbia's legal system."

"I commend the BC Prosecution Service for acting to ensure our legal system more accurately reflects people's everyday reality, experiences and concerns. At the provincial level, we continue to implement the Stanton report's recommendations to strengthen how our justice system responds to intimate-partner violence, while expanding access to justice."

"Together, we are building a more responsive, compassionate and empathetic justice system that people can trust and rely on to help them."

Learn More:

- BC Prosecution Service's policy revisions, visit: www2.gov.bc.ca/gov/content/justice/criminal-justice/bc-prosecution-service/media-statements
- Province's response to the passage of the Bail and Sentencing Reform Act, visit: news.gov.bc.ca/33921
- Province's response to the passage of the Protecting Victims Act and Bailey's Law, visit: news.gov.bc.ca/33939
- Stanton Report and the Province's actions responding to it, visit: www2.gov.bc.ca/gov/content/justice/about-bcs-justice-system/justice-reform-initiatives/systemic-review
- How B.C. is keeping people safe and communities strong, visit: gov.bc.ca/safecommunities

Smile Cookie Campaign Helps POWER UP the Future Yurkovich Family Pavilion in Richmond



Richmond, BC—Looking ahead to a new hospital tower in Richmond, Ajit and Harj Thandi—owners of eight Tim Hortons locations across Vancouver, Delta, Burnaby, and Richmond—have raised over \$11,000 in support of the Richmond Hospital Foundation POWER UP Campaign through this year's Smile Cookie campaign.

The Smile Cookie campaign is a national, week-long initiative where 100% of proceeds from Smile Cookie sales support local charities. This year, Ajit and Harj Thandi chose Richmond Hospital Foundation as their charitable beneficiary.

"With the new hospital tower on the horizon, supporting Richmond Hospital felt like the right way to help the future of care in this community," says Harj Thandi. "As community leaders, it's about rallying our team and bringing people together around something bigger than



ourselves. For us, it was also important to connect our team to the cause, because at some point, all of us rely on health care to support our families through life's toughest moments. When our team understands the impact they're helping make, it creates a real sense of shared purpose in giving back. Thank you to everyone who supported this year's campaign."

"We're grateful to Ajit and Harj Thandi, their teams, and everyone who participated in this year's Smile Cookie campaign," shares Spencer Gall, Chief Philanthropy Officer at Richmond Hospital Foundation. "More than anything, this campaign is a reflection of a community coming together to stand alongside patients, families and the teams who care for them. Each cookie is a simple but meaningful way for people to show they care and to be part of something bigger right here in Richmond. That shared commitment is helping shape the future of care in our community, including what will be possible inside the new Yurkovich Family Pavilion."

The Richmond Hospital Foundation POWER UP Campaign will help equip areas of care such as surgical services and the Emergency Department with technological advancements and innovations, providing the health care teams with the tools they need to deliver exceptional care for better patient experiences and faster recoveries.

To learn more and donate towards the Richmond Hospital Foundation POWER UP Campaign, please visit: www.richmondhospitalfoundation.com/campaign/power-up/

Richmond Hospital Foundation

Over the past 38 years, Richmond Hospital Foundation has raised \$200 million to help make possible the purchase of important medical equipment and future-forward technology, expand and update infrastructure, launch innovative care programs, and advance medical research and education. Our goal is to inspire joyful giving and empower elevated health care for patients and families across Richmond.



Fashion for Men

BY DOUGLAS J. SCAMMELL

Men's Fashion Don't Rule Out Thrift Stores

When it comes to shopping for men's luxury clothing, shoes, and accessories, there are many different ways to achieve what you are looking for, whether you shop at department stores, high-end boutique shops, luxury designer fashion stores, or online shopping. All of these forms of shopping will have exactly what you will be looking for, but you could end up paying a higher price than anticipated. There is another form of shopping that I'd like you to consider when shopping for luxury items, and that is thrift shopping. Believe me, I have hit some serious pay dirt with little experience and with very little effort.

Thrift shopping for men's luxury clothing is an excellent way to start or add to wardrobes without paying exorbitant retail prices. It provides access to premium materials, allows you to discover unique or discontinued styles, and promotes a more sustainable approach to building your fashion collection. One of the best things about thrift shopping is that it can be a lot of fun, never knowing what you might find. Not only men's fashion, but you might also find some other items you might be interested in, such as Vinyl records, CDs, DVDs, books, women's luxury items, paintings, tools, sports equipment... the list is almost endless, and that is really the bonus to thrifting for men's fashion.

Thrifting for designer and luxury menswear is a great idea for several reasons:

- 1. Unmatched Value:** You can acquire top-tier brands like Ralph Lauren, Louis Vuitton, Tom Ford, Gucci, and Hugo Boss at a fraction of their original cost. You will find blazers, overcoats, shirts, sweaters, and shoes from 70-90% off the retail costs. The only thing is you have to be patient. You will not find everything all at once.
- 2. Superior Construction:** Many of the luxury and vintage items that are in someone's closet waiting to be thrifted are built to last a life-

time, featuring natural fibers, such as cashmere, heavy wool, and raw silk, and many of the items, particularly the vintage items, will have craftsmanship that today's contemporary fashion alternatives lack.

- 3. Distinctive Style:** Pre-owned luxury pieces often have unique patterns, cuts, or details that are no longer produced. Shopping second hand allows you to craft a wardrobe with some character, with visuals that stand out from modern off-the-rack options.
- 4. Sustainable Fashion:** Extending the lifespan of luxury garments keeps them out of landfills and reduces the environmental impact and resource consumption associated with manufacturing new clothing.
- 5. High Return on Investment:** High-quality vintage pieces usually retain their value, allowing you to wear them and later flip them on online platforms such as eBay or Poshmark to name a few. Sometimes you might come across an item you do not love, but you know you can make a profit on it to help you acquire something you know that you will love more.

Here is a small fraction of the items I have thrifted shown here in the photos below:

I thrifted this pair of Gucci horsebit loafers for \$20. These shoes sell brand new for over \$1,200; all I had to do was take them to a shoe cobbler to be re-healed and get the leather conditioned and polished.



Photo courtesy DJ Scammell

Also thrifted this beautiful pair of vintage Dock's Genuine Camel Skin oxford dress shoes for \$60. These shoes sold brand new for \$600 in the 1980s, which in today's money would be closer to \$2,000. Again, all I had to do was have them re-healed at a shoe cobbler and get the leather conditioned and polished. The thing I love most about these shoes is how unique and rare they are today. You just can't find anything like them in

the stores today. I love them, and it really makes me feel good that I did my part to help keep them from being sent to the landfill.



Lastly, this beautiful Lacoste Vintage Cardigan acrylic sweater in this beautiful yellow color was a wonderful find. I paid only \$20.00 for that one. This exact model has been delisted for decades, and yes, it looks retro and something any member of the Rat Pack, especially Dean Martin would wear... which to me makes the sweater even cooler because, after all, Dean Martin was the King of Cool.



When you make the choice to incorporate some thrift shopping you will have to put in a little work searching through each store's inventory and it also helps to know vintage products and their market value but once you begin finding some items one thing I can guarantee, you will not look like a carbon copy of today's majority that are wearing fast retail fashion, instead you will have your own imagine a classic unique original look.

OUR CITY *Tonight*

SPOTLIGHT ON
SUMMER READING
AND A TV CLASSIC

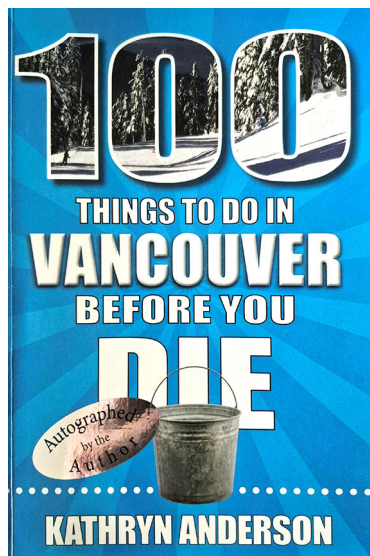


Photo courtesy Our City Tonight

THE READ #1 – *100 Things To Do In Vancouver Before You Die* by Kathryn Anderson

Kathryn Anderson is a Travel and Wellness Expert, Freelance Writer, Award-winning Blogger and Author of a great book called *100 Things To Do In Vancouver Before You Die*, a book that will appeal to visiting tourists as well as locals. As we discussed on a recent episode of *Our City Tonight* (and in the pages of this issue of *The Richmond Sentinel*), people travel all over the world but often see very little of their own city. Kathryn's goal is to change that with her book. It's divided up into five parts: Food and Drink, Music and Entertainment, Sports and Recreation, as well as Culture & History and Shopping and Fashion. Something truly for everyone. We also discovered a number of things we'd never heard of in our city and the Metro area. How long have we had a Circus School? Or a rooftop garden at the Vancouver Library? There's also the wonderful *Greenheart Treewalk* at UBC. As for food and drink, our city has a reputation globally for offering, again, something for everyone, whether it's a perfect steak at Elisa, award-winning cocktails at Botanist, the original California Roll at Tojo's, or a variety of meals at Richmond Night Market; Kathryn has sampled them all and lays it out in this wonderful and insightful guidebook. You can find out more at her award-winning website www.coffeeandmascara.org (thanks to www.reedypress.com).

THE READ #2 – *The Road to Bard: A Legacy of Shakespeare on Canada's West Coast*

In his new memoir, *The Road to Bard*, Christopher Gaze reflects on his journey from a young actor trained at England's Bristol Old Vic Theatre School, to immigrating to Canada in 1975, and ultimately to realizing his vision of founding *Vancouver's Bard on the Beach Shakespeare Festival* in 1990. Filled with personal stories, humour, behind-the-scenes moments, and the people who helped bring his vision to life, the memoir traces more than 50 years in Canadian theatre while revealing the determination, friendships, and community support that transformed a single tent in Vanier Park into one of Canada's premier cultural institutions. As he shared during his conversation on *Our City Tonight*, Gaze also hopes the book (and, of course, the festival) will inspire more young people to become involved in the arts and discover the timeless works of Shakespeare. www.harbourpublishing.com

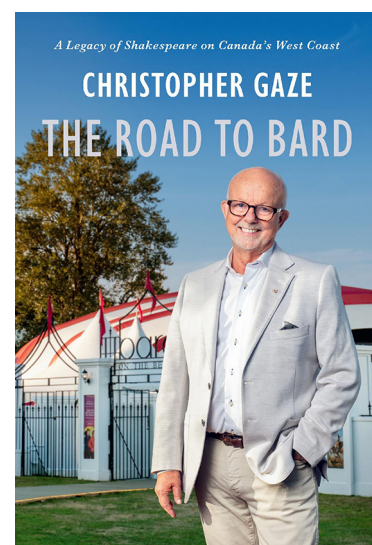


Photo courtesy Harbour Publishing



Photo courtesy Universal Pictures

THE VIEW – *The Office: The Complete Series - Superfan Extended Episodes*

It was one of the greatest "TV remakes" in the history of the medium. But we have to be honest, like many, we were skeptical 2 decades ago. The American version of *The Office* – which debuted in the winter of 2005 – followed the original British version, which aired from 2001-2003. The British version was a global hit and such a landmark, groundbreaking format; a remake couldn't possibly work. But all these years later, the American version still makes us laugh – as does the British version. Though the American version signed off in 2013 after 9 seasons, fans can now re-live all 194 episodes and a whole lot more with the release of *The Office: The Complete Series - Superfan Extended Episodes*. It includes over 25 hours of unaired footage woven into the original broadcast episodes. As for the cast, it was truly one of the best, including Steve Carell, John Krasinski, Jenna Fischer and Rainn Wilson. It's available now for home viewing via digital platforms or Blu-Ray. www.universalpicturesathome.com

100 Things to Do in Vancouver Before You Die

Our City Tonight sat down with author Kathryn Anderson



OCT: Kathryn, you have a new book out called *"100 Things to Do in Vancouver Before You Die"*. We travel a lot for work, yet it's amazing how many things we don't know about our own city. We found at least four places in your book that completely surprised us.

KA: That's exactly what I hoped people would say. I love hearing that.

OCT: What's great is that this book is perfect for visitors, whether they're from elsewhere in Canada or around the world, but it's also a fantastic guide for locals. Can you tell us how the book came about?

KA: As a travel writer, I'm always looking for stories wherever I go. When I'm home, I explore Vancouver with the curiosity of a tourist. This book is really a love letter to my city. The idea came while I was speaking at a travel writers' conference in Tacoma, Washington. Another writer gave me her book, *"100 Things to Do in Tacoma Before You Die"*. When I got home, I wondered if Vancouver had one. It didn't, so I pitched the idea. It became the first Canadian city to join the "Reedy Press 100 Things" series.

OCT: I understand that you travelled extensively with your parents, and your father also loved writing about travel. I also understand that when he passed away unexpectedly, travel became an important part of your healing. Can you tell us about that?

KA: His passing came completely out of the blue. He wasn't sick, and it happened just a month before my first semester of university. As you can imagine, that semester was difficult. I took the following semester off and backpacked through Australia for three months. Today there's a term called "grief travel," and it perfectly describes what I was doing, although I hadn't heard it back

then. I needed to be somewhere people weren't constantly asking how I was doing. I needed space to figure out what life would look like without my father. When I came home, I felt more at peace. I knew he wouldn't have wanted me to stop living. He would have wanted me to continue travelling, creating memories, and honouring the wonderful experiences we shared as a family.

OCT: Travelling with your parents when you were young must have made travelling on your own much less intimidating.

KA: Absolutely. Growing up travelling internationally with my family gave me the confidence to explore the world independently. My first solo trip abroad felt much less overwhelming because of those experiences.

OCT: Your book is divided into categories including food and drink, entertainment, sports and recreation, culture, and history. Vancouver certainly has an incredible food scene. You highlight some outstanding places, including Botanist at the Fairmont Pacific Rim.

KA: The book covers all of Metro Vancouver, so I was able to include one of my favourite wineries, Chaberton Estate Winery in Langley. Their restaurant, tasting room, and picnic area are all wonderful. We're fortunate to have so many great dining experiences throughout the region.

OCT: We also have excellent restaurant groups, like Executive Table Group and Glowbal Restaurant Group, that consistently deliver high-quality dining. Today we're at Hydra Restaurant, part of Executive Table Group.

KA: I agree. One dining experience that really surprised me was Tojo's. I knew Chef Tojo was famous for creating the California roll, but I didn't expect such a personal experience. I sat

at the sushi bar while Chef Tojo prepared and served my meal himself. There's even a photo of that moment in the book. I was amazed that someone of his stature is still there every day, greeting regular guests by name.

OCT: Vancouver also has a great entertainment scene.

KA: It does. Granville Street often gets labelled as just a nightclub district, but there's so much more. Places like Frankie's Jazz Club offer incredible live music alongside fantastic Italian food. For an evening, it feels like you've stepped into another city.

OCT: Speaking of unique experiences, tell us about the circus school.

KA: It's located in New Westminster, and it's exactly what it sounds like. You can join the circus for a day and try activities like the trampoline, aerial hoop, and trapeze.

OCT: And you actually did it?

KA: I did! In fact, I've personally completed all 100 experiences featured in the book. My favourite discovery was the "Greenheart Tree Walk" at the University of British Columbia. UBC has so many hidden gems, but this elevated walkway through the forest canopy is especially beautiful. It's a peaceful experience that many people don't even know exists.

OCT: Your book includes Metro Vancouver, so this covers Steveston Village. What's something you can do there?

KA: There is a marina there so you can watch the fishing boats come in and have really great food there too with some of the freshest seafood right off the docks, and there's lots of cute artisan shops.

OCT: There really is so much to discover in our city. From walking tours and cultural attractions to hidden gems, your book showcases the very best Vancouver has to offer. *"100 Things to Do in Vancouver Before You Die"* is available at Indigo, independent bookstores throughout Vancouver, and online.

Where can people learn more about you?

KA: Visit coffeeandmascara.org. I'm a travel writer, so I need coffee to stay awake—and mascara to look awake!



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