

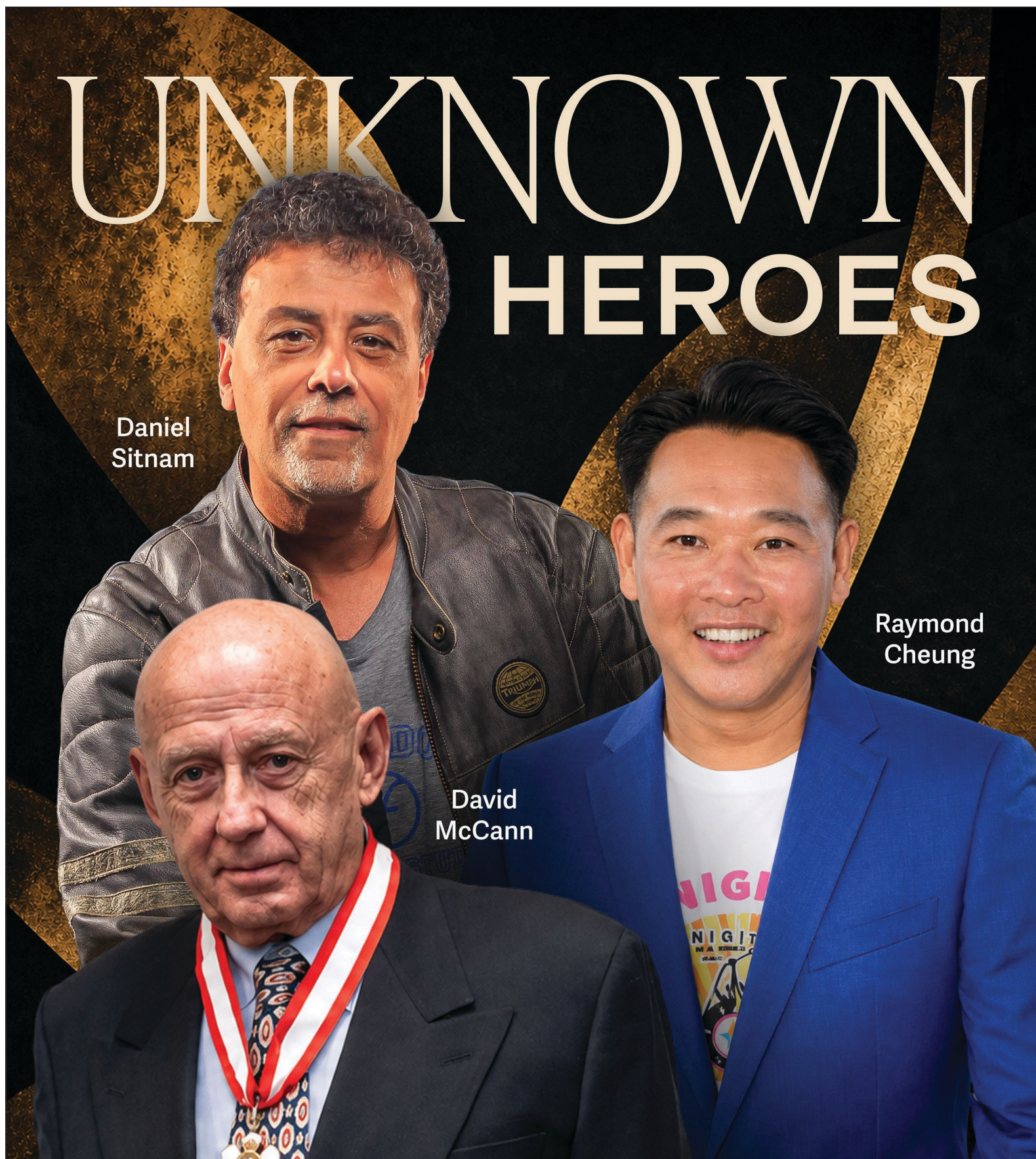


UNKNOWN HEROES

Daniel
Sitnam

Raymond
Cheung

David
McCann



History of The Richmond Sentinel

10th Year Anniversary

BY FLORENCE GORDON

Ten years ago, Paul Tam was asked to create a mainstream community newspaper. It didn't take Paul long to make a decision. It is a communication product that he was very passionate about based on his early years as an immigrant. His father moved his family to Vancouver from Hong Kong when Paul was sixteen years old. It was a challenging time for him as he did not speak English. A librarian suggested that reading newspapers was a great way to improve his English as well as learn about his new community and country.

In 2016, the Richmond Sentinel was founded and Paul provided employment for employees who were laid off from their previous jobs when the Richmond Review shut down. Paul had three directives:

- Write stories on factual information
- No editorial page and
- No personal opinions

He wanted this not-for-profit community newspaper to update the readers on what was happening in their City of Richmond and he wanted the publication to be an educational product to support newcomers to the community. When the Pandemic shut most businesses down, the staff worked from home and communicated through technology. When it was finally safe to re-open the office, some staff did not return, so Paul asked if I would step in and support the team.

With experience in filming, we added a film division and began producing filmed interviews for the Richmond Sentinel's website and YouTube channel and transferred that into the Sentinel's print copy. During this transition, there was a municipal election and Richmond had 62 candidates running for Mayor, Coucillors and School Trustee. After attending an "All Candidates" event, I spoke to Paul about providing equal opportunity to all the candidates. Paul gave me the approval to film every candidate that chose to participate. We rented a room at City Hall, lined up a "very tight" schedule, hired an interviewer and a camera crew. Everyone thought we were taking on the impossible and with the support of a tight crew, we filmed 58 interviews within six hours, streamed it live back to the studio where the Editor prepared individual segments for those who wanted to share the interview. It was an interesting challenge but one that we were proud to have provided to the voters so they could make an educated decision..

Yes, the Richmond Sentinel has taken on a new look while still including press releases from all three levels of government when available and with the support of a very talented team we are able to bring an entertainment factor, while still staying true to finding a Link to Richmond. I've said all along we are not journalists we story tellers and draw on our experiences to brings many undiscovered stories to life. Quite often captured through the lens of a camera.

One day we might be with a CEO in a board room, the next week with a young entrepreneur whose working out of their parent's garage. No opportunity is too daunting or too small. With the support of the following contributing writers, who've helped create today's Richmond Sentinel.

- Joe Leary long-time radio & TV personality who has a wealth of stories to share on music, sports and entertainment.
- DJ Scammell writes about men's fashion, educating us on the history of the design and fabric and not what's trendy but how to shop wisely.
- Richard Gooding travelled the world educating people on food and wine, and as a consultant turned many restaurants into a success story.
- Rika Mansingh, a best selling author, certified dietician and a brilliant outlook on health and wellness that is understandable.
- Jolene George keeps us updated on financial matters when the topic hits the air waves.
- Steve Erikson covers sports – Richmond Jr. A hockey team providing our readers and fans interesting updates.
- Our partnership with Our City Tonight, a national television show brings filmed interviews with world-wide celebrities which they share with our viewers online and in print.
- Jim Gordon a TV Producer, Director and interviewer has overseen interviews with all 3 levels of government, business leaders and entrepreneurs.

The front cover is produced from a story published that week and we've had some pretty special covers with the support from our graphic designers, for example, a photographer on the back of an open truck in Africa taking photos of wild life, Nathan Rourke a BC Lions' Quarterback whose all the buzz these days, Michael Bociurkiw a foreign correspondent for networks like CNN will only report on what he sees first hand, so at the time of the interview and our cover story, he was closing up his home in Vancouver and heading to Ukraine for first-hand reporting.

THE *Richmond Sentinel*



The Richmond Sentinel Media Division is overseen by Florence Gordon. She brings experience in public relations, marketing, finance and the film industry as producer of two national weekly TV shows. The Sentinel has introduced an additional entity by adding a videographer, animator, and graphic artists, not to mention several guest writers. We are proud of our filmed interviews, whether covering an election, discovering new businesses or uncovering true stories like The Lost Canadians. We will continue to publish interesting stories, local and national news, and promote city and non-profit events. In 2026, as we celebrate our 10th anniversary, our vision is to bring live reporting to the forefront for those who rely on digital and for our loyal readers, the print copy will still be available.

Contributing Writers



Jim Gordon, Television Producer, Director, Interviewer

Jim brings his experience to the Richmond Sentinel's media division, filming interviews with business leaders, entrepreneurs, politicians & government elections. Jim introduced several colleagues to the Richmond Sentinel who contribute a variety of interesting topics for our readers. richmondsentinel.ca/videos



Rika Mansing, Certified Dietician and an Award-Winning Author

Rika has been an inspiration to all of us who work with her and to the Sentinel viewers in print and on video. The value she offers is not just her knowledge on health and wellness but the ease with which she presents the information in a language that is understandable. Rikadiet4wellness.com



Douglas Scammell, Men's Fashion

His passion lies in the art of curation and design, heavily inspired by deep research into men's fashion and the icons of classic cinema. He likes to provide the viewers with a little history behind the design and fabrics. His weekends are usually fueled by good coffee and thrifting for his next unique find in a vintage shop. dj.scammell@gmail.com



Joe Leary, Broadcaster, Freelance Writer, MC/Host

Joe's career in radio broadcasting has taken him from Vancouver to Toronto. He's known to many from his media experience on CISL Radio, CityTV, UTV, Global, and CKVU. As a freelance writer, he brings a wealth of stories on music, travel, food, wine, beer, sports and entertainment. [@joeleary](https://twitter.com/joeleary)



Jolene George, Senior Mortgage Broker

With Vine Group Mortgage Brokerage, Specializing in residential and commercial financing, she helps clients navigate purchases, renewals, refinances, self-employed and complex mortgage solutions with a strategic, personalized approach. Jolene@vinegoup.ca



Richard Goodine, Certified Wine & Spirit Specialist

is fortunate to have spent his life travelling the world educating people on food, wine and lifestyle. He holds a higher certificate from the London Wine & Spirit Specialist of Wine from the Society of Wine Educators and has opened numerous restaurants to critical acclaim from around the world. richardgoodine@gmail.com

Partnerships in Print & Film



Jim Gordon & Leeta Liepins

Our City Tonight is a national television show that airs twice weekly on CHEK TV and it's partners and also airs three times a day on NOVUS Entertainment. The TV Hosts Jim & Leeta, film interviews with authors, singers, actors, filmmakers, the wine and food industry, entrepreneurs, travel, fashion, charities, sports, the arts, movies, health and wellness, as seen on the richmondsentinel.ca/videos & print version. richmondsentinel.ca/editions



The Richmond Sentinel is proud to sponsor the Richmond Sockeyes Jr. A Hockey team. We keep the fans updated with play-by-play stories. These are talented players hoping to one day play professionally in the National Hockey League.

Unknown Hero, Acts of Kindness

The Unknown Hero was created from the Richmond Sentinel's library of stories, filmed interviews and print publications. Our Media division are on the front line never knowing who we will meet next or what magical human-interest story we'll uncover. Living today, in a world that's full of turmoil we ask ourselves how can we do justice for those who work quietly under the radar sprinkling joy and goodwill wherever needed. To celebrate the Richmond Sentinel's 10th Anniversary we decided to honour the following for their "Acts of Kindness".

UNKNOWN HERO David McCann

BY FLORENCE GORDON

David McCann is a recipient of the Order of Canada, one of our country's highest honours, recognizing a lifetime of extraordinary service to others. David's journey began many years after his childhood, when he had to draw on his own strength and expose decades of abuse at two Ontario schools, giving survivors a voice that led to a ground-breaking reconciliation settlement.

David did not let his early years as a boy impact his life choices; instead, he went on to become a respected businessman, a philanthropist, a community leader and a tireless advocate for children and human rights. David's "random acts of kindness" have reached across British Columbia, Canada, Ukraine and Mexico.

As General Manager of Creekhous on Granville Island, David surrounded himself with like-minded people who supported his cause and to share with us a true story how he and his tenants became a close-knit family. He shared with us two touching life stories. "When the Pandemic hit I offered to provide relief for some of our tenants and they thanked me saying they would be okay to use this gesture to help those in need.

"Then my sister died last week and I became ill, my tenants reached out to me and said for me to take whatever time I needed to recover and they would cover my job for me." This was tearful moment as David went on to say "what tenants would offer to do something like this?"

Through "Granville Island Cares for Kids", David set an ambitious goal, to raise one million dollars to help feed hungry school children in British Columbia. Out of nowhere, David received a phone call from a gentleman who had a warehouse full of art prints and offered them for "Free" to help David raise funds for charity. He accepted the gift and hired a



Her Excellency the Right Honourable Mary Simon and David McCann

young teenage boy Morgan to help him pack up the inventory and move them into storage. After a ten-hour day, David asked Morgan how much he owed him, Morgan said "I can't take a penny, you are doing all this to help kids in need." Morgan continues to volunteer to help David with his charity and encourages young people to get involved.

During another interview on Granville Island where David and Morgan were raising awareness and funds for "Granville Island Cares for Kids" David told us a story about a father, mother and their two sons who stopped at their booth to make a donation. For \$10.00 they received two prints of their choice (\$5.00 provides a meal for one child). David also gave the two sons a free print and suggested they do an "act of kindness" and give the print to a friend, or a child in a hospital. David, fighting back the emotions said "the next day (Sunday) the father made a special trip back to the site and told David his two boys have not stopped talking about how they can continue to do "acts of kindness" and he wanted to let David know his efforts are appreciated."

David McCann is one of the finest examples of how we should all view the world. He began with humble beginnings and became a beloved gentleman and humanitarian who works tirelessly to help others, save lives and reduce suffering.

**RICHMOND
SENTINEL**
OUR COMMUNITY NEWS

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

Advertising & Sponsorship
marketing@richmondsentinel.ca

Newsroom
newsroom@richmondsentinel.ca
778-297-5005



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

UNKNOWN HERO

Danny Sitnam

In 1986, Danny Sitnam co-founded Helijet Airways. In 2019, he founded Helijet International Inc., a privately owned Canadian company. Today their operation has expanded to 15 Helicopters, two Jet Planes and 160 Employees.

Sitting in Helijet's hanger in Richmond, Danny talked about how he started with one Helicopter. "I remember the first day of operation, we had one customer all day with seven flights scheduled. The first six to twelve months were challenging as we had created a new way to travel from one destination to another here in British Columbia and future customers needed to experience first-



Danny Sitnam

hand the advantages of travelling by helicopter."

Then an opportunity with the BC Government presented Helijet with a new challenge to transport emergency medical patients to the nearest hospital as our vehicles could fly in and out of remote areas and could fly in inclement weather.

We have now grown this division into one of the largest medical service providers in western Canada for BC Emergency Health Services. We currently have two designated helicopters out of the Richmond Base and one in Prince Rupert and it's a project we're proud of because we're helping to save lives.

Danny and his son Owen who is also a pilot and a captain added yet another project – "Helicopters Without Borders".

They formed a charity, raised money through the private sector to fly into remote, rural areas, transporting supplies and emergency care and recently added the services of doctors and dentists with access to medical care where previously there was none. "This project we feel really good about giving back."

Helijet received international recognition when they removed a medically equipped helicopter from their fleet and donated it to Ukraine with the stipulation that it be used for transporting medical patients. Training pilots and maintenance crew took place at Helijet's Richmond base. The helicopter was dismantled, packed and delivered to Ukraine and Danny Sitnam was in Ukraine to ensure the delivery was successful.

UNKNOWN HERO

Raymond Cheung

Twenty-six years ago, a young entrepreneur Raymond Cheung created an event that catered to the whole family - parents, children and grandparents that was inexpensive and entertaining. Some have tried to duplicate the night market's creation but with little success. Through hard work and dedication, came success and "growth". Unfortunately, the growth in popularity included drawing the attention of more vendors which meant Raymond's vision was much bigger than he could ever imagine. Moving to five different locations over twenty-six years was not about packing equipment into a moving van every time it included:



Raymond Cheung

- A large site for the market with a large parking lot
- Easy road access from all directions
- Rapid Transit train station
- Bus loop providing transportation from all surrounding communities
- International Airport Rapid Transit to site

It was this site that allowed Raymond to expand the size of the market, attendance and international recognition. He never imagined that one day, his creation would host 15,000 people a night. The initial handful of employees became an army of:

- Administrators
- Traffic Controllers
- Security
- Emergency Services
- RCMP
- Maintenance, Plumbers, Electricians

When Raymond announced that this was the last season for the Richmond Night Market due to lease issues, every media network carried the story and he and his team were overwhelmed by his social media reaching 1.6 million messages.

What the public does not know, is that Raymond started from humble beginnings. It was never easy and the challenges were more than what most can handle but he stayed dedicated. Raymond built an opportunity for thousands of small businesses and created employment for thousands more. The Richmond Night Market became the launch pad for thousands of young entrepreneurs and family home-based businesses to engage in an opportunity to:

- Test the market place
- Build a customer base
- AND Learn the realities of running a business

- City approval, By-law requirements
- Studies for Traffic Control, Crowd Control
- Property re-design & land preparation
- Re-building a stage for entertainment
- Installing underground plumbing & inspections
- Electrical installation & inspections
- Health inspections, Food inspections
- Fire inspections
- Safety regulations
- Retraining traffic controllers, crowd control & maintenance crew

Raymond finally found the perfect location "Duck Island" at the foot of No.3 Road & Bridgeport providing:

Over the years, many gained the confidence to establish food brands, restaurants, retail stores and other thriving enterprises. Raymond took a vision and for 26 years he helped dreams come true for thousands.

Prime Minister Carney delivers remarks on Canada-U.S. trade negotiations



Canadians and Americans remain strong. A mutually beneficial trade agreement is possible.

"Canada has always worked toward these goals, even while America's attention and dedication to them have wavered. We have consistently proposed long-term partnerships, while America has often pursued short-term transactions. That gap between partnership and competitor has remained too wide in recent days. Late last evening I instructed our negotiators to return to Ottawa. We cannot accept what they have offered, and we will not give what they have asked. Over the past year, the United States has imposed a series of tariffs that violate its commitments under our agreement with them and Mexico, CUSMA. The United States has continually changed their rationale for their actions from fentanyl to United States runs a trade deficit with Canada, "we were "ripping them off". But the United States' narrow merchandise trade deficit only exists because the U.S. buys so much of its energy from us. Canada fuels American growth: supplying 99% of their natural gas imports, 85% of electricity imports, and 60% of crude oil imports. I don't think they want us to stop sending it.

"Most fundamentally, trade is about building mutual strength – creating a relationship that benefits both countries.

"For example, Canada is the largest customer for U.S. cars – in fact, we buy more American-built cars than the United Kingdom, Japan, and China combined. Last year, Americans sold almost \$600 billion in goods and services to Canadians – more than \$1.6 billion every single day.

"Our objectives in these latest talks have been to:

Preserve tariff-free access to the U.S. for the vast majority of Canadian business; provide greater stability to our trade relationship....Canada has made offers to secure a fair, comprehensive deal that would be in the best interest of Canadians. We were not prepared to compromise Canada's sovereignty or undermine our key industries. We were not prepared to compromise on the protection of the French language and our culture. To our American colleagues, let's be clear: for my government and for Canada, these issues were never on the table, even though the United States tried until the very last minute. In recent weeks, we made important progress toward a possible agreement that would have reinforced Canada's position as having the best deal in the world with the U.S. While we believed, earlier this week, that we were moving toward a mutually beneficial agreement, in recent days, the U.S. proposed new terms that were uneconomic, unfair, and undermined the net benefits to Canada, calling into question the reliability of any deal.

"In the coming days, we will release the details of these new tariff measures, which will come into force the Tuesday after Labour Day. We take this step reluctantly. Reluctantly, because we recognise that it will raise costs and reduce choice for Canadians. Reluctantly, because we recognise that some U.S. companies and states are innocent bystanders in a dispute they did not want. Canada now ranks as the most attractive country in the world for infrastructure investment. Last spring, I warned that America is trying to break us so that they can own us and I promised: "That will never, ever happen."

For the full press release in full detail go to pm.gc.ca/media

"Our government understood, before many, that America would transform all its commercial relationships. That it would put a series of tariffs on its closest allies and use economic integration as a weapon. Our goal has always been to get the best deal for Canadians, never a deal at any price. Last month, when the U.S. announced another round of unjustified tariffs, I gave our negotiating team a new mandate to seek a fair deal in good faith. I believe people on the ground on both sides of the border want this relationship to work. The bonds between

Premier Eby statement on trade negotiations between Canada & USA



Hon. David Eby

Premier of B.C.

Premier David Eby has issued the following statement about trade negotiations between Canada and the U.S.: "This afternoon, the federal government briefed provinces and territories on negotiations with the United States."

"B.C. stands with Team Canada. "While no agreement will offer everything our country is hoping for, the federal government has made substantial progress across strategic sectors. Given these latest developments, we are hope-

ful about the possibility of an agreement. Agreement or not, we will not go back to the way things were before. We will continue to push forward our work to find new trading partners and secure major projects to build a stronger, more resilient economy that benefits everyone.

As we await further details, we will never stop fighting for a more prosperous future for B.C. families."

Catalytic Converter Theft: What You Need to Know

BY BEZ CHAO



AI Generated



Photo courtesy Coquitlam RCMP

Catalytic converter theft rates saw a dramatic increase in recent years. This might seem like an odd trend since catalytic converter theft has already been around for decades, but there's a good explanation for this. To better understand this phenomenon, we need to understand what catalytic converters do and how they accomplish it.

Catalytic converters are located on the underside of a vehicle as part of the exhaust system. They're devices that control exhaust emissions using a chemical reaction to transform toxic pollutants like carbon monoxide, unburned hydrocarbons, and nitrogen oxides into safer gases like carbon dioxide, nitrogen, and water vapour before they exit the tailpipe.

The first catalytic converter was patented in the 1950s by a French engineer, but it wasn't until the 1970s that they became more widely adopted. In 1975, Canada introduced initial tailpipe emissions standards, leading many automakers to voluntarily or selectively install two-way oxidation catalytic converters on new vehicles. From 1981 to 1987, despite the U.S. making catalytic converters mandatory across the board, some smaller or cheaper vehicle imports in Canada still skipped them. By 1988, the federal government formally mandated strict emission rules matching U.S. standards, ensuring every new gasoline passenger vehicle sold or imported into Canada was equipped with a catalytic converter (typically advanced three-way oxidation systems reduce nitrogen oxides as well).

If catalytic converters have been around since the 70s, why has there been a sudden uptick in their theft? One of the main reasons why catalytic converter theft has been on the rise over the last several years is because of the value of the rare earth metals found inside — like platinum, palladium, and rhodium — which are re-

sponsible for the chemical reaction that neutralizes the engine's harmful emissions. Rhodium in particular is one of the rarest and most expensive metals on earth, more expensive than gold. The price of rhodium surged to its peak in March 2021, due to supply shortages and industrial demand. This, coupled with the fact that stealing catalytic converters is a relatively low-risk, high-reward crime, has contributed to climbing catalytic converter theft rates.

Data from CrimeMaps for the Richmond area reported 438 thefts from vehicles from the beginning of this year through July. For context, thefts from vehicles jumped from 609 in 2022 to 1296 in 2023. CrimeMaps recorded 774 thefts from vehicles for all of 2025. It is important to note that catalytic converter theft falls under the "theft from vehicle" category, but not all "thefts from vehicles" involve catalytic converters specifically.

Catalytic converter theft can be especially troublesome for victims not only because of the costs associated with replacement, but also because of the requirements by the Canadian Environmental Protection Act (CEPA 1999) that prohibits a vehicle from driving on public roads with a removed, altered, or bypassed catalytic converter, meaning that victims are effectively unable to drive their vehicle until a replacement is installed.

According to a Vancouver Police Department (VPD) press release, catalytic converters are usually stolen between 2am and 4am in the dark of night, although determined thieves can take any opportunity that presents itself regardless of time of day. Thieves will go underneath the car with tools like angle grinders or saws to cut the catalytic converters free from the exhaust system. This whole operation takes only around a minute or two before they're finished

and gone. Thieves will typically target vehicles with higher ground clearance, such as SUVs and trucks, as the additional space underneath makes it easier to access the underside of the vehicle. Older hybrid vehicles are also prime targets because their catalytic converters contain higher concentrations of rare earth metals.

If your catalytic converter is stolen, the police department recommends filing a report immediately. You'll also need to replace your catalytic converter as soon as possible if you plan on driving your vehicle. You may choose to source and install a replacement catalytic converter yourself, or go through your insurance provider. Depending on your insurance plan and claims history, the replacement cost may be covered subject to a deductible. Most standard policies will not increase your premium immediately following a single claim, but repeated claims may result in increased deductibles or dropped coverage.

The best way to prevent your catalytic converter from being stolen is if you can park your vehicle in a garage. If that's not an option, there are other preventative measures you can take to reduce your risk and make your vehicle a less desirable target, even if none of them completely eliminate it. Parking your vehicle against a wall or solid barrier limits access to the underside of the vehicle, leaving less space and options to access the catalytic converter. Installing a catalytic converter cover or shield adds a physical barrier. Even though thieves can still cut through or around it, they can increase the time and effort required, which may be enough of a deterrent. Installing a car alarm with a motion or vibration sensor can draw attention to a theft in progress. Motion-sensing cameras and good lighting in your parking area further reduce your vehicle's appeal as a target. Having your Vehicle Identification Number etched (VIN) onto your catalytic converter makes it harder to resell and may deter thieves planning to sell the unit intact, though it's less effective against those stripping it purely for the metals inside. The VPD hosted a catalytic converter etching tutorial to do just that.

It also pays to be alert to unfamiliar vehicles that appear to be canvassing your area. If you witness a catalytic converter theft in progress, call 911 immediately. Catalytic converter thieves can strike more than once in the same area, so staying vigilant and sharing information with neighbours who may have experienced the same crime is worthwhile.

VINE GROUP MORTGAGE BROKERAGE



**Jolene
George**

Sr. Mortgage Broker

2026

Mortgage Market Update

As we move through the second half of 2026, the Bank of Canada has once again chosen to hold its policy interest rate at 2.25%. This marks the seventh consecutive rate announcement with no change, reinforcing the Bank's cautious approach as it continues to monitor inflation, economic growth, employment, and global events.



Although many Canadians were hoping for greater certainty around future rate movements, this latest announcement reminds us that today's mortgage decisions shouldn't be based on trying to predict the next rate change. Instead, they should be based on your individual financial goals, your current mortgage structure, and the opportunities available today.

Bank of Canada Rates

While Canada's economy has shown encouraging signs of improvement, including modest GDP growth and a stronger labour market, inflation remains above the Bank's long-term target. Ongoing geopolitical tensions and fluc-

tuations in energy prices continue to create uncertainty, meaning the Bank of Canada is likely to remain patient and data-driven before making any significant policy changes.

For homeowners, this stable rate environment is actually providing something we haven't seen in several years-time. Instead of feeling pressured to react quickly to rising rates, homeowners now have the opportunity to step back, review their mortgage strategy, and determine whether their current financing still aligns with their long-term financial objectives.

Reviewing Your Mortgage

One of the biggest misconceptions I see is that the best time to review a mortgage is when it comes up for renewal. In reality, many of the best opportunities happen months before maturity. Most lenders begin reaching out three to six months before your renewal date, and unfortunately, many homeowners simply accept the first offer presented to them.

In fact, studies consistently show that approximately 80-90% of borrowers stay with their existing lender without comparing alternatives. While that may seem like the easiest option, it doesn't necessarily mean it's the most beneficial.

A mortgage review isn't just about finding a lower interest rate. It's about making sure your mortgage continues to support your changing financial circumstances. For some homeowners, that may mean restructuring their mortgage to improve monthly cash flow. Lower payments can create additional flexibility in the household budget and reduce financial stress.

Consolidating Credit

For others, refinancing may provide an opportunity to consolidate higher-interest debt. Credit cards, unsecured lines of credit, and personal loans often carry significantly higher interest rates than mortgage financing. Consolidating that debt into a well-structured mortgage can improve cash flow while simplifying monthly payments.

An Ideal Time To Evaluate

This current environment is also an ideal time to evaluate whether an early renewal or refinance makes sense. Since rates have stabilized, homeowners have more time to compare lenders, products, and mortgage features before making an important financial decision. Waiting until the last minute often limits your options.

Another important takeaway from this month's announcement is the value of flexibility. The future path of interest rates remains uncertain, and no one—including economists—can predict with certainty what will happen over the coming year. That's why building a mortgage

strategy around flexibility, rather than speculation, often produces better long-term results.

Every homeowner's situation is different. Factors such as income, future plans, debt levels, family goals, investment objectives, and home equity all play an important role in determining the right mortgage strategy. What works for one borrower may not be the best solution for another. That's why I encourage clients to focus less on trying to time the market and more on understanding the opportunities available to them today.

If you're curious whether your mortgage could be working harder for you, the process starts with a simple review. By looking at your current mortgage balance, maturity date, monthly payment, interest rate, and existing lender, we can determine whether there are opportunities to improve your overall financial position. Sometimes the result is significant monthly savings. Other times it's better cash flow, greater flexibility, or access to equity that can be used strategically for renovations, investments, debt consolidation, or future purchases.

Explore Your Options Early

Looking ahead, forecasts from Canada's major financial institutions continue to vary. Some banks anticipate policy rates remaining unchanged well into 2027, while others expect gradual increases as inflation continues to evolve. The differing forecasts themselves reinforce an important point: no one knows exactly what interest rates will do next.

Rather than making decisions based on predictions, homeowners are generally better served by developing a strategy that works under multiple economic scenarios.

Don't wait until your lender sends you a renewal notice. Start the conversation early. Explore your options. Compare what's available. Understand your choices before you're required to make a decision. A mortgage is one of the largest financial commitments most Canadians will ever have. Small adjustments today can create meaningful financial benefits over the life of your mortgage.

The current rate provides an excellent opportunity to be proactive rather than reactive. Whether your goal is reducing monthly payments, accessing equity, consolidating debt, or simply ensuring you're in the right mortgage product, taking the time to review your options now could make a meaningful difference. As always, I'm here to help you navigate the changing mortgage landscape and build a financing strategy that's designed around your goals—not just today's interest rates.

Contact: jolene@vinegroup.ca

Witnesses can help police by safely observing and reporting crime

Richmond RCMP is encouraging community members to remember that if they witness a crime, their observations can play a critical role in helping police identify suspects, locate vehicles, and advance investigations.

While public safety remains the priority, witnesses can assist police by observing incidents from a safe distance and noting important details that may later become valuable evidence. "Many investigations benefit from information provided by witnesses who take the time to carefully observe what happened," says Corporal Frank Bryson, Media Relations Officer for Richmond RCMP. "We want to remind the public that they should never put themselves at risk, but they can help by paying attention to key details and sharing that information with police."

If you witness a crime, Richmond RCMP recommends the following:

- Maintain a safe distance and do not attempt to intervene or confront suspects.
- Observe and remember details about the suspect, including:
 - Clothing and footwear
 - Distinctive logos or markings on clothing
 - Estimated age, height, build, hair colour, and skin tone
 - Visible tattoos, scars, glasses, piercings, or other unique features

If a vehicle is involved, note:

- Colour
- Make and model, if known
- Vehicle type (SUV, sedan, truck, etc.)
- Distinguishing features such as rims, decals, damage, or bumper stickers

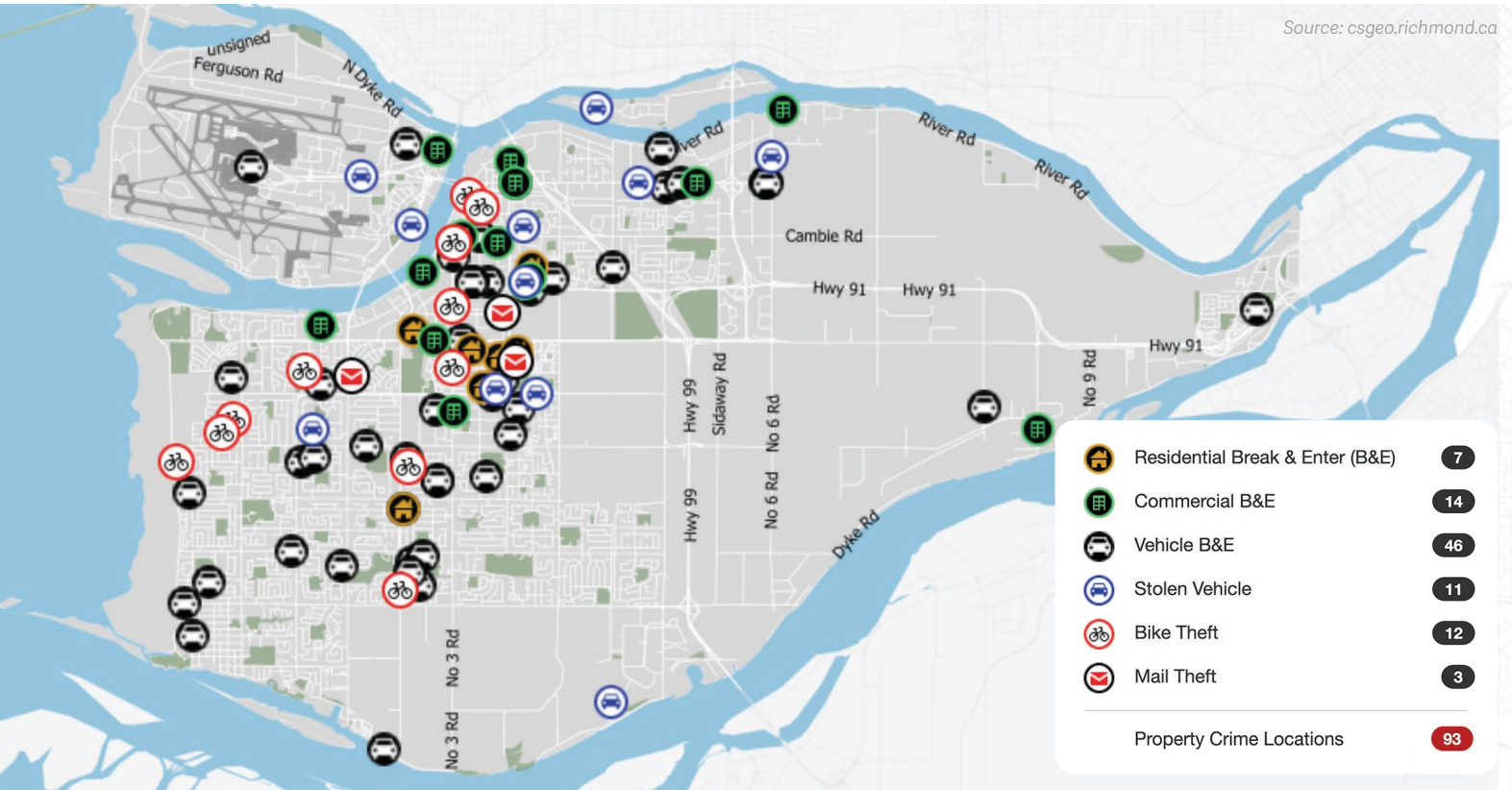
- Licence plate information, if it can be obtained safely
- Note the direction of travel.
- If it is safe to do so, use your phone to record video or take photos.
- Write down your observations as soon as possible while details are still fresh in your memory.
- Remain in a safe location and provide your observations, notes, photos, or video directly to responding officers.

Witness information can help officers quickly circulate suspect descriptions, identify involved vehicles, and support investigations. "Even small details can make a big difference," adds Corporal Frank Bryson. "A licence plate, a distinctive piece of clothing, or the direction a suspect travelled may be the information investigators need to move a case forward." Richmond RCMP reminds the public that personal safety should always come first. If you witness a crime in progress, call 9-1-1 immediately. For non-emergency incidents, contact your local police agency through its non-emergency line.



RCMP Crime Map

Aug. 7 – Sep. 4, 2026





**RICHARD
GOODINE**

Culinary & Wine
Ambassador

Defining Quality

Over millennia of development, our understanding and our common perception of the meaning of words have changed greatly. With that in mind, we must ensure that the basic definition of quality is clarified in order to establish what quality in wine represents. This is the first step to defining wine quality. Quality, by many dictionary accounts, is a defining character, a unique trait which separates one thing from another. It is also defined as having excellence lacking in fault or flaws and as being superior.

The second step in defining quality in wine requires us, the industry professionals, to accept the fact that the consumer's perception of quality is based more on the character side than the excellence side of the definition. All too often, those of us who have taken it upon ourselves to be the self-proclaimed experts of knowing what is good, criticize those wines that are viewed as quality products by the consumer. The demand for these wines and the rapid growth of sales is a clear indicator that the consumer is looking for that distinctive quality which satisfies them, not the critics. Look simply at the top-selling names in many markets—brands such as Oyster Bay, Yellow Tail, or J. Lohr—and it becomes clear that consumers are often seeking easy drinking, value for money, and broad appeal long before worrying about whether a wine shows clear superiority over another. In that context, "quality" may be defined less by complexity or distinction and more by price, approachability, the fact that it isn't too dry, or even by practical considerations, such as packaging that fits neatly into everyday life.

We must not forget the consumer's emotional or visceral view of the topic when providing the factual answer to the quality question. However, quality in wine from a technical perspective is about the absence of flaws, and science alone can make that argument. Any winemaker with a lab can calculate levels of SO₂ (sulphur dioxide), volatile acidity and extraction. To that information, the skilled professional will add a



Photo courtesy statcan.gc.ca

What quality really means when it comes to wine

personal assessment based on years of experience and the outcome of a quality assessment with tactile data.

Over the past 30 years, the industry has made great strides in understanding how to make better wine, even purer, cleaner ones, which have fewer faults than in the past. *Brettanomyces*, a naturally occurring yeast that can influence a wine's aromas and flavors and was once described as "typicity," can be better controlled through proper winemaking and cellaring conditions. Vineyard management, advanced viticulture practices and more sanitized vinification help to ensure the number of potential flaws is reduced.

Therefore, we can say that overall wine quality is higher than it was just three decades ago. Many individuals involved in the wine business for more than 15 years may be able to remember a time when consumers could be heard saying, "I can't drink Italian wines because they give me a headache." While some of the winemakers called this "typicity" or "quality" of their vineyards, it was in fact elevated levels of histamines as a result of high levels of sulfites. Today, with the introduction of new cleaning techniques and sanitation standards in the winery, as well as nitrogen bottling, we have seen the levels of sulfites decrease greatly in Italy. It could be said that we have replaced a certain quality with quality of excellence.

Perhaps the most room for interpretation of quality exists within the pages of every wine publication or online resource. Numerous examples exist, in a plethora of languages and editions, that proclaim which wines are of the best quality. Some of these journals do in fact celebrate the unique quality of the wines while trying to assess their overall quality. Rating the beverages has even taken on a language of its own. The 10-point rating, the 100-point scoring system or the five-star classification of wines by different critics can be declared as proof that one individual's assessment of quality dif-

fers from that of another. The question can be asked: how can one magazine give a wine 90 points while another gives it four stars? What is the difference in quality? In a world where things are always being rated, which rating is giving the wine higher scores for quality?

In a blind tasting held at the 2003 Society of Wine Educators conference in Anaheim, five pairs of wines were presented to a group of 50-plus wine professionals. As each set was about to be unveiled following individual tasting and noting the quality, the group was asked to vote on their favourite ones. In each pairing, without exception, the unanimous favourite was the wine which had scored under 80 points in a famous wine magazine, which shall go unnamed. The wine not chosen, by the majority, as the preferred choice had scored 90-plus points in the same publication. All the products at the tasting were from respected and revered wineries around the world, and they were well made and lacking in flaws. However, the final assessment of quality contradicted the established magazine's definition. The high-scoring wines were distinctive and well made, but their unique qualities did not surpass the group's basic view of quality.

Quality in wine can be defined in many ways. However, three things cannot be ignored: firstly, quality is indeed the unique character a wine possesses which makes it unlike another, or another region; secondly, it means that a wine does not have flaws, imperfections or faults; and lastly, quality is too individual a term never compared to another's view of quality.

Hopefully these three philosophies can combine in such a way that all wine lovers around the world will benefit. Consumers will gain from a better understanding of what they like about a wine and why. The industry will benefit from having a foundation of respected and reputable peers helping the consumer in their search for quality, and last but not least, wine will continue to show better and more unique qualities.



**RIKA
MANSINGH**

Best Selling Author

Seniors, malnutrition, hydration

BY FLORENCE GORDON

Richmond Sentinel sat down with Rika Mansingh to talk about senior lifestyle, malnutrition and hydration. What better place to do an interview pertaining to seniors than at Hamilton High Street Senior Residence, surrounded by seniors.

Rika Mansingh is a best-selling author and a registered dietitian. It's great to have her back as a guest because she really knows how to translate health and wellness in a language we can understand.

RS: I'm always picking your brain about nutrition, and today I understand we're going to educate our seniors on malnutrition and hydration. As a registered dietitian, I understand that you work with long-term care facilities, so you obviously encounter seniors with malnutrition. Can you share with us the key signs?

RM: First of all, you're absolutely right. I've been a dietitian for 22 years, and malnutrition is highly prevalent among seniors and residents in long-term care. The main signs of malnutrition can be subtle; they include unintentional weight loss, poor appetite, frequent illnesses and infections, weakness, fatigue and even changes in skin. For example, if your skin indicates dryness or poor wound healing, it can be due to a variety of reasons. For example, with dental problems, many residents have difficulty chewing, and they may not be eating well. This could require food texture modification, so basically downgrading a texture from regular whole food to a puree texture where it does not require chewing and is easier to swallow. Another reason for malnutrition is the nutritional side effects of medication. Some medications alter your taste, cause nausea, decrease appetite, and this could lead to



Photo courtesy Magnific

Easy suggestions for hydrating foods and drinks

inadequate nutrition and weight loss. Another common reason, which is often overlooked among seniors, is poor vision and loss of memory. Sometimes a senior is not eating and losing weight, and we're wondering why. It could be due to the fact that they can't see their food properly, and some senior residents with memory loss need reminders to eat. It's so important to be assessed by a registered dietitian to identify these signs early.

RS: If a senior does not have access to someone like you or if a caregiver is taking care of a senior, what can be done to prevent malnutrition?

RM: Caregivers can be the superheroes to help prevent malnutrition. It's important to keep track of how much a senior is eating and how frequently and address any dental problems that may exist - does the senior have difficulty chewing? Do they have pain while they're eating? Also, if you notice that a senior is losing weight, it's important to provide small, frequent, nutrient-dense meals and snacks. Introducing nourishing smoothies, soups, fruit and yogurt into a diet often is easier for seniors to digest, even if they don't have an appetite, and you may consider oral nutrition supplements, which are commercially available in liquid and powder form, to add additional nutrition. But definitely consult with a registered dietitian or healthcare professional prior to embarking on any supplements.

RS: My next question is hydration and why it is more crucial as we get older. I'm aware that as we get older, it's obviously crucial to keep hydrated.

RM: Yes, definitely; hydration is essential as we get older. Our sense of thirst diminishes with age, so we become more susceptible to dehy-

dration. And dehydration can lead to common health issues in seniors, especially urinary tract infections. Hydration is important to maintain body temperature, to improve energy levels, prevent confusion, and it's also important for healthy skin. I like to refer to good hydration as the fountain of youth for seniors.

RS: I'd like to ask one last question, and that is what practical tips can you give for seniors, let's say age 55 and older, that are manageable?

RM: I would say definitely listen to your body and make adjustments as needed. Try to sip water intermittently throughout the day. And don't wait for that point when you're thirsty, because when you're thirsty, you're already dehydrated. If you feel your water needs to be more appealing, you need to give it a bit of a boost; you can add some lemon slices, mint leaves, or cucumber. It's a good idea to track your fluid intake to ensure adequate hydration. Adding hydrating foods in your diet like fruit, vegetables, melons, herbal teas, and broth-based soups is always a good idea. If seniors can adopt these simple tips, then keeping hydrated can help them feel great and hopefully lead vibrant, fulfilling lives.

RS: I don't want to simplify this, but is it true that eight glasses of water a day is good?

RM: Eight glasses of water a day should be sufficient. But it's good to consult with a registered dietitian; as we get older, our fluid requirements will vary according to our weight and our age.

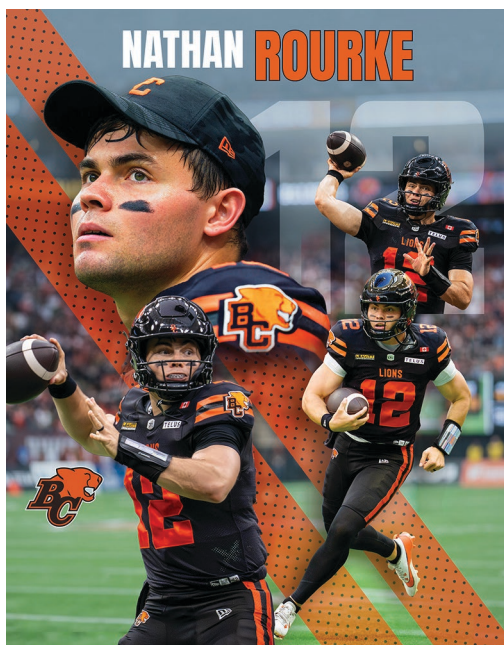
RS: To find out more information, Rika can be reached at rikadiet4wellness.com or by e-mail info@rikadietforwellness.com to book a virtual consult. To watch the entire interview, go to richmondsentinel.ca/videos



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.

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, 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, 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.



Photo provided by BC Lions Football LP

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.

Contact: @joeleary



Fashion for Men

BY DOUGLAS J. SCAMMELL

Mix & Match

The Richmond Sentinel welcomes Douglas Scammell to the team. In reviewing Douglas' portfolio there are no words to do this man justice with his fashion expertise from his traditional business attire to his classy casual style. If you're just starting out in the business world Douglas' experience will help with your wardrobe choices.



A basic black or navy suit can be dressed up with accessories or just by adding a vest. With the addition of a grey suit you can easily turn your wardrobe into four outfits by mix and match.

With COVID-19 came the lifestyle of working at home and putting our business wardrobe away, replacing it with the comfort of track pants and t-shirts. Once it became safe to return to the office and to a social life we needed to re-think about re-vitalizing our wardrobe, ditching the track pants and getting a much needed hair cut. Today's reflection in the mirror is an image you once knew before Covid.

In looking through many photos taken over time, I hope that I have demonstrated the fun you can have mixing and matching a wardrobe. If budget is part of the equation then shop for summer items in the fall and winter items in the summer. You will often

pick up quality items at affordable prices because the retailers want to make room for new inventory.

I believe that we need to get out of that casual mindset and reap the rewards of fashion. If you put the effort into your appearance you will feel more confident and people will be drawn to you.

Investing in your wardrobe is a boost to your personality in a positive way. I'm not saying you need to put on a three-piece suit to feel good but whatever your career is then make sure your wardrobe choices make you look good, then you'll feel good.

I like to refer to fashion that never goes out of style when picking a style worn by fashion icons like Cary Grant or Sean Connery or Frank Sinatra. They were all fashion icons in their own right and no matter how often designers change up the style over the years the classics seem to survive.



Some style tips include a single breasted grey suit. This is probably the most versatile suit worn all year. When adding a second suit I personally like navy, that way you can mix and match the two suits using accessories giving multiple looks.



Another traditional look is a dark brown suit with complimentary accessories.

For dress shirts I like to keep it simple choosing white or light blue. The shirt is your canvas that allows many complimentary choices when adding a favourite tie and pocket puff.

OUR CITY *Tonight*

SPOTLIGHT OFFERS

MORE HOME VIEWING

AND A CLASSIC COCKTAIL

THE VIEW #1 – *Knightfall*

Knightfall gets moving the second the film starts. MI5 operatives are on a stakeout, monitoring what they believe will be a drop-off of a stolen briefcase containing a man-made biological weapon. Obviously, the stakes are high. But when that stakeout goes badly, one of the MI5 team, Ros Knight (Jeanine Nerissa Sothcott), becomes caught up in the aftermath of that botched mission and hunted for the only key to safely unlock the briefcase. The situation becomes more complicated when she discovers there might be a mole in MI5. Unsure of who she can trust, and with mercenaries closing in, she seeks refuge at the remote family home and her father (as well as a former spy) who she hasn't spoken to in years. *Knightfall* is an enjoyable, old-school British action-thriller, mixing espionage, family dynamics and plenty of gunplay. The cast also gives genre fans some familiar faces, including Ian Ogilvy as Ros' father, Charles Knight, Nick Moran, Michael Paré (good to see those two in a film again) and Geoffrey Moore (son of Roger Moore). *Knightfall* is available for home viewing. www.sabanfilms.com



Photo courtesy Saban Films



Photo courtesy Richard Goodine

THE CLASSIC – *Grasshopper 2.0*

We turn to one of the Our City Tonight "cocktail experts" and a regular wine contributor to this magazine, Richard Goodine. His cocktail recommendation for the month of September is a new take on a classic: Grasshopper. "This neon green drink was quite popular in the late 70s and early 80s," Richard tells us, "but it disappeared pretty much from the scene over the last 15 to 20 years." His goal is to bring it back with a modern touch. But in doing so, a re-think is needed as to what should be saved. "First of all, it was a mint-based drink with chocolate, and that and the cream are really the foundations of what this drink was all about," Richard says as we watch him create the cocktail. Starting from many other different drinks such as a Mai Tais or Piña Colada as inspiration, Richard decides that rum could be the base that gets us kicked off. "We take a nice amber rum mixed with a splash of white crème de cacao, for the chocolate element, which, added to coconut cream, starts us off," he says, "however, to really capture the integrity of the drink, we still need minty flavour and green elements, so a perfectly

made Mint purée converted into a simple syrup does the trick." The next step, Richard explains, is to place all the ingredients in a shaker with ice and shake as hard as possible, then strain into a Martini glass or coupe and garnish with a bit of shaved chocolate. "With that, you'll be enjoying a modernized version of the Grasshopper," Richard says while we enjoy this delicious cocktail. To keep this 1970s theme going, we agree that a re-run of *The Rockford Files* would be perfect!

THE VIEW #2 – *Agatha Christie's Tommy & Tuppence*

We offer some wonderful programming again from Britain and BritBox. This time it's the contemporary English language television adaptation of Agatha Christie's *Tommy and Tuppence*. Set in present-day London, Tommy and Tuppence, a pair of quirky Millennials, solve crimes, try to figure out their lives, and annoy the local police, all while they fall in love (and there's some backstory, so we suspect there was love there before between these two). A big part of the enjoyment of this 6-part series is the chemistry between Tommy (Josh Dylan) and Tuppence (Antonia Thomas).



Photo courtesy BritBox

They are superb together, with each bringing their strengths and weaknesses to the investigations – and the relationship, often to comical, and at other times, dangerous results. The supporting cast includes the always superb Imelda Staunton as Tommy's Aunt Ada. If you're a fan of Agatha Christie's work – both in book form and TV adaptations (and we are), this new series is worth a watch! Season 1 premieres September 15th with two episodes, with one episode following weekly. www.britbox.com

Tara Macri's diverse artistic journey

Canadian singer, songwriter and performer Tara Macri has built a diverse career spanning music, theatre and voiceover, earning recognition for her memorable performances and heartfelt songwriting.



Photo courtesy Orel Cholleto

OCT: Before we get into your very diverse career, let's talk about your new single, which came out recently. You have a real talent for writing songs that are both catchy and meaningful. This song has universal appeal, so we want to ask: who is your "Grace," and who has made the biggest impact on your life?

TM: It came together because it was something I was writing on my own, very cathartically, for myself. It started as just piano and vocals that I had been playing with and working on. I sent it to my producer, and he heard it and said the lyrics were really strong. He asked if he could take the melody and lyrics and build a track around them. I said, of course. He went away and sent me several versions, but the first version he sent—the one he had heard in his head—was incredible. I had never heard the song that way before.

OCT: When you first came onto our radar, it was more than a decade ago with a song called "Prettiest Girl in the Room." How has your music and your writing process changed as you've gotten older, and how has what you want to talk about changed? Is there a common thread through your music? You've also charted with

songs such as "Waking Up in California." Can you talk about the Tara who was there in 2015 versus the Tara we have today in 2026?

TM: I think we all grow up in a sense, but the songs always come from an experience. Depending on where you are in your life, that's where the music comes from. "Prettiest Girl in the Room" came from overcoming obstacles and pushing through. "Waking Up in California" was a completely different vibe, but both still carried this idea of hope. I think that's the common thread: pushing through obstacles and finding hope. I don't think the songs are that different in terms of who I am. You're still who you are; you're just in a different place in your life.

OCT: Let's talk about your career, because you've covered a lot of ground in the world of music and entertainment. You've performed on Broadway, you've charted musically, and you got your start on the Stratford Festival stage.

TM: I did, and I started there with Bill Hutt, who, sadly, is no longer with us. That was an incredible experience. I was in "The Tempest" and "West Side Story," working with Sergio Trujillo and Kelly Robinson. I ended up working with Sergio again in "Jersey Boys," so it was like coming full circle, which was incredible. I love Stratford so much, and I learned so much there. I don't think you can pick a better training ground. All of us who were in that production of "West Side Story" were giddy and so happy to be there and to be part of it. That experience really changed me and shaped my career.

OCT: You were in "Jersey Boys," "Hairspray" and "The First Wives Club," but you also did voiceover work and were recognized for your work on "Kung Fu Panda: Secrets of the Scroll." Was it an opportunity meeting preparation, as people sometimes say? Did you always want to do this type of work, even when you were a little girl?

TM: I think I didn't have a plan. I just wanted to do it. When you're doing theatre versus voiceover work versus writing songs, they're all dif-

ferent, but they're also the same in that you're being creative in different ways. I really love that part of it—the ability to be creative. So, no, there wasn't really a plan.

OCT: You've done incredibly well for someone who didn't have a plan, and it's smart to have as many tools in your arsenal as possible to be able to work in this industry.

TM: Writing music is something that is cathartic for me. With acting, when you become a character and get a role, you fall into that role in a different way, but it's still part of you. It's a fun way to express yourself, and you get to feel different. With voiceover work, you get to play characters you might not otherwise get to play. You can play a six-year-old, or you can play a young tigress. These different opportunities really do flex different muscles, and you get to explore all of them.

OCT: Your career moves between music, theatre and voiceover. Has that range helped you stay creatively fulfilled?

TM: Definitely. Each one challenges me differently. Music lets me tell my own stories, theatre lets me step into someone else's world, and voiceover allows me to discover characters through my voice. Having those outlets keeps me curious and excited about what might come next.

OCT: And with "Grace" being so personal, does releasing a song like this feel different now that you've had so many years of experience in the industry?

TM: Absolutely. I think the older you get, the more you understand yourself and what you want to say. You become more comfortable being honest and vulnerable. That's what makes writing so meaningful to me. If something comes from a real place, hopefully people can connect with it, because everyone has someone who has made an impact on their life.

OCT: That seems to be the beautiful thing about your career: whether you're performing a character, recording a song or doing voiceover, there is always a piece of you in the work.

TM: Exactly. That's what I love about it. You get to explore different sides of yourself while still being true to who you are. Visit TaraMacri.com



RICHMOND SENTINEL SPONSORS

OUR CITY TONIGHT
JIM GORDON & LEETA LIEPINS

airing on CHEK TV Sundays
at 10:30 a.m.
and 12 a.m.

Novus Entertainment

DAILY



OUR CITY TONIGHT



RICHMOND'S NEWEST SENIOR LIVING COMMUNITY



Independent Living, Assisted Living and
Full Care Suites available

MOVE IN TODAY!

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

Exceptional Senior Living

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