

Chamber readies for annual 911 Awards

On Wednesday April 28th, 2010 the Richmond Chamber of Commerce in partnership with WorkSafe BC and Translink present the 8th Annual 911 Awards Dinner & Ceremony to honour the nominees from the RCMP, Fire Rescue, Coast Guard, Ambulance and Community Safety Sectors.

The 911 Awards was established in 2003 by the Richmond Chamber of Commerce to honour all members of the Emergency Services in Richmond including the RCMP, Fire Rescue, Canadian Coast Guard, British Columbia Ambulance Service, Community Safety Sector and members of the general public. It was an honour and privilege for the Richmond Chamber of Commerce and City of Richmond to have The Hon. Iona Campagnolo, Lt. Governor of British Columbia in 2003 to give the keynote address that evening. In 2009 we were honoured to have the keynote address given by Jack McGee, President and CEO of the Justice Institute of British Columbia. This year we are pleased to have the Hon. Kash Heed, Minister of Public Safety and Solicitor General, Province of British Columbia give the keynote address.

Nominees will be honored in the following 11 categories:

- **Police Officer or Team of the Year**
- **Firefighter or Fire Rescue Crew of the Year**
- **Coast Guard Member, Volunteer or Crew of the Year**
- **Ambulance Paramedic or**



Honouring Richmond RCMP, Richmond Fire Rescue, Coast Guard and BC Ambulance Services



- **Ambulance Crew of the year**
- **Community Safety Award**
- **Community Safety Award of Valor**
- **Integrated Emergency Service Member or Crew of the Year**
- **RCMP Career Achievement Award**
- **Fire-Rescue Career Achievement Award**
- **Coast Guard Career Achievement Award**
- **Ambulance Paramedic Career Achievement Award**

The 911 Awards will be held at the River Rock Theatre, 8811 River Road with Guest MC Randene Neill, *Global TV*. A no host reception to be held at 5:30 pm followed by the dinner and awards ceremony beginning at 6:45 pm. Tickets are \$80 plus GST.

For more information, please contact Carol Young at 604-278-2822 or email caroly@richmondchamber.ca.

To reserve tickets please contact the Chamber office at 604-278-2822 or visit our website at www.richmondchamber.ca.



Upcoming Events

March

TUESDAY, MARCH 30, 2010

Business After Five

Join us for a great "Members Only" Networking experience with our hosts at Richmond Business Centre, Suite 305, 5811 Cooney Rd. 5:00 pm - 6:45 pm. Reservations are required.

April

WEDNESDAY, APRIL 14, 2010

Strictly Networking Breakfast 2010

Limited Seating! Richmond Country Club, 9100 Steveston Hwy.
Registration & Breakfast 7:00 am - 7:30 am & Networking 7:30 am - 9:00 am
Tickets: Members \$15.00+GST Non-Members \$25.00+GST

WEDNESDAY, APRIL 28, 2010

8th Annual 911 Awards

at the River Rock Theatre. Tickets \$80.00 per person + GST. For more information check our website at www.richmondchamber.ca or call the Chamber office at 604-278-2822.

May

WEDNESDAY, MAY 12, 2010

Strictly Networking Breakfast 2010

Limited Seating! Richmond Country Club, 9100 Steveston Hwy.
Registration & Breakfast 7:00 - 7:30 am & Networking 7:30 - 9:00 am
Tickets: Members \$15.00+GST Non-Members \$25.00+GST

June

MONDAY, JUNE 28, 2010

27th Annual Golf Tournament

Richmond Country Club, 9100 Steveston Hwy.
Single Golf \$225 + GST Foursome \$850 + Gst (Includes Golf, tee gifts, power carts, cart gifts, dinner, and prizes.)
Hole Sponsorship - Hole \$400 Half Hole \$275
Banquet Only \$60 + GST



The Richmond Chamber Of Commerce • Published Monthly

The Richmond Chamber of Commerce has been "Proudly serving our community for since 1925". In partnership with the *Richmond Review* the Chamber produces *Business Gateway* once per month. The statements and views expressed in this monthly publication are not necessarily those of the publisher. This publication's intent is to keep Chamber members and prospective members informed on important information, events and educational items. The Richmond Chamber of Commerce is located at Suite 101 - South Tower - 5811 Cooney, Road, Richmond, BC, V6X 3M1.

CHAMBER PARTNERS:

Beavis, Wong & Associates/
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For more information and to reserve for the events, please phone 604-278-2822; Email: rcc@richmondchamber.ca or see us online: richmondchamber.ca

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Get the most out of your prescription

Prescription drugs account for 70 cents out of every health claim dollar. Here are some tips to ensure you're getting the most out of your prescription.

Talk to the pharmacist

When you fill your prescription, talk to the pharmacist. Make sure that you let him or her know about any other drugs that you're taking, including over-the-counter medication (like Tylenol), or any vitamins and minerals that you're taking. Certain over-the-counter medications can interfere with your prescription, making it less likely to work, and perhaps putting you at risk for health complications.



Read the directions carefully

If the label says to take with food, ensure that you take the medication with food. If you should be taking it on an empty stomach, make sure that you haven't eaten anything before you take your pill. Medications are designed to work either with food or without, and you could be putting

your health needlessly at risk.

Be careful what you drink

Do you take your pill with orange juice at breakfast, or with a glass of grapefruit juice mid afternoon? You could be causing a potentially fatal reaction. Studies have shown that taking your pills with acidic fluids, especially grapefruit juice, could be sabotaging

your dose. With certain medications, grapefruit juice has been shown to increase the absorption into your system, cause a potentially fatal overdose. It has also been shown to negatively react with other medications, meaning you aren't getting the correct dosage. Whole grapefruits can also cause problems, because the substance that causes the effect can stay in your system for

up to 24 hours. Apple and orange juice can also cause problems. Most medications should be taken with water, unless directed.

Take the full prescription

Don't stop taking the prescription when you feel better; continue

to take the drug until your prescription runs out. Although you may feel better after a few days, your body is still recovering, fighting off germs and infection. By stopping medication early, you put yourself at risk for a relapse, which means another trip to the doctor and another

prescription to fill.

In Richmond, the Chambers Plan is represented by Lisa Wong of Beavis, Wong & Associates. For more information contact their office by phone 604-233-1964, e-mail lwong@bwafinancial.com, or visit www.bcbenefitplans.com.

Welcome New Members

0873501 B.C Ltd. dba Sunrise Housewares

2390 E. Hastings St.
Vancouver, BC V5L 1V5
Phone: (604) 568-3377
Contact: Eric Chang

Across Canada Van Lines Inc.

14273 Knox Way
Richmond, BC V6V 2Z4
Phone: (604) 232-5550
Contact: Cigdem Ersavasi

Canadian Chinese Business Development Association

PO Box 328, 1181 - 3779 Sexsmith Road
Richmond, BC V6X 3Z9
Phone: (604) 279-1812
Contact: Amy Huang

D. Fairholm & Co. Inc.

11331 Coppersmith Way
Richmond, BC V7A 5J9
Phone: (604) 214-7706
Contact: Don Fairholm

H2O Hair & Nail Co.

230 - 12240 Second Ave.
Richmond, BC V7E 3L8
Phone: (604) 241-5593
Contact: Marlene Heroux

Silver Bell Fashion

5269 Victoria Dr.
Vancouver, BC V5P 3V4
Phone: (604) 301-9288
Contact: Siu-Ling Cheng

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What's the best thing that ever happened while running your business?

■ Attending the Richmond Chamber events because I've been able to re-connect with old high school friends and past colleagues. It's been great reminiscing about the good ol' days when I had the "Big Over-Teased, Over-Hair sprayed Hair Days". We all hate to admit it, but we were part of the tie-dye/neon t-shirt/MC Hammer era.

What was your first job?

■ Spending my Saturdays cleaning, dusting and windowing the house. Working my butt off



for the nickel that my mom would give me just so I could run off to the corner store to buy that Gummy Worm. 5 hours of hard work that pays off with a 5 second reward.

What book are you reading right now?

■ I'm actually reading lots of books right now. I like to go back and forth depending on what kind of mood I'm in. A few are The Little Prince, Say You're One of Them, New Earth & A Lesson before Dying.

Favourite Sport and Team?

Basketball, LA Lakers. Kobe Bryant is hot. Too

bad they got rid of those short shorts from the good ol' days....

What do you do to de-stress?

■ Family is really important to me. When I have a stressful day at work I know I can come home and my worries will just fade away. I play games with my 2 kids.

Where do you see yourself in 5 years?

■ Exactly where I am now, happy.

For more information about Canadian Springs, please contact Nancy at 604-763-7746.

BC Chamber of Commerce signs an agreement of cooperation

The British Columbia Chamber of Commerce is pleased to announce that it has signed an Agreement of Cooperation with the Chamber of Commerce in Krasnodar, the Russian region holding the Sochi 2014 Winter Olympic Games.

"The Vancouver 2010 Winter Games have showcased British Columbia as a world class destination for investment and business growth," said John Winter, President and CEO of the BC Chamber of Commerce. "The Olympic legacy for the people of our province will depend on how we leverage the investment which has gone into these Games. The Agreement with the Krasnodar Chamber is a perfect example of how relationships developed at the Vancouver Games can build far reaching trade partnerships."

The Agreement expresses the willingness by the two Chambers to cooperate on developing and strengthening inter-regional trade and economic relations. The focus will be on creating ties through trade missions, forums, conferences and exchanges between delegates from the Chambers and business associations. These efforts are aimed at creating joint ventures and partnerships, but will inform businesses and communities from the two countries about regulations and opportunities.

"BC built important relationships at Olympic venues in Turin and Beijing," continued Winter, "and we hope to bring an even greater benefit to businesses and communities in the province through connections created at the Vancouver Games."

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Around The Chamber

DIVERSEcity Community Resources Society is hosting its 15th Annual Cultural DIVERSEcity Awards for Business on Tuesday, April 13th, 2010 at the Sheraton Vancouver Guildford Hotel in Surrey. For more information, please contact: Farah Kotadia, Event Manager, t:604.597.0205 (ext. 1213) e: cda@drcs.ca

Gateway Theatre - Dedicate a Seat; Support the Arts - Gateway Theatres invites you to join fellow members Bob Eason of Caltron Office Furniture and Gary Cohen of Buchan Cohen Edwards in supporting our dynamic performing arts centre by dedicating a seat. Donations are 100 per cent tax deductible and your support will be recognized in the Main Stage program for one year. For details, contact Sheila Cahill at 604 247-4973 or scahill@gatewaytheatre.com

Richmond Centre for Disability (RCD) - 2010 marks the 25th Anniversary of the founding of the RCD. As part of our celebration and in keeping with our overall aim to create more awareness about accessibility in our community and the role of people with disabilities, we plan to kick off a series of activities to commemorate this occasion in April 2010. More information about the RCD 25th Anniversary Celebration is posted on the RCD website at www.rcdrichmond.org.

Congratulations to Bright Ideas Event Coordinators Ltd. Going for Gold at the 13th Annual Star Awards. Bright Ideas brought the Old West to life for BC Hydro's Power Smart Wild, Wild West Gala. Now, that fabulous décor is nominated for a 2010 Canadian Special Events and Meetings Expo "Best Theme Décor Award".

SOS Children's Village BC announces the 2010 SOS Children's Village Run, Sunday May 30th, at the Richmond Olympic Oval Plaza, 6111 River Road, Richmond. The annual event is a 5-10K Run and 1K Family Walk along the beautiful Middle Arm dykes of the Fraser River. Visit www.sosbc.ca or contact Kathy Green by emailing kathgreen08@gmail.com or phone 604-295-5830.

Moncton Dental - To promote good oral health, Moncton Dental is offering a complimentary standard oral exam for all new patients during oral health month in April. Also, all patients attend during the month are entered into a draw for Oral B electric toothbrushes. We have been serving the community for over 25 years. Come on in and meet us!

The 17th annual Ethel Tibbits Women of Distinction Awards nomination period closes at 5 p.m. on Friday, April 2. The luncheon will be held on Tuesday, May 18 from noon to 2 p.m. at the Westin Wall Centre Vancouver Airport, 3099 Corvette Way. For information or to submit a nomination email ethels@richmondreview.com



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Four Diamond Award

Best Buy - Correction Notice

To our valued customers: We apologize for any inconvenience caused by an error in our flyer dated: March 12 - March 18 Product: Sony SX43 Camcorder. Please note that these camcorders advertised on page 9 of the March 12 flyer are standard definition, NOT high definition, as previously advertised. SKU:10138733, 10138730

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