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Diljit Dosanjh to join Sunny Deol starrer Border 2? Page 21

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Chal Chaliye
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How old-school bhangra is influencing South Asian music today

When you think of bhangra music, high-energy, rhythmic and heavy beats probably come to mind. But it hasn't always been this way - the genre's been around a while and has its roots in traditional folk music.

Back then male and female duets, and sounds of the harmonium, accordion and guitar were the key features of its signature style. Since the 1970s and 1980s - considered a golden age - bhangra has been adapted and fused with modern urban melodies.

As the genre moved forward the duets that helped to shape it seemed to go out of fashion.

But they could be making a comeback.

British Asian record producer Manni Sandhu is the man behind recent number one single Forever. The track, featuring a duet between singers Tegi Pannu and Prem Lata, was top of the Official British Asian Chart for five weeks in a row.

It was also streamed more than 30 million times across Spotify and YouTube combined, and peaked at number two in the global Asian music chart.

"The duet phase is definitely coming back," Manni tells BBC Asian Network.

'It's gone totally berserk'

Manni feels Forever's popularity is down to an increased appetite for the type of Punjabi folk music which was popular decades ago.

"Our industry definitely went through a phase where we were



trying to imitate and be more like the Western side," he says.

"But it was never going to make it that way because that's not authentic.

"I feel like the music coming out recently in the last six or seven months has definitely got a much more traditional sound to it."

Manni says Forever's beats are still "a little bit urban", but the vocals and lyrics have an "authentic old-school kind of folk Punjabi feel".

"I'm glad the music is more of a folk sound because that's what it should be," he adds.

That original folk sound was heavily influenced by Amar Singh Chamkila, described as the "Elvis of Punjab" in the 1980s.

His story was captured in Netflix biopic Chamkila, starring Diljit Dosanjh - arguably the biggest Punjabi artist in the world right now.

Many of Amar Singh Chamkila's

hits were duets with Amarjot, played by Bollywood star Parineeti Chopra in the film.

A month after the film's release, rapper and songwriter Raja Kumari released In Love, a traditional duet-style song with Guru Randhawa.

The music video was shot in Punjab and has over 37 million views on YouTube.

"We're all going back to seeing the classics and understanding what was so special about that," she tells BBC Asian Network.

Indian-American Raja has previously collaborated with artists including Iggy Azalea, Fifth Harmony, Sidhu Moose Wala and Fall Out Boy, but says "everyone is always trying to get back to the roots".

"The amount of love that I've received from the Punjabi community for this song. It just encourages me to keep trying doing more," she says.

And she feels it's important to preserve the original sounds for a younger audience.

"I hope that when people do see these modern duets, it makes them go back and understand where it comes from."

This resurgence isn't limited to mainstream music.

Since the release of the Netflix film, a Chamkila and Amarjot tribute act say they've received an increasing number of bookings around the world.

Banger and Sammy, whose group is called Sadi Jori, say the rise in popularity was noticeable when they performed in India.

"It got to a point where you couldn't see anything because there were so many people," Sammy says.

"It took us two minutes to get from our car to the stage. But to get from the stage back to our car, it took us two hours.

"It's not a fashion. I think it's always been there, but now it's coming to the forefront and people are proud of it."

Banger says they've been getting bookings in places where Chamkila originally performed, as well as Dubai, Bulgaria, Australia and Italy.

"Punjabi music duet singing is definitely back, it's gone through the roof.

"It's always been there for me, but recently, it's just erupted and gone totally berserk," Banger says.

By Tania Sangha

Province supports search-and-rescue teams for a safer backcountry

The Province is providing nearly \$6 million to the B.C. Search and Rescue Association (BCSARA) so that ground search-and-rescue (GSAR) groups can continue to have the training, equipment and resources they need to help keep people safe.

B.C.'s GSAR groups are at their busiest this time of year, between keeping people safe in the backcountry and assisting with wildfire evacuations in the province.

"We are incredibly proud and grateful for our province's search-and-rescue teams who work tirelessly to ensure the safety and well-being of people in need," said Bowinn Ma, Minister of Emergency Management and Climate Readiness. "In addition to reimbursements for operational expenses, this funding helps B.C.'s 78 GSAR groups and 3,000 volunteers access the training and resources they need to carry out their vital work of



keeping people safe." The annual funding builds on steps the Province has taken to improve the tools, resources and training available to GSAR, including making it easier for search-and-rescue groups to add capabilities, such as search dogs, to their teams. Additionally, work is underway to complete a needs and gap analysis to determine where new capabilities are required to

meet operational needs of keeping people safe. "BCSARA and the 78 GSAR groups appreciate the continued support of the Province," said Chris Mushumanski, president, BCSARA. "The annual funding is a result of the collaborative relationship we have together cultivated over decades. The benefits of this sustainable funding are put to good use by the incredibly dedicat-

ed volunteers in the GSAR groups daily, and includes our Adventure Hub public education and prevention program as well as the Critical Incident Stress Management (CISM) mental-health program." This is the third year of the annual funding agreement between the Province and the BC Search and Rescue Association, which is the only agreement of its kind in Canada. In addition

to this sustained annual funding, the Province also provides incident-related reimbursements to GSAR groups to cover operational search-and-rescue costs, which amounted to nearly \$5.5 million in 2023-24.

"During an unfortunate situation where I was unable to get off North Star Hill in Kimberley, BCSARA was called," said Ali Currie-Bell, a visitor from Calgary area who was assisted by GSAR. "They stayed in constant contact, reassuring and comforting us. Their calm handling of the situation and quick action got me the medical care I needed. I am grateful for everything they did to get us home safely."

During emergencies and other urgent situations, GSAR groups provide critical assistance to requesting agencies, such as the police and BC Emergency Health Services. GSAR groups were deployed to 1865 incidents in B.C. in 2023 and to 1030 incidents to date in 2024.



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Search for bodies after India landslide buried hundreds

Landslides that hit the southern Indian state of Kerala earlier this week have killed 196 people. More than 200 people are still missing and some 9,000 people have been moved to relief camps. BBC Tamil's Muralitharan Kasiviswanathan reports from the badly hit district of Wayanad.

"Have you seen this girl or her body?"

Clutching a mobile phone close to her heart, a woman goes from village to village, asking people the same question.

Warning: This story contains details that some readers may find distressing.

She shows two pictures of her niece Anita, who is missing. In one, Anita is flashing the victory sign as she poses happily with her aunt. The nine-year-old moved to live with her after the death of her mother a few years ago.

The other photo shows a disfigured body on the ground.

The woman, who was too traumatised to disclose her name, said she received the picture on WhatsApp from some friends who thought it was Anita.

Since then, she has been



trying to locate her niece, but hasn't been successful. She is not sure if Anita is dead or alive.

Her story resembles that of many others who are desperately searching for their loved ones.

Nearly 200 people are still missing after vast swathes of the area were flattened by thick torrents of mud and water on Tuesday.

The disaster struck at 2am as most people slept, giving them little chance to escape.

Wayanad is known for its cardamom plantations and tea estates and has several

popular tourist spots. Hundreds of plantation workers live here with their families in makeshift houses made of tin and clay.

On Thursday, rescue officials said that all the people trapped in tea plantations had been rescued and chances of finding more survivors were slim.

They added that rescuing people and retrieving bodies were proving to be difficult due to heavy rains that were continuing to lash the area.

Their operations were also affected because the bridge that connected the

badly affected villages of Chooralmala and Mundakkai was washed off.

Officials have now constructed a temporary metal bridge to ferry equipment to the affected areas.

The BBC also witnessed scenes of chaos as anxious relatives waited outside a school where some of the unidentified bodies have been kept.

Amaravati, who narrowly survived the landslides, is still in shock. She is from the neighbouring Tamil Nadu state, but has been living in Chooralmala for years.

"It had been raining continuously for two days. When the first landslide struck, we went to our daughter's house, which was a short distance away," she said.

But when they got there, they saw "mud and debris everywhere".

The family fled to a nearby coffee plantation and took shelter there for the night.

But her husband's brother and nephew were not as lucky. Landslides buried their house and Amaravati and her family are now trying to identify their bodies.

Ponnaiyan, who ran a tailoring shop in the area, said he and his family

narrowly escaped death on the fateful night.

"But many of my neighbours, relatives and friends, who were sleeping peacefully in the night, have all died," he added.

When rains became too heavy, Ponnaiyan took his family to his shop thinking they would be safer there. But soon, an electric pole fell on the shop's shutter and water started flooding in.

"When I opened the door, I saw water and mud washing away everything on the road. I thought we would die there," he recalled.

After they had walked for about half-a-mile in knee-deep mud, the ground collapsed again. The family then climbed up on to a nearby mound, from where they were rescued by officials. The next morning, he decided to go back and check on his friends and neighbours.

"But everything and everyone had been washed away," he said.

Almost everyone in the area had similar stories to tell. Many families have accepted that their missing loved ones are dead but some are still clinging on to hopes of a miracle.

CRICKET LEGEND SHASTRI HONOURED BY CARDIFF MET

Former India and Glamorgan all-rounder Ravi Shastri has been made an honorary fellow by Cardiff Metropolitan University.

The award was presented at a special event at Glamorgan's Sophia Gardens ground and recognised Shastri's contribution to cricket as a world-class player, coach and commentator during a career spanning more than 40 years.

"It is a great honour," said Shastri. "It is something I never imagined when I played here long ago that would happen."

"I enjoyed my time playing for Glamorgan here in Cardiff and it is a pleasure to be back."

Shastri, 62, played for India between 1981 and 1992 and performed a pivotal role in their 1983 World Cup victory.



He is one of only five players in the history of the Test game to have completed the hat-trick of scoring 3,000 runs, taking 150 wickets and

compiling 10 centuries.

Shastri was the first Indian batter to hit six sixes in an over when he completed the feat for Mumbai against Baroda in the 1985-86 Ranji Trophy season.

He joined Glamorgan in 1987 and spent four seasons in Wales. In 1988, he played a key role in the team's run to the semi-finals of the Benson & Hedges Cup.

After retiring from international cricket, Shastri transitioned into a successful career as a commentator. He was also a Unicef ambassador for a decade, championing the 'Pulse-Polio' campaign until India eventually eradicated polio.

In 2017, he became India's head coach, guiding the team to an historic Test series win in Australia that led to

them becoming the number one team in the world.

'Reap future rewards' Shastri celebrated his achievement alongside his wife, Ritu, and daughter Alekha, and several of his former playing colleagues at Glamorgan including his former captain Hugh Morris.

Ex-Glamorgan captain Tony Lewis, who persuaded Shastri to sign for the Welsh county, was also in attendance, alongside current club president Alan Wilkins who has commented alongside Shastri.

"Ravi and I have been great friends over many years and I was very pleased to play a part in bringing him and Cardiff Metropolitan University together," said Wilkins.

B.C. supports seniors aging at home with new virtual service

Seniors will be supported to stay in their homes longer with a new virtual service that provides some of the essential support of a long-term care facility in their own home.

“Seniors prefer to live in their own home receiving supports and assistance, in a space that is familiar and comfortable,” said Adrian Dix, Minister of Health. “This innovative long-term care at home approach provides seniors and their loved ones with the services they need to age safely and independently for as long as possible.”

The Long-term Care at Home program (LTC@Home) equips seniors’ homes with technology for virtual care and monitoring, customized to an individual’s needs and monitored by a care team who checks in if an alert is received. It also includes respite care to help alleviate family caregiver burnout, extending their ability to care for a loved one in the home longer.

Similar to long-term care residence monitoring, the programs’ technology will monitor seniors in their homes for fall detection, activity levels, medication adherence, wandering and vitals where appropriate to the individual.

“This virtual program will empower seniors to age in the comfort of their own



homes,” said Harwinder Sandhu, Parliamentary Secretary for Seniors’ Services and Long-Term Care. “By embracing new solutions and tailored support, our government continues to take action to ensure the safety of seniors, so they can age with dignity and security. This new program will provide comfort and assurance to seniors and their families by delivering the quality health care needed to age in place.”

A variety of devices may be used for equipping a senior’s home. Examples include a tablet for connecting to loved ones or participating in virtual programs, a wearable pendant

or wall mounted device for fall detection, two-way emergency calls, and sensors installed throughout the home. The combination of devices used is tailored to the seniors’ home and health needs, ensuring they are safe wherever they are in their home.

“This program will give seniors in Saanich South and throughout B.C. the long-term care support they need within their own homes, keeping them safe and providing their loved ones with peace of mind,” said Lana Popham, MLA for Saanich South.

The LTC@Home program is designed to support seniors who feel this is a vi-

able solution for them, and whose care needs meet at least one of the following criteria:

on or eligible for long-term care wait list and is living at home with a primary caregiver (family or friend); on or eligible for assisted living wait list and is living at home; or

living at home with or without a primary caregiver and is capable of managing daily activities, but is at risk of isolation, at an elevated risk of a fall, or would benefit from vitals monitoring and/or medication dispensing.

The project is being piloted with the support of KinVillage in Delta (11 seniors enrolled) and Broadmead Care Society in Victoria (15 seniors enrolled), with a goal of supporting more than 2,700 seniors and their caregivers over the next four years, and expanding to other communities around B.C. over the next 18 months. The KinVillage hub for the virtual program launched June 17, 2024. Broadmead is installing technology in homes this week, with all 15 clients set up over the next few weeks. The program is funded through the Canada-British Columbia Aging with Dignity agreement, which provides up to \$47 million over four years. This agreement bolsters B.C.’s investments to meet the

needs of seniors by enhancing access to high-quality, safe and dignified care. Funding flows to long-term care partners to support implementation and operating costs, including hiring program management and implementation staff, technology procurement, contracts for program monitoring and evaluation, and necessary renovations and equipment.

Quotes:

Glenn Maxwell, Long-Term Care at Home participant at Broadmead -

“I’m in my mid-70s. I have issues with balance and falling due to profound hearing impairment and vertigo. With this new technology, I feel supported in my own home. I am thankful for the options provided by the Long-term Care at Home initiative through Broadmead Care.”

Dan Levitt, B.C.’s seniors advocate -

“We know seniors want the choice to age in the comfort of their own homes, close to family, friends and neighbours. This initiative will extend services typically only available in long-term care homes to older adults living in the community, supporting the desire for more independent living, while potentially reducing pressure on other areas of the health-care system.”

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B.C. engages on Columbia River Treaty agreement-in-principle

To hear from people in Columbia Basin communities, engagement on the Columbia River Treaty agreement-in-principle will begin this summer.

On July 11, 2024, the Government of Canada and the United States announced that they have reached an agreement-in-principle (AIP) on the key elements of a modernized Columbia River Treaty. This milestone follows six years of negotiations and, on the Canadian side, has been informed by more than a decade of B.C. government engagement with Indigenous Nations, local governments and Columbia Basin residents. Now that an AIP is in place, the Province of B.C. will engage again with the people of the basin to describe the AIP and seek their feedback.

The engagement will initially focus on providing information about the AIP and answering questions received throughout the summer to help people understand what the AIP includes and how it compares to the original treat-



ty. A video featuring representatives on the Canadian negotiation delegation explaining these details will be released in early August 2024. A summary of the AIP and answers to frequently asked questions are available on the B.C. Columbia River Treaty website: <https://engage.gov.bc.ca/columbiarivertreaty/agreement-in-principle/>. Additional resources and updates will be shared over the coming weeks.

In early September 2024, the

Province will host a virtual information session, providing another opportunity for the public to learn about the AIP, ask questions and share feedback. A recording of the session will be available afterward for those unable to attend or who wish to watch it again.

Following the information session, the Province is planning to hold a series of community meetings in the basin. The engagement taking place over the coming months provides an op-

portunity for the public to share how they see their interests reflected in the AIP and learn about next steps for implementing a modernized treaty.

Throughout this process, the Province will connect regularly with the Columbia River Treaty Local Governments Committee and the Columbia Basin Regional Advisory Committee. Both committees are composed of representatives from across the basin who have been providing suggestions and advice to the Province for more than 10 years about what an improved treaty could include. More details about engagement activities will be shared as they become available, including dates, times and registration information for the online information session and in-person community meetings. Stay up to date by following @ColumbiaRiverTreaty on Facebook and @CRTreaty on X/Twitter, visiting the B.C. Columbia River Treaty website and subscribing to the B.C. Columbia River Treaty news-

letter: <https://news.gov.bc.ca/subscribe?newsletters=columbia-river-treaty> As this engagement takes place, both countries will begin the process of drafting amended treaty text that reflects what is outlined in the AIP. Feedback from the public will inform this process. Once a modernized treaty has been drafted, it will need to be approved by the B.C. government and ratified by the Canadian and U.S. federal governments. There is no set date for when a modernized treaty will come into effect. However, both countries have committed to getting it in place as soon as possible.

Members of the public are encouraged to share feedback, comments and questions about the treaty and the AIP by emailing columbiarivertreaty@gov.bc.ca or by writing to:

Columbia River Treaty Team
Ministry of Energy, Mines and Low Carbon Innovation
PO Box 9314 Stn Prov Govt.
Victoria

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Arms ਬਾਹਵਾਂ: ਕੀ ਤੁਸੀਂ ਆਪਣੀਆਂ ਬਾਹਵਾਂ ਉੱਪਰ ਨੂੰ ਚੁੱਕ ਸਕਦੇ ਹੋ?

Speech ਗੱਲ-ਬਾਤ: ਕੀ ਤੁਹਾਡੀ ਗੱਲ-ਬਾਤ ਅਸਪਸ਼ਟ ਹੋ ਰਹੀ ਹੈ?

Time ਸਮੇਂ: ਸਮੇਂ ਦੀ ਅਹਿਮੀਅਤ ਸਮਝੋ - ਫਟਪਟ 9-1-1 'ਤੇ ਫੋਨ ਕਰੋ।

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B.C. powering southern Interior growth with clean, affordable electricity

BC Hydro will invest nearly \$6 billion in capital projects across B.C.'s southern Interior over the next decade to expand the electricity grid, and upgrade its infrastructure to ensure a continued, reliable supply of clean power across the region.



"We must build out B.C.'s electrical system like never before to power our homes and businesses, to power a growing economy and to power our future," said Josie Osborne, Minister of Energy, Mines and Low Carbon Innovation. "Throughout the southern Interior and in communities across B.C., these construction projects will create thousands of good jobs over the next decade and ensure that people have access to clean, affordable and reliable electricity, when they need it and where they need it."

In January, the Province announced BC Hydro's updated 10-Year Capital Plan, which contains \$36 billion in regional and community infrastructure investments throughout B.C. - a 50% increase in investments over its previous capital plan. These new construction projects are forecasted to support 10,500 to 12,500 jobs on average annually, and will increase and maintain BC Hydro's capital investments as major projects like Site C are completed.

The plan reflects growing demand for electricity across sectors due to population growth and housing construction, increased industrial development, and people and businesses switching from fossil fuels to clean electricity, among other factors.

"In regions like the southern Interior, we are investing billions of dollars to significantly upgrade our generating facilities and transmission lines to improve dam safety, replace aging or end-of-life equipment and reduce the risk of extended outages due to wildfires," said Chris O'Riley, president and CEO, BC Hydro. "These investments, along with

upgrades to our substations, and underground and overhead distribution infrastructure, will ensure BC Hydro can continue to provide clean, reliable and affordable electricity British Columbians rely on." The southern Interior is experiencing growth in communities like Kamloops, West Kelowna, Lillooet, 100 Mile House, Vernon, and Lake Country, among others. To meet these growing energy needs, \$5 billion is being invested in BC Hydro's generating facilities:

About \$1.2 billion will go toward improvements to the La Joie dam facility on the Bridge River to address aging infrastructure and seismic vulnerabilities at the site.

Approximately \$3.8 billion in investments is for dam safety, equipment refurbishments, replacements and improvements to maintain continued reliable operation at facilities on the Bridge River system (Bridge River 1 and

2, Seton, Terzaghi, La Joie), and on the Columbia system (Revelstoke, Mica, Kootenay Canal, Duncan, Seven Mile, Hugh Keenleyside). Additionally, about \$450 million has been earmarked for crucial transmission capacity upgrades, including:

- replace end-of-life equipment at Natal substation to maintain reliable supply of energy in the area;
- replace aging infrastructure, such as reactors and switchyard equipment; and
- upgrade station fire protection and telecommunication systems.

BC Hydro's 10-Year Capital Plan is a key part of Powering Our Future: BC's Clean Energy Strategy. The strategy focuses on building an economy powered by clean energy, creating new jobs and opportunities, and keeping electricity affordable.

BC Hydro also recently launched a call for power to acquire approximately 3,000 gigawatt hours per year (GWh/y) of clean electricity. This is BC Hydro's first competitive call for power in more than 15 years. It will add

the West Kelowna Transmission and Westbank Upgrade project, which includes adding capacity at Westbank station to serve up to 26,000 more homes, as well as a new transmission connection to provide redundancy to the area, which is currently served by a single transmission line; upgrades to support electrification at the Highland Valley Copper mine near Kamloops; and Bridge River project, which proposes to raise the height of structures on transmission lines between Bridge River Terminal station and Kelly Lake substation. BC Hydro is also investing in new distribution infrastructure to serve

more than 15,000 new homes in Kamloops and West Kelowna.

Approximately \$275 million will be invested in substations to:

- replace end-of-life equipment at Natal substation to maintain reliable supply of energy in the area;
- replace aging infrastructure, such as reactors and switchyard equipment; and
- upgrade station fire protection and telecommunication systems.

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5% to its current supply, and will be the first in a series of calls for power as BC Hydro requires more power to electrify B.C.'s growing economy and reduce harmful pollution.

Quotes:
Harwinder Sandhu, MLA for Vernon-Monash -

"This significant investment by BC Hydro is crucial for the southern Interior. As our region continues to grow rapidly, these upgrades and expansions will ensure that our residents and businesses have access to reliable and clean electricity. This not only supports our economic development, but also aligns with our commitment to a sustainable and clean economy. I'm proud to see these upgrades coming to Vernon."

Victor Cumming, mayor of Vernon -

"This investment announcement from BC Hydro is welcome news and demonstrates what

can be achieved when all levels of government work together. Investing in critical infrastructure now, helps communities plan and build for the future."

Kirndee Nahal, president, Greater Vernon Chamber of Commerce -

"BC Hydro's investment into capital projects across B.C.'s southern Interior over the next decade demonstrates their recognition of the unique needs and potential of communities like ours. It acknowledges the growth we are experiencing and positions us to meet the demands of tomorrow with resilience and innovation. The development of modern, efficient infrastructure is a critical driver of economic activity. The Greater Vernon Chamber of Commerce welcomes the investment in our region, and we look forward to the opportunities this will bring to our community and members."

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Battery research centre will supercharge B.C.'s clean-energy innovation

The Province is contributing \$2 million through its Innovative Clean Energy (ICE) fund to establish a battery innovation centre at the University of British Columbia's Okanagan campus (UBCO).

This cutting-edge facility will focus on research and development of new battery technologies, advancing B.C.'s battery supply-chain sector and growing the Okanagan region's role as a battery and critical-mineral hub.

"The battery innovation centre is a monumental step forward for British Columbia's clean-energy transition, demonstrating the quality, leading-edge work emerging from the sector," said Josie Osborne, Minister of Energy, Mines and Low Carbon Innovation. "People and industry are increasingly relying on battery-powered devices for cellphones, electric vehicles, medical equip-

ment and more. This project will see multiple benefits, opening up new research and development opportunities and creating quality jobs for British Columbians." The battery innovation centre will be the first of its kind in Western Canada, serving as a critical hub for testing and scaling up next-generation battery technologies that have the potential to offer increased energy density, higher safety, and lower-cost alternatives to lithium-ion batteries.

In addition, the centre will support regional economic development through the battery sector's circular supply chain, incorporating battery recycling and metal processing in the Kootenay region, battery manufacturing in the Lower Mainland, and critical mineral mining throughout B.C. Locally available materials, such as sulphur from mining

and oil refineries, and tellurium recycled from smelting wastes, will be used to reduce the reliance on overseas critical minerals and support domestic production.

"We are grateful to the government of B.C. for this significant investment in the Battery Innovation Centre," said Lesley Cormack, principal, UBC Okanagan. "Effective energy storage is a critical element of a low-carbon energy future and the work of our research team has already improved Canada's battery supply chain. This investment will elevate that work even further by providing the necessary space to create and test battery prototypes on a larger scale." B.C.'s \$2-million investment will go toward construction and equipment costs for a 2,000-square-foot pilot pouch cell facility within the battery innovation centre. The facility will produce

commercial-scale pouch cells for use in medical devices and other applications.

Quote:
Harwinder Sandhu, MLA for Vernon-Monash -

"This \$2-million investment through our Innovative Clean Energy fund to establish the Battery Innovation Centre at UBC Okanagan is so great for our region. This centre will be instrumental in advancing battery technology, potentially doubling the energy density of lithium-ion batteries while enhancing safety

and reducing costs. This initiative will position UBC Okanagan and the region as a hub of battery innovation, driving economic growth."

Quick Facts:

As a project that strengthens B.C.'s existing battery and critical-mineral sector in the Okanagan region, the battery innovation centre supports B.C.'s Critical Mineral Strategy and the CleanBC Roadmap to 2030.

The battery innovation centre will be part of the University of B.C. Okanagan's Cleantech

Hub, which was established with federal government funding in 2021 to support academic-industry collaborations.

The innovators behind ICE Fund projects are on the leading edge, building connections, developing and demonstrating technology that will help B.C. transition to a low-carbon economy. Since 2008, the ICE Fund has committed approximately \$114 million to support pre-commercial clean-energy technology projects, clean-energy vehicles, research and development, and energy-efficiency programs.

Provincial health officer rescinds orders for COVID-19

Dr. Bonnie Henry, British Columbia's provincial health officer (PHO), has issued the following statement:

"As British Columbia's provincial health officer, I am issuing an order to end the public-health emergency for COVID-19 and rescinding all related orders.

"Since March 2020, we have been in a provincial public-health emergency to deal with the COVID-19 pandemic. While COVID-19 is not gone, we now have

high levels of protection in the health-care system and in communities throughout B.C.

"The latest epidemiological data I have received shows the risk posed by the SARS CoV-2 virus is reduced. Wastewater indicators and testing data show COVID-19 has levelled off and the number of people in intensive care and in hospitals is lower and stable. The level of protection provided by vaccines and hybrid immunity is

also helping to protect us.

"Throughout the pandemic, we regularly reviewed the PHO orders based on data and evidence, such as: infection rates; sources of transmission; the presence of clusters and outbreaks, particularly those in health-care facilities; the number of people in hospital and in intensive care; deaths; immunization rates; vaccine availability; and the vulnerability of particular populations.

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CHOICE

INDIA ADVISES ITS CITIZENS TO AVOID ALL NON-ESSENTIAL TRAVEL TO LEBANON AMID ESCALATING TENSIONS



Beirut: Amid escalating tensions in the region, the Indian Embassy in Lebanon has advised Indians to avoid all non-essential travel to Lebanon. They have been advised to exercise caution, restrict movements, and remain in contact with the Indian Embassy in Beirut.

Taking to X, the Indian Embassy in Lebanon stated, "In view of the recent escalations in the region, Indian nationals are advised to avoid all non-essential travel to Lebanon. All Indian nationals in Lebanon are advised to exercise caution, restrict their movements, and remain in contact with the Embassy of India in Beirut through their email id: cons.beirut@mea.gov.in or the emergency phone number +96176860128."

Tensions have further escalated after the rocket attack at Golan Heights, allegedly fired by Hezbollah killed 12 children. In response to the attack at Golan Heights, The Israel Defence Forces (IDF) said that top Hezbollah commander Fuad Shukr was killed in the Israeli strike in southern Lebanon on Tuesday (local time).

INDIA TO RECORD ABOVE-NORMAL RAINFALL IN AUGUST & SEPTEMBER: IMD

New Delhi: India is predicted to record above-normal rainfall in August and September, with a good chance of favourable La Nina conditions developing by the end of August, the India Meteorological Department (IMD) said on Thursday.

The monsoon is critical for India's agricultural landscape, with 52 per cent of the net cultivated area relying on it. The primary rain-bearing system is also crucial for replenishing reservoirs critical for drinking water and power generation across the country.

The IMD said that rainfall over India in August and September would be 106 per cent of the long-period average of 422.8 mm.



The country has so far recorded 453.8 mm against the normal of 445.8 mm since June 1, a surplus of two per cent, owing to a wetter-than-normal July after a drier June.

Normal to above-normal rainfall is predicted in

most parts of the country. Below-normal rainfall is expected in parts of the northeast, adjoining east India, Ladakh, Saurashtra, and Kutch, and pockets of central and peninsular India, IMD chief Mrutyunjay

Mohapatra said during an online press conference.

IMD Chief On Deficient Rainfall In Parts Of Western Himalayan Region.

The IMD chief anticipated deficient rainfall in parts of the Western Himalayan region in August-September.

He said above-normal maximum temperatures are expected over most parts of the country. "Normal to below-normal maximum temperatures are likely in some areas in the Gangetic plains, central India, and the southeast coast of India," Mohapatra said India recorded nine per cent more rainfall than normal in July, with the central region receiving 33 per cent excess rain.

MALDIVES PRESIDENT MOHAMED MUIZZU THANKS INDIA FOR DEBT RELIEF

Maldives President Mohamed Muizzu thanked India for its support of the island nation in easing its debt repayment and affirmed hope that New Delhi and Male would forge stronger ties and sign a free trade agreement.

Muizzu was addressing the official Independence Day function in the Maldives on Friday. During his address, he commended the administration's foreign policy, celebrating eight months of 'diplomatic

success,' according to the Maldives President Office.

President Muizzu expressed gratitude to India and China for their support in easing the Maldives' debt repayment, thereby enabling the country to ensure economic sovereignty.

Emphasising the need to alleviate the local shortages of US dollars, he said that the Maldives government is negotiating currency swap agreements with both New Delhi and Beijing.

The Maldives President also announced that his administration is negotiating a Free Trade Agreement (FTA) with the United Kingdom and expressed hope to reach a similar agreement with India.

Notably, the Mohamed Muizzu government in the Maldives took a reconciliatory tone after ties between the two nations soured, leading to a diplomatic row.

Last month, President Muizzu also attended

the oath ceremony of Prime Minister Narendra Modi, after he took office for the third consecutive term.

Earlier this year, Muizzu sought debt relief measures in the repayment of the hefty loans taken from the country over consecutive governments. He even stated that India will continue to remain the Maldives' "closest ally" and emphasised that there was no question about it.

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SHOCKER: INDIAN MAN INSERTS 2-FOOT LONG LIVE EEL ALONG WITH LIME INTO HIS RECTUM IN VIETNAM

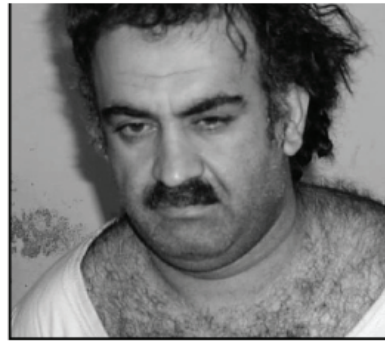


A 31-year-old Indian national man faced a life-threatening medical emergency after he inserted a live eel into his anus. The incident, which occurred around noon, led to severe abdominal pain and required urgent intervention from medical professionals, so he was taken to the Viet Duc Hospital in Hanoi. The eel, approximately 65 cm long and 10 cm in circumference, was discovered within the patient's abdominal cavity following a series of diagnostic tests and imaging.

Emergency Response and Surgery
The patient arrived at the hospital's emergency department with intense abdominal pain. Initial examinations, including imaging and ultrasound, revealed the presence of a radiopaque object in the abdominal cavity. The X-ray images indicated that a large foreign object was lying

horizontally from left to right. Dr. Le Nhat Huy, deputy director of the Colorectal and Pelvic Floor Surgery Centre, explained that the hospital promptly assembled a team of endoscopy experts and anesthesiologists for a colonoscopy to attempt removal of the eel through the anus. The colonoscopy was unsuccessful in removing the eel, and the patient's condition deteriorated with increasing pain. This led to an urgent decision for open abdominal surgery. Upon opening the abdomen, the medical team found a live eel inside, which had caused significant damage by biting through the patient's rectum and colon. Additionally, a lemon was also found within the rectum. The surgical team removed the eel and the lemon, and then addressed the damage by suturing the perforations in the rectum and colon.

US REACHES PLEA DEAL WITH ALLEGED 9/11 MASTERMIND KHALID SHEIKH MOHAMMED



Washington DC: The United States has reached a plea deal with alleged 9/11 mastermind Khalid Sheikh Mohammed and two other defendants, the US Department of Defence said on Wednesday (local time). Mohammed, often known as KSM, was captured in Pakistan in 2003 for his alleged involvement in the terror attacks. Charges Against Khalid Sheikh

Mohammed
In 2008, Mohammed was charged with a list of crimes including conspiracy, murder in violation of the law of war, attacking civilians, attacking civilian objects, intentionally causing serious bodily injury, destruction of property in violation of the law of war, and terrorism and material support of terrorism, according to CNN.

FORMER US PRESIDENT DONALD TRUMP'S 'INDIAN OR BLACK?'

Washington DC: Former US President Donald Trump launched a strong personal attack on Vice President and rival in the upcoming presidential polls, Kamala Harris, by claiming that she, after being of "Indian heritage" for years, "turned Black" a few years ago, CNN reported. He further claimed that Harris "all of a sudden, made a turn" in her identity and wants to be known as black. Trump made the comments at a gathering of black journalists in Chicago when an interviewer asked him why black voters should consider backing a candidate with his history of racist attacks on political rivals. Trump responded by questioning Harris' heritage. "She was always of Indian heritage, and she was only promoting Indian heritage. I didn't know



she was black until a number of years ago, when she happened to turn black, and now she wants to be known as black. So I don't know, is she Indian or is she black?" CNN quoted him as saying. It just keeps getting more unhinged. Newsflash dummy Don, VP Harris is Indian AND Black. People are al-

lowed to be proud of ALL of their heritage. As for her history? She went to an HBCU and is a proud member of the AKA sorority. That's the oldest sorority in the Divine Nine. And... "I respect either one, but she obviously doesn't, because she was Indian all the way, and then all of a sudden she made a turn and she went - she

became a Black person," he said. "I think somebody should look into that too." Notably, Trump has made similar comments in the past as well. For years, he pushed the "birther" conspiracy theory that former President Barack Obama was not born in the United States, according to CNN.




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2024 Honda CR-V EXL review. Classic Family Favourite

By Veeno Dewan

The popular Honda CR-V compact crossover is a top seller for the company and enters 2024 with a host of changes from 2023. Now in its sixth-generation model, there is an exterior design refresh, more technology and for the first time in Canada, a gasoline hybrid model option. The look is conservative, high quality and nicely honed.

The base gasoline engine is a mostly carryover 1.5L four-cylinder unit updated to reduce noise and vibration. The engine also gains a more effective high-response turbocharger for more constant peak power output over a wider rpm spectrum range. Output remains the same as the outgoing CR-V, with 190 horsepower and 179 lb-ft. of torque. Peak torque (1,700 - 5,000 rpm) now arrives quicker.

As it was with the departing model, the 1.5

turbo is paired with a continuously variable transmission (CVT), that Honda has tweaked for a more responsive shift action. The CVT also features the Step-Shift programing that simulates gear shifts at full throttle. All CR-V models come with standard all-wheel drive (AWD), except for the LX model, where it is optional. The AWD system has been updated so that it can now send up to 50 percent of engine torque to the rear wheels.

The 2023 CR-V hybrid model however has an all-new 2.0-litre Atkinson cycle four-cylinder engine (145 hp / 138 lb-ft.) paired with Honda's fourth-gen 2-motor hybrid system. Combined output is rated at 204 horsepower and 247 lb-ft. of torque and allows for about 61km of pure electric driving range. The 2024 Honda CR-V line up comprises: LX, EX-L (AWD), and Touring Hybrid. The front-

wheel drive LX is \$35,125 add all-wheel drive and it is \$37,925. The Sport is \$42,075 and the EX-L is \$44,275. The top-tier Touring Hybrid is \$49,775. We evaluated the EX-L version that adds exterior upgrades, including fog lights, optional one-touch power tailgate, and a power moonroof. Additions also include: a 7-inch touchscreen display, satellite navigation, and a premium sound system plus an optional full-color heads-up display. The EX-L offers a range of advanced safety features, including blind spot monitoring and rear cross-traffic alert.

The CR-V features a dash mounted seven-inch infotainment touchscreen with wired Apple CarPlay and Android Auto, while the EX-L and Touring trims get a nine-inch screen and wireless smartphone connectivity, plus a wireless phone charger. Thankfully, Honda kindly retained the easier to use multimedia volume knob.

Interior highlights include a neat high quality, well-designed and comfortable cabin with good visibility, a huge amount of storage front and rear, a large center console and new seats. The dash is very well designed with stylish hidden vents behind the Honda Civic



style honeycomb look dash-panel. Ergonomics are great the display screen bright and clear to read and there are sensible controls and knobs. Meanwhile, rear legroom is increased along with cargo capacity to 1,028 L, increasing to 1,113 L total by lowering the load floor in the LX, Sport, and EX-L models. With the 60/40 split rear seat folded, 2,166 L of total cargo space is available. Safety is good with Hondas as standard suite of advanced functions, multiple new airbags, collision avoidance and programming for improved pedestrian and cyclist recognition. On the road, the CR-V is no track star, but it feels refined and composed when compared with the competition.

Around corners, the CR-V stays composed and under control. The responsive steering offers enough feedback to smooth over bumps and small potholes and the suspension is pliable.

The CR-V is no Honda Si and errs more to comfort than performance, with the 1.5-liter turbo-4 churning out 190 hp and 179 lb-ft of torque with no turbo lag detected. Three console operated drive modes are a handy touch with Normal/Snow and Econ modes. Road and wind noise is well insulated. Fuel economy is rated at: (Regular 87) 8.4 / 7.1 / 7.8 L / 100 km (city / highway / combined). Down side are few, towing capacities is low at only 1,000 lb of capacity and the CV-R is not as sporty

as its competitors in the acceleration and handling department, not that it will matter to most Honda buyers who value reliability and longevity in their vehicles.

To sum up, the new 2024 Honda CR-V continues the best attributes of the previous generation CR-V with a respectable number of improvements and remains an extraordinarily strong contender in the compact family CUV market. No doubt, it is poised to continue as a strong competitor in the segment and a sales winner for Honda. Fit, finish and equipment levels are good, Highly recommended for families everywhere.

2024 Honda CR-V Priced from: \$35,125 to \$49,775. Plus, options, PDI and freight.

Employment Opportunity

Media Relations Coordinators [NOC 11202]

Thind Motion Films Pvt. Ltd., located at 700-4211 Kingsway, Burnaby, B.C. V5H 1Z6, Canada, is seeking a Full Time Position for two [2] Media Relations Coordinators [NOC 11202] .

This is a permanent, full-time position which offers various shifts with 40 hours' work per week depending on schedule.

Location of work: Primary work location will be at 700-4211 Kingsway, Burnaby, B.C. V5H 1Z6, Canada.

The positions are available immediately.

Job Description

- Strategize marketing and promotion for motion films and other projects based on project;
- Develop marketing plans and content for online [digital] marketing and offline media campaigns;
- Develop, handle and monitor social media accounts for promotion of project and prepare reports based on audience response;
- Maintain long term relations with media channels and to negotiate competitive deals for promotional activities;
- Development and management of organizations advertising and promotion budget for projects;
- Arrange press conferences and briefings and to be the organization's media liaison and formal spokesperson.

Employment Requirements

- Formal education: post-secondary education is required;
- Serve as the organization's media liaison and formal spokesperson.
- Previous experience in project promotions;
- Critical thinker with strong conceptual and research skills.
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Location of work:



The primary work location will be at 700-4211 Kingsway, Burnaby, B.C. V5H 1Z6, Canada.

The positions are available immediately.

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This position is open to Newcomers to Canada, Visible Minorities and Indigenous Persons.

Thind Motion Films Pvt. Ltd., located at 700-4211 Kingsway, Burnaby, B.C. V5H 1Z6, Canada, is seeking a Full Time Position for two [2] Media Relations Coordinators [NOC 11202].

This is a permanent, full-time position that offers various shifts with 40 hours of work per week depending on schedule.

More trained workers will improve mental-health, addictions care in B.C.

People looking for skills training and job opportunities in mental-health and addictions care are now able to access free education and paid work experience in the sector.

Building on the success of the Health Career Access Program (HCAP), which has trained more than 8,000 people as health-care support workers in long-term care homes, assisted-living facilities, home support and acute-care settings since it began in September 2020, the program is now expanding into mental-health and addictions care. This expansion will help fill crucial roles by offering a fully funded certificate program and an educational stipend through the training. The first group of 30 students started in May 2024 with a second group set to begin in September 2024. The Province aims to recruit and train as many as 500 students across B.C.



“Meeting the needs of those living with mental-health and addictions challenges requires a skilled and diverse workforce,” said Jennifer Whiteside, Minister of Mental Health and Addictions. “Providing no-cost training encourages people from all walks of life to help us fill essential roles. This ensures that people are supported by passionate professionals who are equipped with the skills to offer much-needed support.”

By welcoming people with varied backgrounds, including those with lived experience, HCAP enriches

the health-care community. The program supports education, training and recruitment for roles such as community mental-health workers, peer-support workers and outreach-support workers. Increasing the number of trained staff to fill these critical roles, particularly in a challenging labour market, will strengthen the Province’s expansion of mental-health and addictions services.

“Joining the Health Career Access Program has been a life-changing experience for me. I am receiving the

training and support I need to grow my career in health care, something I’m very excited about,” said Michelle Newall, HCAP participant. “The on-the-job training helped me understand what this new career will entail, the university certificate gives me the formal education I need, and the practicum will round out my experience and give me the confidence to work in my new role. I’m grateful for the opportunity and can’t wait to be able to give back to Interior Health and my community.”

Graduates from the program will have the foundational knowledge and hands-on training to work effectively in a variety of mental-health and addictions settings. All graduates agree to work for at least one year in the field so that these training efforts lead to long-lasting improvements in care.

“As our population grows rapidly, the demand for

health care, including mental-health care, grows with it,” said Adrian Dix, Minister of Health. “To ensure B.C.’s health-care workforce is able to meet the diverse care needs now and better support people in their recovery, we are taking significant actions in our human-resources recruitment and retention strategies. That’s why investments in the expansion the HCAP program to include mental-health and addictions care is critically important.”

The HCAP expansion is supported by \$43.3 million from Budget 2023 dedicated over three years to train new mental-health and addictions workers. Enhancing supports for people living with mental-health and addictions challenges is an integral part of A Pathway to Hope, B.C.’s road map for building a comprehensive system of mental-health and addictions care for everyone in British Columbia.

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Tax changes drive surge in commercial real estate deals

The recent changes in capital gains taxes have spurred a surge in commercial real estate activity, according to Financial Post.

Colliers Canada reported that these changes, which took effect on June 25, led to a significant increase in asset sales. Property owners rushed to divest before the new tax rules applied, resulting in Colliers closing 156 deals from June 1 to June 30. This number represents a 26 percent increase compared to June 2023 and marks the highest number of June transactions in a decade.

Adam Jacobs, the national head of research at Colliers, highlighted the impact of the tax change. He noted, "It was a big surprise for us, of course, because the commercial market was down." "Everyone had an opportunity to do a deal at the old capital gains tax, so I think that was what we saw people do: 'I think I'll just cash out now and do the deal before I have to deal with more taxes in the future.' It's already a difficult market, and it's getting more difficult," he continued.

The commercial real estate

sector has faced significant challenges since the pandemic-induced lockdowns. Coldwell Banker Richard Ellis (CBRE) reported that the national office vacancy rate soared to 13.4 percent in the fourth quarter of 2020, the highest level since 2004.

By the first quarter of 2021, this rate had increased to 14.6 percent. Although there has been slight improvement, the vacancy rate remains high at 14.4 percent, compared to pre-pandemic levels of around 2 percent.



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<p>\$2,488,000</p> <p>NEW LISTING</p> <p>Richmond 10220 Railway Avenue</p> <p>Stunning Coach House in Steveston. No expense has been spared in this 2,682 sq ft home, 6 Bed 6 Bath home boasting top quality finishings, expert craftsmanship, and top materials. Including Imported European Tiles, Euro Quartz Counters, extensive custom millwork, High end S/S Bosch Appliances and quality fixtures and faucets not to mention Air Conditioning/Heat Pump/HRV & Radiant Floor Heating in the Home with huge rental potential. Very Flexible floor plan with Bedroom on the main floor with brilliant entertainment space. Fully Fenced and Landscaped yard and monitored security all around. Just a stones throw from the Famous Steveston "Village", Transit, All levels of Schools and Shopping. 2-5-10. Home Warranty.</p>	<p>Starting at \$979,000</p> <p>33% SOLD OUT</p> <p>RICHMOND 22811 Mclean Avenue</p> <p>Introducing Another Award Winning Community by Infinity Living "Richstone Hamilton" nestled in the quiet rapidly growing Richmond Suburb of Hamilton. 25 Farmhouse inspired townhomes with gorgeous finishings estimated for completion in May 2025. These 3 Bedroom townhomes boast designer kitchens, Fisher & Paykel appliance package, authentic imported european tiles, Quartz countertops, custom wood work, Air Con/Heat Pump/HRV and double tandem/side by side garages. These units are very well appointed. Walking distance to Shopping, schools, parks, childcare and transit. Please contact us for more details and information.</p>	<p>\$1,970,000</p> <p>SOLD</p> <p>Claysmith 8140 Claysmith Road,</p> <p>9379 SF RS1/E Lot with a clean, 1964 built 2400 SF 3 Bdrm, 1.5 Bath Rented House, in a quiet neighbourhood of Newer Luxury Homes near Blundell & No1 Rd in the Boyd Park area of Richmond. Currently.</p>	<p>\$2,800,000</p> <p>SOLD</p> <p>Chilliwack 8811 Saunders Road</p> <p>Over half an acre of prime development land next to Cap-It and other major anchors. The current use is non-conforming motel and 9 units are rented for great holding income. The property is M2 zoned for business industrial uses and ready for building permit for the development of your choice with very few restrictions. See City of Chilliwack M2 zoning permit guidelines.</p>
<p>\$1,499,000</p> <p>SOLD</p> <p>RICHMOND 1 8620 Railway Avenue</p> <p>Introducing The Richstone. Another award winning townhouse community by Infinity Living. Located in the Railway Corridor in West Richmond with all amenities at your doorstep. Offering a very limited collection of Farmhouse inspired townhomes ranging 1207SF to 1612SF living area + garage with luxurious finishing. Featuring 4 bdrms & 3 bdrms plans, designer kitchens, double tandem and side by side garages. All units are West Facing. Fisher & Paykel appliance package, Highly energy efficient w/heat pump and AC. Walking distance to Seafair Shopping center, Schools, parks, tree lined walking path & more. Ready to move in Mid - 2022.</p>	<p>\$2,938,000</p> <p>SOLD</p> <p>RICHMOND 3411 Lockhart Road</p> <p>Richmond's boutique builder Infinity Living presents another gorgeous home in one of Richmond's finest neighborhoods. This spacious 5 bedroom, 5 bath home, Lot is over 6000+ SqFt lot.</p>	<p>\$1,870,000</p> <p>SOLD</p> <p>ANNIEVILLE 11452 93 Avenue, Delta</p> <p>Welcome to Annville Neighborhood. This modern luxury residence built in 2021 offers expansive living space with stunning views of North Shore Mountains and City from balconies and upper Deck.</p>	<p>\$1,350,000</p> <p>SOLD</p> <p>SCOTTSDALE 8336 118 Street, Delta</p> <p>Prime Location! Well kept 2 story house good size nice lot 6,000 sq. ft in a desirable neighborhood in North Delta. This house offers 3 beds and 1.5 baths on main floor.</p>
<p>\$1,630,000</p> <p>SOLD</p> <p>SEAFAIR 8931 Fairdell Place</p> <p>Seafair Gem! Super cute & charming family home w/ 3 bedrooms, 2 full baths, enclosed sunroom, storage/den & large bright games / family room down.</p>			



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\$8,800,000

8408 17th Avenue, Burnaby




SOLD

BEAUTIFUL Burnaby gem! Beautiful clean corner lot approx 6200 sq ft. This 2 bed 1 bath Bungalow rancher is facing a greenbelt creating ultimate PRIVACY and offers a REMODELED interior which has been immaculately maintained. Quiet, CENTRAL LOCATION close to trails, dog parks, highways, transit, great schools, parks, recreation, shopping and much more! Enjoy the use of a massive covered patio, step in the yard, and this beautifully renovated home which includes a high efficiency furnace and built in vacuum. Please contact to book your viewing.

\$1,499,000

#419 23233 GILLEY RD, RICHMOND



GREAT VALUE, TOP FLOOR UNIT, 850 sq ft., 2 BEDROOM PLUS DEN, 2 BATHROOM, 2 parking spots and 2 lockers. Lowest price in the building. Master planned community is taking place in East Richmond, unit is back quiet side. Bright spacious open layout with nice floor ceilings, quartz counter tops, gas cook top and glass back splash. Finely crafted home designed by award winning British Heritage Architects. Phase 1 offers lap pool, therapy pool, hot tub, gym and multi purpose room. Steps to shopping, public transit, community centre, school, all connected to peaceful parks.



Lifestyle
REAL ESTATE GROUP

\$1,400,000
SOLD

7515 - 112th Street

Meticulously maintained 4 bdrm basement home by Chalmer's!

\$1,795,000

9130 Norum Road

Lovely 6 bdrm 3 bath home on a rare, nearly 2/3's of an acre.

\$1,388,000

10909 McAdam Road

Renovated 4 bdrm 2 bath 1800 sqft raised rancher in Sunbury!

\$1,399,000

9126 Annieville Place

4 bdrm, 3 bath, 2 level home on an XL 10,000 sqft lot!

\$774,900

#222 - 7837 - 120A St.

Spacious & bright 1692 sq ft townhouse close to everything!

\$558,000
SOLD

#206 - 11881 - 88 Ave

Spacious and well cared for 2 bdrm & 2 bath condo close to everything!

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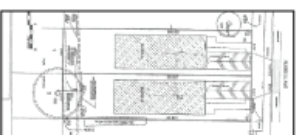


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SUBDIVIDABLE WHITE ROCK



PLA approved behind Peace Arch Hospital. 2 lot subdivision for approx 4,000 sq ft lots each. Sanitary & storm services are already in rear. Inexpensive servicing! A great project & surrounded by new homes. Call now!

S SURREY ACREAGE

1) 14,592 sq ft lot which is zoned RA in the Chantrel Park, Ocean Park, & Crescent Beach neighbourhoods. The home has been updated with a newer roof, septic pump, h/w tank. A solid property to hold or a GREAT building lot for now. Hurry on this one!
2) 17,554 sq ft lot in a great Chantrel Park location. This 2,000 sq ft + rancher has a great layout with 4 beds & 3 baths. A well cared for home. A great south facing backyard which is great for entertaining. Over 140 ft frontage which would make for a great building lot. Live in and enjoy before creating your dream house. Call now!
3) Subdivision potential--Over 32,000 sq ft of land which could lead to 3 lots. Over 280 ft frontage which would allow for creativity. All services are nearby. Call now for more info!

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13025 59A AVENUE SURREY



NEW LISTING

6 Bedrooms 4 Bathrooms. 2018 Built House in the panorama park area. Asking: 1449K

314-7445 120 Street



NEW LISTING

Apartment 1 bed 1 bath, 650 sf , Asking: 489K

12370 80A Ave Surrey



NEW LISTING

7bed 5bath, 2+1 two Basment suites, 8000 SF lot

6713 135B STREET 4bed 3 bath



NEW LISTING

This 7100 SF lot house in prime location, it has spacious 1 bed and 1 bath unauthorized suite with separate entrance. Close to shopping center, transit service. Asking: 1349K

103 13725 72A AVENUE



NEW LISTING

This 2 Bedroom and 2 Bathroom Attractive and Beautiful located in one of the best neighborhoods in Surrey is a MUST SEE!! With almost everything required in the closest vicinity, Bear Creek Elementary, Prank Hurt Secondary. This townhouse is close to transit, library, parks, theatre, restaurants & shopping, which makes it the perfect area for your next home. Asking: 699K

6 12711 64 AVENUE



3 bedrooms upstairs and 4 bathrooms, over 1500 square feet of living space, laminate flooring, stainless steel appliances, granite countertops, hot water tank (2019). Kitchen with large eating area. Central location. Well maintained "Palette on the Park" complex. Walking distance to Tamanawis Secondary, Panorama Ridge, Beaver Creek. Transit & Tamanawis Park are steps away!

Asking \$869K

Renovated house in East Newton, 13930 77 Ave Surrey BC



6bed 4 baths, 3bed & 2 bath up, two basement suites (2+1), 12000 Sf lot, close to both schools

124 13725 72A AVENUE SURREY



NEW LISTING

2 Bedroom and 2 Bathroom Attractive and Beautiful townhouse located in one of the best neighborhoods in Surrey is a MUST SEE!! Asking: 749K



77 15151 Edmund Drive, Surrey. 3 Bed+Den, 3 Bath A centrally located unit within walking distance to all banks, restaurants, dollarama, shoppers drug mart. A list of recreation facilities & amenities, including YMCA, Fresh Street Market & Panorama Village Centre, all within walking distance.

Asking \$949K



7473 147A Street Surrey V3S 8Y6. 6 Bedrooms and 5 Bathrooms home in this lovely Harvest Wynde Chimney Heights.

Asking \$16,99,000.00



2 bed
2 bath apartment at Scott & Nicholson Complex Delta. Close to Surrey Sikh temple.



Renovated townhouse in popular Sullivan Heights 3 Bed, 3 bath, the 2 car Garage Parking, Master bedroom has a mountain view.

Asking Price 769K.

#11 16357 15 AVE, SURREY



SOLD

#22 12730 66 AVE SURREY



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6139 142 ST SURREY



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#201 13893 74 AVE SURREY



SOLD

14071 59A AVE, SURREY



SOLD

14948 62 AVE SURREY



SOLD

11700 85B AVE DELTA



SOLD

#34 9088 HOLT RD, SURREY



SOLD

11826 87 AVE, DELTA



SOLD

#202 7445 120 ST, DELTA



SOLD

#138 13898 64 AVE SURREY



SOLD

13343 STAMFORD PLACE SURREY



SOLD

10014 120 ST SURREY



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#100 5888 144 ST SURREY



SOLD

#71 13706 74 AVE SURREY



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Price \$7.90 Million

2 bedroom townhome, with rec room and full bathroom in the best location in south surrey, priced to sell in Alder Complex priced at \$750,000

SOLD

Business With Property

Surrey truckbody shop is extremely busy location. Land app. 10,000 sq. ft. building 8200 Sq. Ft. option can buy building alone, business alone or together.

SOLD

NEW LEASING SPACE

Scott Road and 84th ave area, 983 Sq FT, Available March 2024, Great Exposure \$35 SQ ft plus \$11 additional rent, ideal for Physiotherapy clinic

Newton

1565sq ft. fully furnished with 5 rooms with full kitchen and bathroom, Vacant easy to view.
\$1,199,000
Prime Office space.

UNIT FOR SALE

CD Zoning in Red FM plaza,
\$2,200,000,
1,925sq. ft.

PUB FOR SALE

in Coquitlam
Price to sell, well established \$349,000. Prime location.
With all the extra

SOLD

WAREHOUSE FOR LEASE

2637sq ft, Newton area 124st and 82ave., end of January. \$17 sq ft. plus \$6 additional rent.

FOR LEASE

4.363 acres of prime land in the heart of Surrey. Near 152st and 68ave. ALR is designated as an industrial business park. (Truck parking only not allowed)

2 UNITS

WAREHOUSE
total 2625 Sq ft, prime location 123st and 84 ave area, \$2,900,000 for both.

3000sq ft. warehouse, 1500sq. ft. up and down, near payal business center
\$1,800,000.00

In Newton, available January 1304sq ft., with approved paint booth warehouse for sale or lease.
Price \$1,200,000.

ASSIGNMENT

19 Acres in Cloverdale
Low assignment fee
1 House and Barn
Can Build a home
closing December 2023 on 168st.

SOLD

NEW LISTING

6000sq ft. building, with 12,423sq ft. land, with 6 units, all leased. In Whalley, listed \$4,900,000.00. with upto 7.5 FSR plus potential bonus.

HOUSE IN FLEETWOOD

Almost 10,000sq ft. with subdividable potential. Great investment property (house with 3 income property)
\$1,499,000.

SOLD

PIZZA

BUSINESS
Very profitable pizza Business with high sale over \$100,000 a month.
Confidential please call

SOLD

Custom build 3 storey house in White Rock, steps from the beach. No cost spared listed at \$2,499,000. Dream house perfect for multifamily living.

Tech

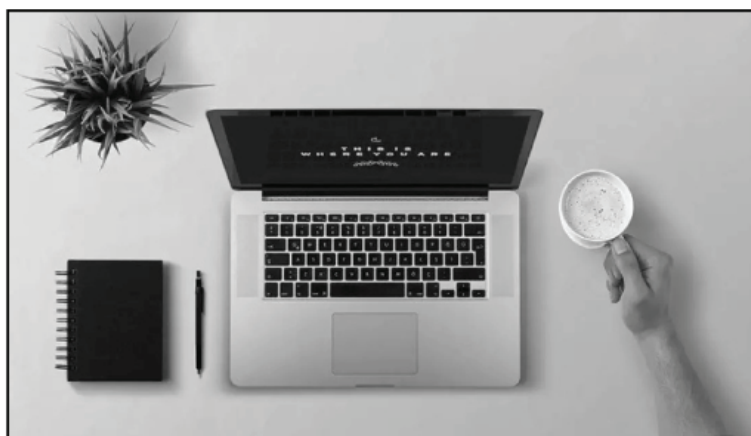
BRILLIANT VIDEO CONVERTER REVIEW: HITPAW VIDEO CONVERTER V4.3.0

HitPaw Video Converter V4.3.0 is a versatile and user-friendly video conversion tool that offers an array of features to enhance your viewing experience, particularly when it comes to enjoying Netflix content offline. In this article, we explore the capabilities of HitPaw Video Converter V4.3.0 and its benefits for users.

Meta Description: Discover the best Video Converter with HitPaw Video Converter V4.3.0. Explore its features, benefits, and how it enhances your Netflix offline viewing experience. In the digital age, streaming platforms like Netflix have revolutionized content consumption. However, there are times when you want to enjoy your favorite shows and movies offline. This is where a reliable Video Converter becomes essential. HitPaw Video Converter V4.3.0 emerges as a leading solution, offering a seamless experience for downloading Netflix videos for offline enjoyment. Let's delve into the new features and capabilities of this software.

Here are the new features introduced in the V4.3.0 update:

- **NHL Site Download:** Download your favorite NHL videos directly from the site, making it easier for sports fans to keep up with their favorite moments.
- **FB Sharing Link Decryption Download:** Allows downloading videos from Facebook shared links, even if they are encrypted, ensuring you never miss a shared video.
- **Rumble Site Download:** Supports downloading videos from Rumble, a growing platform for video content.
- **TikTok Blogger Channel Download:** This feature allows you to download videos from specific TikTok blogger channels, perfect for keeping up with your favorite content creators.
- **YouTube Shorts Blogger Channel Homepage Download:** This feature allows users to download all YouTube Shorts



from a blogger's channel homepage, ensuring comprehensive content access.

- **Gimy Download:** This app supports downloading from Gimy, a popular streaming site in Taiwan, expanding the range of accessible content.

What Makes the Best Video Converter?

HitPaw is a well-known name in the field of video downloading and conversion. Here's why HitPaw Video Converter V4.3.0 stands out as the best Video Converter:

1. **User-Friendly Interface:** Intuitive design that makes navigation and operation simple.
2. **High-Quality Downloads:** Ensures the video quality is retained, offering resolutions up to 1080p and 4K.
3. **Fast Download Speeds:** Utilizes advanced technology to accelerate the download process.
4. **Broad Compatibility:** Supports multiple formats and devices, ensuring you can enjoy your videos on any platform.
5. **Batch Downloading:** Allows downloading multiple videos simultaneously, saving time and effort.
6. **Regular Updates:** Keeps up with Netflix's updates and security measures to ensure consistent performance.

The Best Video Converter to Enjoy Favorite Video Offline
HitPaw Video Converter is the

ideal solution for anyone looking to enjoy Netflix content offline. This software is designed for user convenience and offers a seamless and efficient way to download your favorite shows and movies. Its intuitive interface ensures that even beginners can easily navigate and use the software, while advanced features cater to the needs of more experienced users.

With HitPaw, you can download high-quality Netflix videos, preserving the original resolution and audio. The software supports various formats, allowing you to choose the best option for your device. Additionally, it offers fast download speeds, so you can quickly get your videos ready for offline viewing.

Whether you're planning a long trip or just want to watch without internet interruptions, HitPaw Video Converter provides a reliable solution. Detailed Reviews of HitPaw Video Converter
HitPaw Video Converter V4.3.0 has features that make it a top choice for downloading Netflix videos. Below are detailed explanations of its key features:

Features
HitPaw Video Converter V4.3.0 has powerful features to enhance your video-downloading experience. Below are detailed explanations of its key features that make it a top choice for users.

- **Powerful Video Downloader**

HitPaw Video Converter offers a powerful Video Converter that ensures high-quality down-

loads. Whether it's your favorite TV series or blockbuster movies, this tool downloads them efficiently.

- **File Format Converter**

HitPaw not only downloads videos but also converts them into various formats. This includes a built-in converter and compressor, making it versatile for all your media needs.

- **Music Converter**

The software isn't limited to videos alone. It also includes a music converter that allows you to download and convert music files from various platforms.

- **Creative AI Editor**

HitPaw integrates an AI-powered editor that helps in editing downloaded videos. This feature adds a creative touch, allowing users to personalize their videos.

What We Like
HitPaw Video Converter V4.3.0 offers several advantages, making it a standout Video Converter. Here are some of the features we appreciate the most.

- **High-Quality Downloads:** Maintains the original quality of videos.
- **Versatile Functionality:** Downloads, converts, and edits videos.
- **User-Friendly Interface:** Easy to use for all levels of users.
- **Batch Downloading:** Saves time by downloading multiple videos at once.

What We Don't Like
While HitPaw Video Converter excels in many areas, a few aspects could be improved. Here are some of the drawbacks we've identified.

- **Benefits Limitation:** Free trial limitation and it has Standard and Pro benefits.

- **Platform Supportive:** Now for Mac OS, Windows, Android. iPhone app has not released

yet.

Specific Guideline to Use HitPaw Video Converter

Here are the detailed steps to use HitPaw Video Converter to download Netflix videos:

Step 1: Install HitPaw Video Converter

Download and install the HitPaw Video Converter from the official website.

Step 2: Launch the Software

Open the software and navigate to the "Download" section.

Step 3: Copy Netflix Video URL

Go to Netflix, copy the URL of the video you want to download, and paste it into the software.

download, and paste it into the software.

Step 4: Choose Format and Quality

Select the desired format and quality for the download.

Step 5: Start Download
Click the "Download" button to start the download process.

Conclusion

HitPaw Video Converter V4.3.0 is a robust and efficient Video Converter that significantly enhances your offline viewing experience. Its comprehensive features, such as high-quality downloads, fast speeds, and broad format compatibility, provide an unparalleled solution for novice and advanced users.

The intuitive interface ensures ease of use, while the advanced editing tools offer additional customization options to tailor your videos to your preferences. Its ability to download, convert, and edit videos makes it an all-in-one solution for managing your media. For an optimal desktop experience, try the HitPaw Video Converter today and enjoy seamless access to your favorite video content anytime, anywhere.



Fly Me To The Moon

(PG) ***

Heaven Sent!

Date movies can be fun. So can be history. See two A list actors try to overcome rocky obstacles on the way to romance in the uplifting *Fly Me To The Moon*. Popularizing on the Frank Sinatra hit this well woven movie is a dandy comical diversion that's sweet as saccharine. See history in the making at Cineplex Cinemas and Landmark Theatres around B.C. America likes to win. Set in the swinging sixties the race is on to land a man on the moon. Meet NASA launch commander Cole Da-

vis. Hunky Channing Tatum (*White House Down*) admirably plays the no-nonsense former pilot who does his best to make the launch a success. Unfortunately moon missions cost money -lots of money - and some in Congress are having second thoughts of giving the space agency *Carte Blanche*. Getting the public inside and on board may help save the day. So leave it to a sharp politico operative to harness the brains and energy of a hot to trot Madison Avenue outsider to come to the res-

cue. Enter Kelly Jones to join the battle and enter the fray. There's more to beauty to this sharp-witted outside and Scarlett Johansson is more than admirably equipped to slay the naysayers and help make NASA a household name. This woman has lots of baggage so may be more problematic than her handler(s) suspect. Charm and good looks can only go so far. With a sharp cast including Woody Harrelson and Ray Romano *Fly Me To The Moon* achieves its mission with flying colors.



EVENTS

South Asian Adults & Seniors - Bingo on the House for members & In Person Yoga Classes at Shanti Niketan hall for members, Bingo on June 2nd 2024 (Sunday), from 2.00 pm to 3.30pm at Shanti Niketan hall. In Person Yoga classes for members only, Every Monday & Every Thursday from 10.00 am to 11.15 am. Pure Vegetarian Lunch on Thursdays after the Yoga session.

Vedic Seniors Parivar Centre of Vedic Hindu Cultural Society of BC invites South Asian Adults and Senior members only to join and play Bingo on the House on June 2nd 2024 (Sunday) from 2.00 pm to 3.30 pm at Shanti Niketan hall. Please bring only 2 dollars with you for 2 games, don't worry if you do not know how to play, members seating next to you will explain the game to you just for the sake of fun. Please keep the social distance while seating for personal & other's safety. Tea and light snacks will be served after the two games are over. In Person Yoga classes for members only, on Every Monday & Every Thursday will continue by Mr. Ashwani Bansal expert Yoga Instructor from 10.00 am to 11.15 am & will help to observe & guide the seniors to do correct yoga. Pure Vegetarian lunch will be served in the dining hall at 11.30 am to all the senior members who attend yoga class on Thursdays. Project funded by Government of Canada's New Horizons for Seniors Program for Hindi speaking seniors. In case you are eligible to file Income Tax returns Free of cost, Please contact Surendra Handa Coordinator, Vedic Seniors Parivar Centre, & Coordinator - APNI South Asian Community Response Networks, Lakshmi Narayan Temple, 8321 - 140th street Surrey V3W5K9, BC Tel. 604 - 507 - 9945 or email: surendra_handa@hotmail.com, for registration & for appointment for Tax filing.

SONU SOOD ANNOUNCES THE RELEASE DATE OF HIS DIRECTORIAL FATEH

Sonu Sood is celebrating his birthday today. On the occasion, he took to his social media to announce the release date of his much-awaited film *Fateh*, a cybercrime thriller that marks the directorial debut of Sood. The announcement was made with a new poster and a picture of Sood, as the film is releasing on January 10, 2025.

Sharing the post on social media, Sood wrote, "Be ready for the Nation's best action film." He said the story is "crucial" and needs everyone's attention. Produced by Shakti Sagar Productions and Zee Studios, *Fateh* will see Sood share the screen space with Naseeruddin Shah and Jacqueline Fernandez.

Business

UNLOCK THE BENEFITS OF WHOLESALE AND RETAIL T-SHIRTS AND SWEATS & FLEECE



In the dynamic international of style and garb, shopping for wholesale and retail gives distinct advantages for companies and people alike. Whether you are outfitting a team, beginning an apparel line, or without a doubt updating your cloth cabinet, know how the nuances of wholesale and retail purchases can notably affect your budget and style alternatives.

Wholesale t-shirts have become a staple for lots of groups and groups because of their affordability and flexibility. When shopping in bulk, agencies and people can experience enormous fee financial savings as compared to buying unmarried objects. Wholesale t-shirts are ideal for printing corporations, promotional occasions, and uniforms.

At WORDANS, you can discover a sizable selection of bulk t-shirts that cater to diverse needs and choices. The platform offers an extensive variety of manufacturers, styles, and colors, ensuring you locate the precise healthy to your necessities. Moreover, shopping in bulk is often a way you could get the right of entry to better first-class gadgets at a lower fee consistent with the unit, enhancing the overall value of your buy.

Advantages of Buying Retail T-Shirts
On the turn facet, retail t-shirts provide flexibility and comfort for individual consumers. When shopping retail, you've got the luxury of selecting particular items without committing to big portions. This is specifically useful for folks who pick to buy simplest what they want, ensuring minimal wastage and a more personalized shopping enjoyment.

Retail t-shirts from WORDANS are designed to cater to character tastes,

with a wide type of styles, from basic everyday wear to fashionable designs. This technique allows customers to hold their cloth cabinet sparkling and updated, without the need for bulk purchases. Additionally, retail shoppers can take benefit of seasonal income and promotions, making it viable to revel in splendid apparel at competitive fees.

Wholesale Sweats & Fleece: A Cost-Effective Solution

When it involves less warm weather or cozy indoor wear, sweats and fleece are essential. For corporations, shopping those objects wholesale may be

a game-changer. Bulk shopping for of sweats and fleece guarantees that you have adequate inventory to meet the needs of customers or crew members, without constantly desiring to reorder.

WORDANS offers a complete series of wholesale sweats and fleece that integrate consolation, sturdiness, and style. The variety to be had permits groups to provide their clients or employees with extraordinary clothing that meets various wishes, from informal wear to work uniforms. Additionally, the value blessings of purchasing in bulk enable organizations to maintain aggressive pricing, attracting more customers and boosting profitability.

Retail Options for Sweats & Fleece

Retail purchasing of sweats and fleece is ideal for individuals searching for to add a few portions to their cloth cabinet. This method threatens to explore exclusive styles and brands without the dedication to bulk shopping. Retail options often encompass the ultra-modern developments and seasonal collections, allowing buyers to live current with style.

For the ones seeking to purchase individual portions, WORDANS pro-

vides an in-depth range of retail sweats and fleece. The platform guarantees that every object meets high standards of niceness and luxury, making it easy to find the appropriate addition to your clothing wardrobe. From hoodies to sweatpants, the selection caters to various options and patterns, ensuring anyone reveals something they love.

Embrace the Benefits with WORDANS
Whether you're considering wholesale or retail options, WORDANS is your pass-to source for low-cost, amazing clothing. Their extensive selection of wholesale sweatshirts and t-shirts ensures that each agency and man or woman consumers can discover exactly what they need. With extensive discounts and no minimal order requirements, WORDANS makes it easy to get the right of entry to top-notch apparel at unbeatable costs.

Discover the ease and savings of buying with WORDANS these days. Explore their huge variety of products and take advantage of the first-rate deals in the market. Whether you are buying for commercial enterprise or personal use, WORDANS is devoted to delivering top-notch value and niceness to all its customers.



PINNED UP

Kunal Kapoor joins cast of Ranbir Kapoor, Nitesh Tiwari's epic Ramayana

Kunal Kapoor has officially joined the cast of the much-anticipated film *Ramayana*, directed by Nitesh Tiwari. This epic production already boasts big names like Ranbir Kapoor and Sai Pallavi, with Ranbir playing Lord Rama and Sai Pallavi portraying Maa Sita. The addition of Kunal Kapoor to the cast promises to bring even more excitement to this grand project.



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DILJIT DOSANJH TO JOIN SUNNY DEOL STARRER BORDER 2?

Punjabi superstar Diljit Dosanjh is set to join Sunny Deol in the much-anticipated sequel, *Border 2*. This news has created a buzz among fans and the film industry alike, with Dosanjh playing a real-life soldier in the upcoming war film.

According to a report by Peeping Moon, Dosanjh's character details are currently being kept secret. However, it has been revealed that he will portray a real-life Army officer. An insider shared, "Diljit Dosanjh has joined Sunny Deol in *Border 2*. His character details are currently kept under wraps, but Dosanjh is enthusiastic about the opportunity to play a real army officer and will soon begin his preparation to fully inhabit the role."

Sunny Deol announced *Border 2* in June, marking the 27th anniversary of the original *Border* film. He shared a nostalgic video where his voice can be heard saying, "27 saal pehle ek fauji ne vada kiya tha ki vo vapas aayega. Ussi vaade ko poora karne, Hindustan ki mitti ko apna salaam kehne, aa raha hai." The video was captioned,



"Ek fauji apne 27 saal purane waade ko pura karne, aa raha hai phirse. India's biggest war film, #Border2." Having said that, it is worth mentioning here that Bollywood Hungama is constantly sharing details of the upcoming film. We previously reported that Ayushmann

Khurrana, Ammy Virk and Ahan Shetty will also be seen in the film. A source told us, "It is an entirely stand-alone project. Sunny Deol will play a soldier. And joining him in the cast are Ayushmann Khurrana, Ahan Shetty, and Punjab's star Ammy Virk in a stellar role."

AAMIR KHAN LIKELY TO STAR IN SLICE-OF-LIFE PROJECT



Aamir Khan is meticulously transforming his production house into a full-fledged studio. The actor-filmmaker has brought on board industry veteran Aparna Purohit, formerly of Amazon Prime Video, to spearhead this ambitious venture. Aamir Khan Productions is currently juggling multiple projects. The production house has a robust pipeline with films like Pritam Pyaare featuring Aamir's son Junaid, Rajkumar Santoshi's historical drama *Lahore 1947*, Vir Das' comedy *Happy Patel*, and RS Prasanna's *Sitaare Zameen Par* in various stages of post-production. According to the Mid-day report, while the studio is actively developing new projects, Aamir Khan's return to the silver screen is also on the cards. A source close to the actor revealed that a slice-of-life film directed by Rajkumar Santoshi is being considered. The project is said to be a blend of humour and social commentary.

SALMAN KHAN HOUSE ATTACK: LAWRENCE BISHNOI ALLEGEDLY PAID RS 20 LAKH TO SIX ASSAILANTS

In a significant update to the ongoing Salman Khan house firing case, the recent chargesheet has revealed that gangster Lawrence Bishnoi allegedly paid Rs 20 lakh to six individuals to assassinate the Bollywood superstar. The attack, which occurred on April 14, 2024, involved two gunmen on a motorcycle who opened fire at Khan's sea-facing residence in Galaxy Apartments, Bandra. For-

tunately, the actor was unharmed during the incident, though the absence of constables—despite Khan being a 'Y' category protectee—has raised serious security concerns. According to News 18, the Mumbai crime branch's charge sheet has detailed that Bishnoi's gang issued a contract worth Rs 20 lakh for the assassination of Salman Khan. The plan unfolded in the

early hours of April 14, when gunshots were fired outside Khan's residence. The investigation into the shooting has led to several arrests, with the authorities working to piece together the full extent of the conspiracy. The attack was reportedly coordinated by the Lawrence Bishnoi gang, with Anmol Bishnoi, the gangster's brother, publicly taking responsibility in a Facebook post.



Travel

GET TO KNOW THE BEST MEXICO HAS TO OFFER FOR YOUR VACATIONS



Mexico City is one of the largest cities in the world and the most populated outside of Asia. It is full of life thanks to the millions of people who reside in its many neighborhoods, each with its own unique style. Exploring the city is like visiting many different places in one trip.

As the main gateway to Mexico, Mexico City offers a great opportunity to experience the political, economic and cultural richness of the country.

What makes Mexico an unforgettable destination? Mexico is a melting pot of cultures, where ancient traditions coexist with modernity. You can't miss the opportunity to participate in one of the many local festivities, such as the Day of the Dead, where the streets are filled with color and life.

From the beaches of the Caribbean to the deserts of the north, Mexico's landscapes are as diverse as they are spectacular. Snorkel in the cenotes of the Yucatan or admire the vast Copper Canyon in Chihuahua.

Mexican cuisine is world-renowned and is one of the country's main attractions. Don't miss tasting dishes like taco al pastor, cochinita pibil, or an authentic mole poblano.

na.

The best places to visit in Mexico
Paradise beaches
Cancun and the Riviera Maya: Here you will find some of the most beautiful beaches in the world, with crystal clear waters and white sand.

Cabo San Lucas:
This destination is ideal for water sports lovers, where the Sea of Cortez meets the Pacific Ocean.

Colonial cities
Guanajuato and San Miguel de Allende:
These cities offer a glimpse into colonial Mexico with their cobblestone streets and well-preserved architecture.

Teotihuacan and Chichen Itza:
You can't visit Mexico without spending time exploring its impressive archaeological ruins, a legacy of ancient civilizations such as the Mayans and Aztecs.

Restaurants you can't miss
Pujol (Mexico City):
This place is not just a restaurant; it is a complete culinary experience. Enrique Olvera, its chef, has taken Mexican cuisine to another level, blending tradition and modernity in a sublime way. The "taco omakase" at the taco

bar is something not to be missed.

Nicos (Mexico City):
With more than 60 years of history, Nicos is the ideal place for those who want to enjoy authentic Mexican homemade food. Here, beans and mole are made with a dedication that translates into deep and memorable flavors.

Hartwood (Tulum):
This open-air restaurant in Tulum is completely solar-powered and offers a daily changing menu based on the freshest ingredients available locally. It is an excellent choice for those looking for a sustainable and delicious experience.

Unique activities in Mexico
Scuba diving in Cozumel:
If you love the sea, one of the most fascinating experiences you can live in Mexico is scuba diving in Cozumel. This island is famous for having one of the most impressive coral reefs in the world. As you dive, you'll find a universe of vibrant colors underwater, home to tropical fish and other marine wonders...

Hiking in the Nevado de Toluca:
For nature and adventure lovers, climbing the Nevado de

Toluca is an activity not to be missed. It is a dormant volcano where, upon reaching the summit, you can enjoy a breathtaking panoramic view of the crystal clear lakes that rest in its crater.

Teotihuacan hot air balloon flight:
Imagine watching the sunrise from a hot air balloon while flying over the pyramids of Teotihuacan. This experience is not only visually spectacular, but also offers you a unique perspective of these ancient archaeological structures, allowing you to appreciate their magnitude and the perfection with which they were built.

Kayaking in Bacalar Lagoon:
Paddling in the calm waters of Laguna Bacalar is another activity not to be missed. This lagoon, known as the "lagoon of the seven colors", offers spectacular views of different shades of blue that change with the sunlight. It is a perfect place to relax and connect with nature.

Where to stay in Mexico?
If you are looking for the ideal place to stay in Mexico, the Occidental Tucancun Hotel is an option not to be missed. Located in Cancun's vibrant hotel zone, this all-inclusive hotel is perfectly situated in front of one of the most beautiful beaches in the area, allowing you to enjoy the sun and white sand just steps away from your room.

Hotel facilities include three swimming pools, restaurants offering everything from Mexican to international cuisine, and bars where you can relax with a cocktail in hand. Whether you're traveling as a family, couple or with friends, Occidental Tucancun offers activities and amenities designed to make your stay a memorable experience. For more information or to make a reservation, visit their website here: www.barcelo.com/en-us/occidental-tucancun/

Recommendations for your trip

Avoid high season:
If you can choose when to go, consider visiting Mexico during the low season. Generally, the months of May through September are less crowded compared to the high season, which includes the December vacations and the winter months in the northern hemisphere. In addition, off-season prices may be lower and tourist sites less crowded.

Personal Safety:
Although Mexico is a very popular and mostly safe tourist destination, as anywhere in the world, it is prudent to take basic precautions. Keep your personal belongings safe, avoid walking alone in dimly lit places at night and always use reliable transportation services.

Lodging and activities:
Especially if you are traveling in high season, it is advisable to book your lodging and activities in advance. Places like the Occidental Tucancun tend to fill up fast due to their popularity and excellent discounts.

Money management:
Be sure to budget your trip properly. While there are options for all budgets, it is good to have a clear understanding of how much you are willing to spend. Use credit cards when possible, but also carry some cash in local currency for small expenses where cards are not accepted.

Mexico is a country of endless wonders, perfect for travelers of all types. Whether you're looking to relax on paradisiacal beaches, explore ancient ruins or enjoy the local cuisine, Mexico has something special for you. Don't wait any longer and start planning your vacation in this vibrant country. Remember to consider a stay at the Occidental Tucancun for a truly memorable experience.



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