

TERMINAL CITY TIMES

JUNE 2021 • VOL. 28 NO. 6



SPECIAL EVENTS • ENTERTAINMENT & DINING

CLUB NEWS • FEATURES & MORE





837 West Hastings Street
Vancouver, BC
V6C 1B6
Canada

Call : 604 681 4121
Text : 604 200 2279
tcclub.com

terminalcityclub
 @tcclub
 Terminal City Club

CONTACT US

Billing : 604 488 8607
Catering : 604 488 8640
Weddings : 604 488 8605
Lions Pub : 604 488 8602
Fitness Centre : 604 488 8622
Member Services : 604 681 4121
Membership Sales : 604 488 8647

CLUB HOURS

MEMBER SERVICES (FRONT DESK)
Monday – Friday : 5 a.m. – 10:15 p.m.
Saturday & Sunday : 7 a.m. – 8 p.m.

FITNESS CENTRE
Monday – Friday : 5 a.m. – 11 p.m.
Saturday & Sunday : 7 a.m. – 8 p.m.

THE GRILL
Monday – Friday :
7 a.m. – 8 a.m. coffee
8 – 11 a.m. breakfast
11 a.m. – 9 p.m. all day
Saturday & Sunday :
8 a.m. – 9 p.m. coffee
9 a.m. – 2:30 p.m. brunch
3 p.m. – 9 p.m. dinner

MEMBERS' LOUNGE
Monday – Sunday : hours weather dependent
 open from 9 a.m. with limited service -
(Grill patio open)
 9 a.m. – 10 p.m.

CUVÉE & 1892
Temporarily closed

LIONS PUB
Monday – Wednesday : 11 a.m. – 8 p.m.
Thursday – Saturday : 11 a.m. – 10 p.m.
Sunday : closed

NEW MEMBERS

Welcome to our new members!

Barzin Assadi	Anna Gamova
Kim Hoe Beh	Marla Ritchie
Howard Beh	Vadim Zaharoff
Hardeep Bhugra	

IN MEMORIAM

It is with great sadness that we announce the passing of **Mr. Thomas Ward**, a TCC member for 37 years. Tom was born in Liverpool, England, and moved to Canada with the love of his life, Margaret Smith, the day after they were married. He had a long and successful career in the marine industry, working as a Naval Architect with Robert Allan Ltd., then in various senior roles at Seaspan, followed by President & CEO of BC Ferry Corporation, before starting his own company, International Marine Consultants. Beyond his distinguished career, Tom's enduring legacy is as a loving and much-loved husband, brother, uncle, scout, friend and neighbor, who was at his happiest playing the piano. He also had whimsical tastes in poetry and loved being on boats and fishing. He will be greatly missed by all who knew him.

UPDATE - MASK POLICY

As per the recent Public Health Order, effective May 18, 2021, masks are now required to be worn at all times in the Fitness Centre, including during workouts (cardio exercise and weight lifting included). Thank you for helping keep our staff and other members safe.

IT'S NOT
TOO MUCH
TO MASK

ZAJAC NIGHTS

Congratulations to the Zajac family for another successful Zajac Nights, and their first ever online fundraising event. \$246,000 was raised to help send kids with disabilities and medical conditions to camp at Zajac Ranch this summer. We hope to be able to host Zajac Nights again at the Club – in person – next year!



TERRACE BALLROOM COWORKING SPACE



We're thrilled to re-open the Terrace Ballroom as a physically-distanced workspace. For food and beverage service, please make a reservation in The Grill, Grill Patio, or Members' Lounge.



PRESIDENT'S LETTER

DEAR FELLOW MEMBERS,

I hope you all had a safe and productive May. It was a challenging month, given the Circuit Breaker regulations that continued until the May Long Weekend. As we inch closer and closer to the summer in the weeks ahead, I am encouraged that we are nearer to a sense of normalcy around the Club. We are happy to be back and operating under the new Public Health Officer orders that were recently announced and anticipate restrictions to lift further following the second vaccine shots getting into arms of British Columbians. If you have not yet signed up for a shot, I encourage you to do so.

As I mentioned in previous letters, our Club is faring reasonably well under the circumstances, but a long way from the kind of performance to which we are accustomed. For example, in a typical May we do several hundred thousand dollars' worth of catering, whereas this month (as has been the case for the past year) we have done virtually none. The Lions Pub revenue is also down dramatically. Amazingly, the Grill is thriving better than before the pandemic, augmented by decent takeout revenues. Nevertheless, our overall food and beverage business is running about 30% of normal.

As we celebrated our mothers last month, June is for the dads out there. As was the

case in May, we will have to find new ways to express gratitude for the father figures in our life. If you choose to celebrate at the Club, we will have Father's Day themed fresh sheets available for both brunch and dinner all weekend long. Don't forget we can also set your family up with takeout options at home via tcc2go.com.

Hopefully, many of you had a chance to experience our patios with the great weather we've been having. I am confident we will have plenty of good days to take advantage of this month too. Be sure to get those reservations in! Speaking of patios, our live music series will continue from Thursday to Saturday throughout the summer. Keep an eye out around the Club for a schedule of performers.

Our events continue to roll along virtually. Our TCC Book Club, Lunch Exchange, Discussion Group, Wine Wednesday and Meditation Class can all be booked through Member Central. Also, if you didn't have the chance to catch John Furlong talking about ways to re-set, the discussion is worth watching and can be found here at ohboy.ca/tcc. Kudos to Oh Boy Productions, and a big thank you to the 70+ Club staff who joined the call. Of course, a big thanks to Mr. Furlong for his uplifting message. As I'm sure you know, we'll be back to offering events in-house in the very near future!

Our membership continues to evolve. Two encouraging trends are:

- Four out of 10 new members are women. Our female membership has grown approximately 75% over the past five years.
- We have also seen quite an uptick of younger members over the past five years with 62 new members between the ages of 20-29. 20% of our membership is now under the age of 40.

Demographics will always change in a dynamic environment like TCC and I'm proud that our numbers better reflect the community we live, work and play in. I look forward to seeing you around the Club in the weeks ahead!

Sincerely,

Stewart Marshall
Terminal City Club President



CSCM
The Canadian Society
of Club Managers

Club of the Year 2020

WHAT'S ON AT THE CLUB

JUNE //

- WEDNESDAY, JUNE 2  Wine:30 - Wines on the Edge
- THURSDAY, JUNE 3  Meditation
- TUESDAY, JUNE 8  Book Club: *Disloyal*
by Michael Cohen
- WEDNESDAY, JUNE 9  Wine:30 - A Cab for Dad!
- THURSDAY, JUNE 10  Meditation
- WEDNESDAY, JUNE 16  Wine:30 - A Toast to Indigenous
Peoples Day
- THURSDAY, JUNE 17  Meditation
- FRIDAY, JUNE 18  Lunch Exchange: Your Life
After COVID-19 - Roundtable
- SUNDAY, JUNE 20 Father's Day
- WEDNESDAY, JUNE 23  Spirit Sessions - Celebrity Tequila
- THURSDAY, JUNE 24  Meditation
- TUESDAY, JUNE 29  Discussion Group
- WEDNESDAY, JUNE 30  Wine:30 - Tasting with
Vikram Vij

SAVE THE DATE
JULY 9 & 10

GOURMET DINNER: TIKI



TO REGISTER


For more information, contact us!

ONLINE: at Member Central

CALL: 604 681 4121

EMAIL: conciierge@tclub.com

TEXT: 604 200 2279

 Virtual event - Live on Zoom

drink features

FEATURE BEERS

\$5 FOR 330ML

Bridge Primetime Lager

Phillips Citricity IPA

White Claw (Mango, Lime, Grapefruit, Cherry)

FEATURE WINES

\$6 FOR 6 OZ. / \$9 FOR 9 OZ.

Rotating Red, Rosé, or White

ask your server/bartender

FEATURE TIKI COCKTAILS (2 OZ.)

Classic Mai Tai – \$15

appleton 8 year, lime juice, cointreau, orgeat, simple syrup

Terminal City Punch – \$16

havana 3 year, lime juice, pineapple juice,

passionfruit, ginger beer

Caipirinha – \$14

cachaça 51, lime, raw sugar, simple syrup

LIVE MUSIC



THE GRILL

6 – 9 P.M.

THURSDAYS
FRIDAYS
SATURDAYS



CALL AHEAD

Our Grill patio fills quickly on a sunny day. Call ahead or make a reservation on OpenTable to avoid disappointment.



HELLO PATIO SEASON

Limited seating is available. Please make a reservation with Member Services or by using our **private OpenTable link** via the QR code to secure your spot outside.



Don't forget: the Lions Pub patio and extended street side patio is also open!

LIONS PUB

INDOOR DINING IS BACK!

We can't wait to see you back on a barstool. Our bartenders haven't spoken to anyone in a while! Pub hours of operation will continue following PHO guidelines. Look out for extended hours after June 15! P.S. We're back open on Saturdays, 11 a.m. - 10 p.m.



PATIOS!

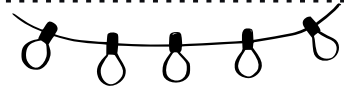
Come down and enjoy a cold beverage and a couple small plates in the sunshine on one of our three patios!

UEFA EURO 2021

Group Stages kicks off Friday, June 11. All 12 noon games will be played with sound in the Pub. Please call 604-488-8602 or email lionspub@tclub.com for a reservation.

MEMBERS' FOOD DISCOUNT

Place charges to your member account and receive 10% off on food. Purchases will also go toward your quarterly minimum food.



FATHER'S DAY

MEAL KIT

serves 4
\$210 plus tax

Organic Potato Rolls

Club-made Truffle mortadella
mustard greens, Gruyere salad

Green Peppercorn-Crusted 6 oz. Beef Tenderloins
oyster aioli, rosemary

Asparagus, Charred Peppers & Zucchini
blue cheese, pine nuts

Smoked Black Cod
creamed spinach and potato

Fresh Baked Apple Pie

Order: tcc2go.com
Order deadline: Tuesday, June 15
Pick-up: June 17, 18 & 19



GRILL FRESH SHEET

Saturday, June 19
Sunday, June 20

Brunch features: 9 a.m. – 2:30 p.m.
Dinner features: 4 – close



SUNDAY PRIME RIB

Sunday, June 20
available from 5 p.m.

Slow Roasted Prime Rib | 34
seasonal vegetables, creamy whipped potato,
yorkshire pudding, au jus

June Events



WINE:30 - WINES ON THE EDGE

Wednesday, June 2

5:30 – 6:30 p.m.

 Complimentary event; optional tasting kit available for purchase

There is an old expression in wine: “Suffer the vine, profit the wine.” Some of the world’s most exciting wines come from remarkable places. High mountains, marginal latitudes, torrid climates and hostile terrain can all positively stress vines in a way that enhances quality and character. You’ll taste the environment and raw human ambition in our wine kit and see some spectacular vineyards in this breathtaking hour.



MEDITATION

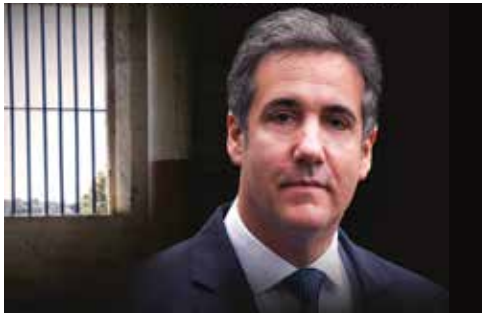
Thursdays

June 3, 10, 17, 24

5 – 6 p.m.

 Complimentary event


Take time out of your day for an hour of relaxation and calm. After a series of relaxing, deep breathing exercises to help move into the present moment, enjoy the peace and tranquility of visualization techniques and a guided meditation led by fellow member Denise Levine. Enjoy from the comfort of your own home.



BOOK CLUB: DISLOYAL

Tuesday, June 8

5 – 7 p.m.

 Complimentary event

Once Donald Trump’s fiercest surrogate, closest confidant, and staunchest defender, Michael Cohen knows where the skeletons are buried. As Trump’s lawyer and “fixer,” Cohen not only witnessed firsthand but was also an active participant in the inner workings of Trump’s business empire, political campaign, and presidential administration.

*Get a head start on the July 13 selection: *28 Summers* by Elin Hildebrand.



WINE:30 - A CAB FOR DAD!

Wednesday, June 9

5:30 – 6:30 p.m.

 Complimentary event; optional tasting kit available for purchase

Honouring your Dad (or father figure in your life) with a fine bottle of wine is a meaningful way to express gratitude and love. Whether you are coming to the Club for a celebratory dinner or cooking at home, we are proud to open our cellar with some Dad-worthy suggestions and maybe even a deal or two. Two weeks before Father’s Day, this session is ideal prep for your upcoming Grill dinner reservation.



WINE:30 - A TOAST TO INDIGENOUS PEOPLES DAY

Wednesday, June 16

5:30 – 6:30 p.m.

 Complimentary event; optional tasting kit available for purchase

June 21, 2021, is the national 25th anniversary of celebrating the heritage and diverse cultures of First Nations, Inuit and Métis peoples. Here in BC we have a few visionary leaders who have made their mark on our wine landscape. One of them is winemaker Justin Hall who crafts sensational wines at Nk’Mip Cellars in the South Okanagan. Justin joins DJ for a tasting and talk about the significance of his achievements and this special day.

 Virtual event - live on Zoom


June Events



LUNCH EXCHANGE: YOUR LIFE AFTER COVID-19 - A ROUNDTABLE

Friday, June 18

12 noon – 1:30 p.m.

 Complimentary event - live on Zoom

The light at the end of the COVID-19 tunnel appears to be near. During the past year, many of our routines at work and home have changed dramatically. What will life be like after the pandemic? Will some changes be permanent? Will some routines return? Join the roundtable discussion!



SPIRIT SESSIONS - CELEBRITY TEQUILA

Wednesday, June 23

5:30 – 6:30 p.m.

 Complimentary event; optional tasting kit available for purchase

Have you noticed that movie and music stars are launching tequila brands these days? The slushy Margarita is one way to drink tequila, but bartenders everywhere want us to sip fine tequila like whisky or bourbon. This Mexican spirit has skyrocketed in both quality and popularity lately; let's put three celeb brands to the test against the acknowledged true superstar tequila, Don Julio 1942.



DISCUSSION GROUP

Tuesday, June 29

7:15 p.m.

 Complimentary event


Join the TCC Discussion Group – for members, run by members – for an evening of dialogue and camaraderie. The group meets on the last Tuesday of each month; discussions are enlightening, thoughtful, and engaging. *To join the email list, please contact TCC member and host John McCarter at john@triadforestproducts.com.



WINE:30 - TASTING WITH VIKRAM VIJ

Wednesday, June 30

5:30 – 6:30 p.m.

 Complimentary event produced by Oh Boy Productions

Optional tasting kit available for purchase

Vikram Vij is a powerhouse celebrity famed for his restaurants, unmatched hospitality, entrepreneurship and irresistible charm. Did you know he is also a trained Sommelier? Wine Director DJ Kearney welcomes her friend Vikram for a special hour of wine and food chat, and a tasting chosen from our Club cellars. Learn more on page 8.



To register for an event, contact Member Services at 604 681 4121 (call), 604 200 2279 (text), conciierge@tclub.com, or book online at tclub.com.

LIQUID ASSETS



WINE:30 - TASTING WITH VIKRAM VIJ

Wednesday, June 30

5:30 – 6:30 p.m.

📺 Complimentary event produced by Oh Boy Productions

Optional tasting kit available for purchase

Vikram Vij is a powerhouse celebrity famed for his restaurants, unmatched hospitality, entrepreneurship and irresistible charm. As a restaurant magnate, Top Chef Canada judge, and with his *Dragon's Den* role, Vikram is one of our most recognized and admired Canadians. But did you know he is also a trained Sommelier? Wine Director DJ Kearney welcomes her friend Vikram for a special hour of wine and food chat, and a tasting chosen from our Club cellars. Don't miss this chat or our special wine sample kit.

WINE • SPIRITS • BEER

LIQUID LEARNING

WITH DIRECTOR OF WINE,
DJ KEARNEY

Wednesdays, 5:30 – 6:30 p.m.

June 2

Wine:30 - Wines on the Edge

June 9

Wine:30 - A Cab for Dad!

June 16

Wine:30 - A Toast to
Indigenous Peoples Day

June 23

Spirit Sessions - Celebrity Tequila

June 30

Wine:30 - Tasting with Vikram Vij

See pages 6–7 for full event descriptions.



JULY 2021

HIGHLAND
ESTD 1798
PARK

SINGLE MALT SCOTCH WHISKY

EXCLUSIVE TASTING
AT THE CLUB

New Wines

1 Meyer Family Vineyards Micro Cuvée Chardonnay 2019 Okanagan Falls, BC (\$84)

Consistently one of Canada's most awarded wines, this chardonnay deftly combines power and finesse. Rich orchard fruit, lemon curd and a touch of barrel spice define the flavours, and you'll taste the freshness of the 2019 vintage in the lingering, mouth-watering finish. The Micro Cuvée is exactly that – a miniscule selection from Meyer's top barrels. Just 150 cases were made in the very small crop of 2019.



1

2 Black Hills Estate Winery Rosé 2020 Okanagan Valley, BC (\$45)

Styled just like proper Provençal Rosé, this dry, botanical and savoury pink is a blend of syrah, grenache and mourvèdre made by winemaker Ross Wise, who also happens to be one of only 418 Masters of Wine in the world. Pair with sunshine on our patios with a Cobb salad or ahi tuna burger!



2

3 Danese Bardolino Classico 2020 Veneto, Italy (\$40)

Bardolino is not as famous as her next door neighbour Valpolicella, but the wines share similar DNA with corvina as the main grape. The region flanks gorgeous Lago di Garda and vines luxuriate on the foothills of the Dolomite Mountains. Bardolino is generally lighter and fruitier than Valpolicella wines, making our Danese a perfect summer weight red. Vivid and juicy with cherry flavours and mild tannins that will work well with fish.



3

Bespoke Dining Experiences

This summer, celebrate any special occasion with your bubble of up to six on the Grill patio. Our experienced team will help you curate an evening to remember.

Start your evening off with designer craft cocktails by Lead Mixologist Ray Yoon or a vintage Champagne selected by Director of Wine, DJ Kearney. Then, settle in for a culinary journey created by Executive Chef Dan Creyke just for you; each course is complemented by premium wine or spirit pairings.

Custom Menus

Whether you are craving sturgeon caviar, a vegan menu, or tomahawk steaks, Executive Chef Dan Creyke and his team will create a tailored menu addressing your desired theme and all your dining preferences.



Perfect Pairings

Our Wine Director DJ Kearney will select premium wine or spirit pairings based on your budget to complement each course.



Fine Dining

Our service team will organize an elevated set-up including custom printed menus – complete with wine tasting notes – as a keepsake. Need flowers? We can order those too.



What members are saying

I cannot thank [the TCC team] enough for the absolutely wonderful family celebration we enjoyed last night. We were so impressed with the private staging prepared for us. [Wine Director] DJ's wine recommendations and preparation ... paid off in the most spectacular pairings. The menu was an exceptional journey of twists and tastes that we totally enjoyed and were so impressed that Chef Dan accommodated both the carnivores and vegetarians in such a brilliant manner. [Assistant Restaurants Manager] Anna, you completely enhanced our experience and truly helped make our celebration an unforgettable event. I feel so privileged to have such warm and caring people provide us with an incredible level of service and personal care. This was a very monumental event for our family and you collectively made it magical! —Sam Devlin

Ready to get started?

For more details, or to start planning your bespoke experience, contact:
Restaurants Manager Iain Fletcher at ifletcher@tcclub.com or
Assistant Restaurants Manager Anna Iuritsyna at aiuritsyna@tcclub.com.

Meal Kits & More

tcc2go.com

Home cooking has never been easier.

PATIO & PICNIC SNACKS



PICNIC KIT | 48

organic baguette
chicken liver pâté
little qualicum brie
cornichons, olives
potato salad
gin & basil watermelon, strawberries

ARTISAN CHEESE & CHARCUTERIE KIT | 110

three artisan cheeses
three types of charcuterie
country pork terrine
duck rillettes
candied pecans
spiced mixed olives
cornichons
organic baguette, crackers

CHILLED SEAFOOD KIT | 125

citrus poached prawns
harissa charred scallops
cold smoked sockeye salmon
maple smoked salmon
ahi tuna tataki
spicy yuzu aioli, cocktail sauce
lemons, pickled onions

**don't forget to add a bottle
of TCC white, rosé, or the Club Bub!*

READY TO GO



ROAST CHICKEN MEAL KIT | 150

onion soup
marinated whole chicken, chicken jus
cooked potato, crème fraîche
asparagus & carrots
almond brown butter cake, vanilla
rhubarb compote, nutmeg cream

DUCK LEG CONFIT | 20

Two legs, fork tender, fully cooked,
and ready to eat.

STOCK YOUR FREEZER



BEEF BOLOGNESE | 20

BUTTER CHICKEN | 20

FOR THE GRILL



1LB WHITE TIGER PRAWNS | 15

4 X HARISSA MARINATED CHICKEN BREASTS | 20

2 X 10 OZ. CAB RIB EYE STEAKS | 35

6 X 6 OZ. CAB BEEF BURGER PATTIES | 25

...

SURF N' TURF | 90

Ocean Wise Bacon-Wrapped
Wild Atlantic Scallops (14 oz.)

2 x 4 oz. Canadian Lobster Tails

4 x 6 oz. CAB New York
Strip Steaks Cali-Cut

...

CAESAR SALAD KIT | 30

An effortless side for your summer BBQ.

TCC FAMOUS CARROT CAKE | 30

We've been serving this favourite
dessert for decades.

GLENN SIGURDSON

MEMBER OF THE MONTH

Glenn Sigurdson's appointment to the Order of Canada in 2020 describes him as a social innovator who has devoted his career to resolving complex multilateral disputes involving people and resources – esteemed for his ability to forge relationships particularly between Indigenous and non-Indigenous people.

Throughout his career, Glenn has worked resolving problems across Canada and beyond from fish to forests, mines to gas wells, pipelines to power lines. In these disputes, companies, communities, labour unions, and non-governmental agencies are deeply vested in pursuing their own interests, while Indigenous nations are deeply vested in asserting their rights.

"I think my role is best described as the man in the middle working within and between people and organizations," he says.

Glenn has been called a mediator, negotiator, facilitator, consultant, teacher, writer and speaker, or, as he likes to humorously put it, "a man in search of a title."

"The values and influences I learned as a boy growing up in a legendary fishing family on Lake Winnipeg have been foundational to my career," he adds. "Fishing was a complicated business, from Indigenous and Icelandic fishermen on the lake, to suppliers in Winnipeg, to markets in Chicago and New York. The way my dad interacted with so many different people and places taught me so much about the importance of listening and understanding, about the value of respect. And as a family business for more than a century, work came home, and home came to work."



Glenn's great great grandfather Sigurdur was one of the first Icelandic immigrants who arrived in the 1870s to settle on Lake Winnipeg. In Glenn's 2014 memoir, *Vikings on a Prairie Ocean*, he brings to life the people, places and history of the early Icelandic settlers in Canada driven from their homeland by volcanic ash and desperate poverty. In a little-known slice of Canadian history, in 1875 the New Iceland colony were granted an Icelandic Reserve "with self-governing powers stretching some 130 kilometres along the shores of Lake Winnipeg from Selkirk to Hecla Island. Sheep herders would need to become fishermen to survive and prosper. His great grandfather was a renowned leader.

Glenn grew up in Riverton, and graduated with a degree in Economics (Honours) from the University of Manitoba in 1968. A short stint in a PhD program at McGill was enough to decide that an academic career was not for him. The next years saw him at Osgoode Hall Law School in Toronto, returning to Winnipeg to practice law in 1972. In 1979 he would become a founding partner of

Taylor McCaffery one of Manitoba's pre-eminent law firms today, where he built a distinguished career becoming a Q.C. in 1986.

He did not know it then, but his career would start evolving in new ways in 1973 when he became counsel to 12,000 Cree people in six communities impacted by hydro developments in Northern Manitoba, and in the early 1980s to the Ojibway people affected by mercury pollution in Northern Ontario. "These complex resource-based cases could never be sufficiently resolved for all parties inside a legal framework. My focus had to shift to building negotiation based processes for problems, not force fitting problems into processes," Glenn says. He became active in the growing dispute-resolution community in the U.S.

"Vancouver offered more opportunities, and I would be closer to Dr. Gerald Cormick, who was doing pioneering work based in Seattle, a fellow Canadian, a mentor, and later partner," he recalls. So, in 1989, he made the difficult decision to move to Vancouver with his wife, Maureen and their two children. "People thought I was nuts leaving my thriving practice," he says, laughing, adding "Vancouver has been good to me."

Glenn joined TCC in 1995 at the suggestion of a close friend. He greatly appreciates it as a place to go, entertain people, and have a meeting, all the more so in the past four years as Honorary Consul General to Iceland in BC. "The staff has always been so gracious. The TCC is my downtown office without the office expenses. Everybody has their personal purpose for the Club, that is mine." ❧

Have You Heard



Ruben Ugarte is an expert in data and decision-making. He has helped more than 75 medium-sized and large enterprises across five continents use data to make higher quality decisions.

Ruben recently released *The Data Mirage: Why Companies Fail to Actually Use Their Data*. In his new book, he shares ideas and best practices to help companies get more value and insights out of their data. Every company is sitting on a goldmine of data, but they are missing the right tools to turn them into something useful. Ruben shares strategies on how to do this consistently and how every company can become data-driven.



Milton Carrasco, CEO and founder of Transoft Solutions, just launched *Ahead of the Curve: A Transoft Story*, penned by fellow member and former-Editor-in-Chief of *The Province*, **Wayne Moriarty**. In 1991, Transoft released a software called AutoTURN that transformed transportation engineering. Since then, their innovations have been used globally to design efficient roadway intersections, simulate passenger flows at airports, analyze traffic safety using AI, and more.

Ahead of the Curve details Milton's journey from humble beginnings in Uganda to exiled refugee to creating a successful global business founded on principles of caring, collaboration, and social responsibility. Net proceeds of book sales will be donated to the Transoft Foundation Transferable Fund, which helps provide scholarships to women and disadvantaged groups pursuing civil engineering studies.

TELUS HEALTH CARE COLUMN

THREE CORPORATE WELLNESS TRENDS FOR A POST-PANDEMIC WORLD

The Canadian work landscape has changed dramatically as a result of the COVID-19 pandemic, and corporate wellness programs must follow suit.

Here are 3 corporate wellness trends to consider in our post-pandemic world:

1. **Robust mental health offerings.**

The mental health index by Morneau Shepell measured the impact of COVID-19 in Canada and found that a startling 80% of Canadians reported the pandemic had a negative effect on their mental health. Leaders need to re-evaluate their employees' needs and adopt comprehensive programs that encourage physical and mental health, while providing resources and treatment for a variety of mental health issues, ranging from

financial stress to insomnia to anxiety and depression.

2. **Expanded technology-based fitness and wellness programming.**

A survey by Enterprise Technology Research predicted that the percentage of full-time remote workers will double in 2021. Creating a sense of community and a culture of wellness will continue to be an online effort for many corporations. Employers should seek apps, online team challenges and virtual sessions such as fitness classes that include a post-activity chat session to bolster employee communication.

3. **Top-down wellness initiatives.**

With the lines between work and home life blurred, wellness measures

to minimize stress and promote health will be critical. Wellness initiatives are far more likely to succeed with management support and participation, so managers should take a hands-on role: think leading stretch breaks, taking part in internal fitness challenges, and sharing their own WFH coping strategies, to set a positive tone.

—Janice Evenson, Team Manager – Client Programs, TELUS Health Care Centres



To learn more about virtual care at TELUS Health Care Centres, visit telushealth.com/carecentres



FOCUS ON FITNESS

WEEKDAYS: 5 AM – 11 PM; WEEKENDS: 7 AM – 8 PM
TEMPORARY POOL CLOSURE: MAY 31 – JUNE 2 FOR MAINTENANCE

POLICIES

COVID-19 SPECIAL RESTRICTIONS

A **reservation is required** to use the Fitness Centre (gym, pool, squash). Reservations are not required to use the Auxiliary Cardio Room (see page 15), and there is no time limit for the space; however there is no access to the Fitness Centre locker room and showers.

Members may reserve up to three time slots a week; duration will vary depending on peak or off-peak times. Each booking is inclusive of changing, exercising, and showering, so please plan your time accordingly.

BOOK ONLINE

Online bookings are now available for the pool and gym (exercise room).



Scan this QR code to view the booking guide on your mobile device.

AS A COURTESY TO OTHER MEMBERS, IF YOU ARE UNABLE TO MAKE YOUR BOOKING, PLEASE REMEMBER TO CANCEL.

GUEST POLICY

The guest policy has been amended temporarily; members may only bring their spouse and children under 19 (i.e. same household) to use the Fitness Centre with them.

EXERCISE ROOM POLICY

A maximum of 12 people are permitted in the gym at a time to ensure distancing is possible. Please do not bring food or drink other than water to the gym.

SQUASH COURT POLICY

Sanitize the door handles before entering and after completing play. Please play solo unless joined by a second person from the same household.

SWIMMING POOL & HOT TUB POLICY

Full body showers are mandatory before entering the swimming pool and hot tub. Only one person per lane unless the member is joined by a second person from same household (maximum of 2 people per lane at a time). Only two lanes can be shared. A maximum of 6 people are permitted in the pool at any given time. Only one person may use the hot tub at a time unless the member is joined by a second person from the same household.

SAUNA & STEAM ROOM POLICY

Mandatory full body showers are required before entering the sauna and the steam-room. There may only be one person at a time unless joined by a second person from the same household (maximum of 2 people in the steam-room or sauna at a time). Members must inform the Fitness Centre staff prior to using either room (to ensure the room is sanitized before next use).

MASKS ARE MANDATORY IN THE FITNESS CENTRE

Locker-room : Masks are mandatory unless showering, using the sauna or steam-room.

Swimming Pool Area : Masks are mandatory unless entering the swimming pool or hot tub.

Squash Courts : As per the new PHO update below, masks are mandatory on squash courts, including during play.

NEW UPDATE

Exercise Room : As per the new Public Health Order, effective May 18, 2021, **masks must be worn at all times in the Fitness Centre,** including during workouts (cardio exercise and weight lifting included).



FOCUS ON FITNESS

WEEKDAYS: 5 AM – 11 PM; WEEKENDS: 7 AM – 8 PM
TEMPORARY POOL CLOSURE: MAY 31 – JUNE 2 FOR MAINTENANCE

FITNESS

VIRTUAL CLASSES

F.I.T. WITH RACHEL

Mondays, 12 noon – 1 p.m.

This functional circuit training class utilizes your own body weight to increase muscular strength, improve cardiovascular endurance and burn calories.

VINYASA YOGA WITH CLARE

Tuesdays, 7 – 8 a.m.

Vinyasa Yoga is an active, flowing style of yoga proven to improve strength, balance, and flexibility. This is an all-levels class, with options provided to ensure all participants feel challenged and successful.

CARDIO & CORE WITH LEILA

Tuesdays, 12 noon – 1 p.m.

Stand straighter, walk taller, and move better when you commit to this class! Full-body cardio sculpting moves are followed by a variety of exercises that improve strength and stability.

MAT PILATES WITH ZORICA

Wednesdays, 7 – 8 a.m.

Zorica Jovic is a BASI®-certified Pilates Instructor and an award-winning gymnast. Pilates hits both large and small muscle groups, giving added strength and improved mobility. *Private classes with Zorica are also available.*

CARDIO KICKBOXING WITH LEILA

Wednesdays, 12 noon – 1 p.m.

Kick off the new year with this fun, non-contact workout engaging every muscle group in your body. This high-energy class combines boxing skills and drills; increase your cardiovascular endurance, power and stamina. You'll feel it the next day!

POWER FLOW YOGA

WITH RACHEL

Thursdays, 7 – 8 a.m.

Power Flow is a vigorous, athletic approach to yoga and an excellent complement to any sport. Improve muscle tone, strength, flexibility, and balance, all at once. Get ready to sweat!

SCULPT & STRETCH WITH LEILA

Thursdays, 12 noon – 1 p.m.

This low-intensity class utilizes controlled, non-impact body weight movements focusing on posture, alignment, flexibility, and mobility. Sculpt & Stretch is perfect if you are nursing an injury, tight from your sport, or just sore from being active.

PURE CORE WITH LEILA

Fridays, 12 noon – 1 p.m.

Strengthen and tone your entire midsection. Pure Core exercises focus on improving back strength, spine stability, enhancing abdominal definition, and leaning your waistline.

F.I.T. WITH STRENGTH WITH LEILA

Saturdays, 9 – 10 a.m.

Start your weekend right with this high energy full-body intensity training (F.I.T.) class. Increase strength, improve endurance and burn calories. You will be able to incorporate added resistance to any of the exercises or simply use your own body weight

**Register for virtual fitness classes
online at Member Central.**



Can't make a class?

TCC's Fitness Classes are recorded and uploaded to Member Central the following day, and will remain available for one week.



FITNESS

AUXILIARY CARDIO ROOM

The Auxiliary Cardio Room (ACR) in the Walker/Ceperley rooms holds treadmills, bikes, and elliptical trainers spaced to allow generous physical distancing. Hand towels, water, and limited fitness equipment (mats, exercise balls) will also be available.

Access : drop-in (no reservations required)

Time limit : none

Capacity : 7 people

***Members using the ACR will not have access to the Fitness Centre – including lockers or change rooms – as this area remains reservation only.**

The ACR is a temporary set-up designed to relieve some of the pressure on the Fitness Centre and allow more members to access a safe indoor space for exercise. When public health regulations allow and a return to regular business is possible, the ACR will be discontinued and the equipment will be offered for sale.



PERSONAL TRAINING

MilFit personal training is a private one-on-one session designed to focus attention entirely on your needs to make sure you reach your health and fitness goals safely and effectively. Whether you are new to fitness or an athlete, our team of professional and experienced Certified Personal Trainers will customize on-going personalized exercise programs that will be specific towards achieving your best possible health, fitness and well-being. Contact Milwina Guzman for more information at milwina@milfit.com.

SWIM

SWIM LESSONS

Private swim lessons with John Ryan are a structured but fun program that anyone can benefit from. Improve your technique, try new strokes, increase stamina, or just gain confidence being in the water.

KIDS SWIM

Kids group swim lessons will resume when it is safe. In the meantime, consider booking private lessons over the weekend. Availability is limited. To learn more, contact the Fitness Centre front desk at 604 488 8622 or email Sergio Hsia at shsia@tclub.com.



FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 a.m.		Vinyasa	Mat Pilates	Power Flow		
7:15 a.m.		Yoga with Clare	with Zorica	Yoga with Rachel		
7:30 a.m.						
8 a.m.						
9 a.m.						F.I.T. Strength with Leila
9:15 a.m.						
9:30 a.m.						
10 a.m.						
12 p.m.	F.I.T. with Rachel	Cardio & Core with Leila	Cardio Kickboxing with Leila	Sculpt & Stretch with Leila	Pure Core with Leila	
12:15 p.m.						
12:30 p.m.						
1 p.m.						

Did you know?

Pre-recorded complimentary fitness classes are also available on TCC's private YouTube channel. See page 10 for more information.

SQUASH

RACQUET STRINGING AVAILABLE

Have you had a racquet restring in the past year? If not, your game may be affected. Strings tend to lose tension over a period of six to eight months; and with a new restring, your shots will have more control and spring in them. Please see the Fitness Centre front desk for more information.



Membership for your family household bubble.

Spousal Membership

Subscription (one-time): \$950

Annual dues: \$585 + 5% tax

Quarterly minimum food spend: Nil

Intermediate Membership

Available to children between the ages of 19-24 of TCC members.

Subscription: Nil

Monthly dues: \$143.50

Quarterly Minimum Food Spend: Nil

Immediate Family Offer

A discounted subscription is available to children 25 and over of TCC members.



To learn more, contact your membership team:

Jennifer Silver & Amanda Jun

joinus@tclub.com

604 488 8647