

# TERMINAL CITY TIMES

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JULY 2021 • VOL. 28 NO. 7



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)

**NEW HOURS STARTING JULY 7**

**Monday – Friday :** 6 a.m. – 9 p.m.

**Saturday & Sunday :** 7 a.m. – 7:30 p.m.

FITNESS CENTRE

**NEW HOURS STARTING JULY 7**

**Monday – Friday :** 5:45 a.m. – 10 p.m.

**Saturday & Sunday :** 7 a.m. – 8 p.m.

THE GRILL

**Monday – Friday :**

7 a.m. – 8 a.m. coffee

8 – 10:30 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 :**

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!

Sean Elbe	Phil Partridge
Cary Frank	Teryl Rothery
Christin Gannon	Aryana Sye
Gerard Gannon	Yu Zhou

## CHANGE IS IN THE AIR

As the province's Restart Plan moves into Phase 3, we are looking forward to increased capacity, bringing on-site events back to the Club, and taking event bookings in our ballrooms, banquet spaces, and meeting rooms again!

Following the latest PHO orders, masks are not mandatory but **recommended** for all people 12 and older who are not yet fully vaccinated. (You are considered fully vaccinated 14 days after dose 2.) Physical distancing is still encouraged. We appreciate your help keeping everyone as safe as possible. Our TCC team will continue to wear masks until at least Phase 4.



## MONTHLY PARKING

Random Monthly .....	\$247
Reserved 24hrs .....	\$347
Premium (P1) Reserved 24hrs .....	\$392
Service Level 24hrs .....	\$457

*\*Prices exclusive of tax.*

For more information,  
or to secure your  
spot, please contact  
Member Services  
Manager Cory Gibson  
at [cgibson@tcclub.com](mailto:cgibson@tcclub.com) or  
**604 488 8643.**



## SECURITY REMINDER

Don't make life easy for opportunistic thieves! When parked in our public parkade, keep your windows up, vehicle doors locked, and all personal belongings out of sight. Shopping bags, tools, spare change, electronics, and briefcases can all tempt a thief.



## CALL AHEAD

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

## PRIVATE EVENTS @ LOT 19

TCC has finalized a partnership with EasyPark, the City of Vancouver, and the DVBI, which will allow us to operate patio services in the plaza area just west of the Club (Lot 19). For the time being, we will operate this space as a unique private reception area. We are able to serve groups from an elegant 12-person dinner through to a banquet or party for up to 50 guests in multiple locations. To take advantage of this new opportunity to create your custom outdoor dinner or event in a beautiful park setting with amazing cityscape views, get in touch with our catering team at [catering@tcclub.com](mailto:catering@tcclub.com).

**KIDS CLUB**   
Sign-up for Kids Club **today!**

### MEMBERSHIP INCLUDES:

- personalized membership card
- stamp card
- exclusive Kids Club events

Every time you visit the Club,  
visit Member Services for a Stamp!

Collect **10 stamps**  
and get any dessert from  
The Grill for **FREE!**

**FOR MORE INFORMATION OR  
TO SIGN UP, CONTACT:**

KIDS CLUB CAPTAIN  
604 681 4121  
[joinus@tcclub.com](mailto:joinus@tcclub.com)



# PRESIDENT'S LETTER

DEAR FELLOW MEMBERS,

Nothing like a West Coast summer heatwave to truly appreciate the outdoor spaces we have access to at Terminal City Club. Our patios are fantastic this time of year. Though you can always catch a sunny spot on the Grill patio, we have plenty of shade offered by trees and our sturdy red umbrellas; we've also added two large canopies over the west end of the terrace. These additions make TCC a premier spot to enjoy sensational views, a tasty menu, and live music Thursday through Saturday evenings.

The business success we saw in May has stayed strong throughout June. We are still not doing much in the way of catering, however, we anticipate PHO restrictions starting to lift over the next two months as second vaccinations get underway and COVID-19 case counts drop.

The Lions Pub and has seen a bump in business primarily due to Euro 2020 being played. Running an English pub and England making it to the quarterfinals certainly helps!

In recent months, staff has continued to progress on our Grill restaurant and kitchen renovation. The Grill update is not only needed but will enhance the member experience and ensure the quality, consistency and offering exceeds member expectations. During the renovation, we will keep our Grill patio open and service it from our main floor kitchen. We are very fortunate to have three separate kitchens at TCC.

Summer is when your Board does its most serious financial planning for the coming fiscal year. It is going to be a challenge. Last year we didn't know how to budget for a pandemic; this year we don't know how to gauge the strength of the recovery. Fortunately, our membership has held up well over the past year and we hope to see an uptick in new members as the economy normalizes. We are also hopeful that the wedding and catering business springs back to life, our restaurants and pub will perform better, Cuvée can re-open, and more people will return downtown to park at the Club and use the Fitness Centre.

As encouraged as we are, the outlook is not all rosy. We will no longer be the beneficiary of the government wage subsidy and some of our costs have increased significantly. For example, insurance premiums have risen globally for reasons such as wildfires, floods and COVID-19. Our premiums are no exception, rising 12% this year and 77% over the past two years. We got a break on property taxes last year, but this year they increased 48% and compared to two years ago they are up 14%. It's a good thing central bankers think inflation is temporary or we'd be starting to worry.

Like other hospitality organizations, we are also bracing ourselves for an overall food cost increase of 3-5%, and fuel surcharges too. Ensuring we maintain competitive wages remain top of mind as staff will always be our most valuable asset; impeccable service without a well-trained team is not possible.

We are grateful to have a strong base of active and engaged members, and TCC continues to bring in new members month after month. We are tracking well over the past year, but members are always our greatest ambassadors. Now is the time to host your colleagues, clients, or friends at the Club to show them why we are the current Canadian Society of Club Managers Club of the Year. When your referral joins the Club as a Resident or Corporate member before September 10, both you and the new member will receive a \$250 account credit. Don't hesitate to connect anyone you know who might be curious about the Club to your membership team at [joinus@tccclub.com](mailto:joinus@tccclub.com).

We feel optimistic about the next year and beyond at Terminal City Club. We are so looking forward to welcoming all members back to the Club, hopefully with a good old-fashioned handshake and without wearing a mask.

Sincerely,

Stewart Marshall  
Terminal City Club President



# WHAT'S ON AT THE CLUB

JULY //

THURSDAY, JULY 1	Canada Day - Club closed
FRIDAY, JULY 9	Gourmet Dinner: Tiki
SATURDAY, JULY 10	Gourmet Dinner: Tiki
SUNDAY, JULY 11	WSET Level 2 <i>Registration closed</i>
TUESDAY, JULY 13	 Book Club: <i>28 Summers</i> by Elin Hildebrand
THURSDAY, JULY 15	Members' Networking Lunch
WEDNESDAY, JULY 21	Wine:30 - Midsummer Burgundy

## BE RIGHT BACK

Some of our member-led discussion groups will be taking a break over summer. **The Lunch Exchange** hosted by Jonathan Chan and the **Discussion Group** hosted by John McCarter will return to our calendar in September. Also: stay tuned for the return of the **TCC Salon** hosted by Victor Chan this fall.

### TCC BOOK CLUB

Get a head start on a Book Club selection! The group meets on the first Tuesday of each month.

AUGUST 10	<i>A Promised Land</i> , Barack Obama
SEPTEMBER 14	<i>Wilful Blindness</i> , Sam Cooper
OCTOBER 12	<i>Fall of Giants</i> , Ken Follett
NOVEMBER 9	<i>The Power of Meaning</i> , Emily Smith
DECEMBER 14	<i>Blackwater</i> , Jeremy Scahill

### TO REGISTER

For more information, contact us:

ONLINE: at Member Central      EMAIL: [conciierge@tcclub.com](mailto:conciierge@tcclub.com)  
CALL: 604 681 4121      TEXT: 604 200 2279

 Virtual event - Live on Zoom



### FEATURE BEERS

**\$5 FOR 330ML**

Phillips Blue Buck Ale  
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 COCKTAILS (2 OZ.)

TCC Signature Clarified Pina Colada – \$16  
*rum, coconut water, house-made falernum,  
simple syrup, lime juice, milk, pineapple*  
*\*contains nuts*

Classic Mai Tai – \$15  
*appleton 8 year, lime juice, cointreau, orgeat, simple syrup*

Caipirinha – \$14  
*cachaça 51, lime, raw sugar, simple syrup*

## LIVE MUSIC



**THE GRILL**

**6 – 9 P.M.**

**THURSDAYS  
FRIDAYS  
SATURDAYS**

07 • 02 - Melanie Dekker	07 • 17 - Rob Eller
07 • 03 - Rob Eller	07 • 22 - Dave Martone
07 • 08 - Dave Martone	07 • 23 - Cassandra Maze
07 • 09 - Cassandra Maze	07 • 24 - Neal Ryan
07 • 10 - Neal Ryan	07 • 29 - Antonio Larosa
07 • 15 - Adam Thomas	07 • 30 - Melanie Dekker
07 • 16 - Carmina Rae	07 • 31 - Vicky Sjøhall



# 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

### PATIOS!

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

### UEFA EURO 2020

All 12 noon games will be played with sound in the Pub. Please call 604-488-8602 or email [lionspub@tcclub.com](mailto:lionspub@tcclub.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.

### HAPPY HOUR

Enjoy Happy Hour beverages for \$5.50 between 2-5 p.m. and 8-10 p.m. daily!

**Beers:** P49 Lager, P49 Trash Panda Hazy IPA, Phillips Blue Buck Ale, Phillips Dinosaur

**Wine:** house red, white, and rosé

**On tap:** Mule Muddler



## HAVE YOU BOOKED YOUR ESCAPE?

Friday, July 9 ★ Saturday, July 10  
6 p.m.

*\$90 plus tax & service charge*

*Enhance your experience with optional wine & cocktail pairings*

★ ★ ★

## - TIKI -

### TO BEGIN

#### BEET POKE

macadamia nut butter, kona coffee ginger reduction

#### MOCHIKO FRIED CAULIFLOWER

gochujang, su-miso

#### PINEAPPLE DOLE WHIP

wray & nephew OP rum, coconut cream

### TO SAVOUR

#### SMOKED PUA'A BELLY

crispy pork belly, guava, lychee & broccolini, crispy onion

### TO INDULGE

#### MAUI LAUI

mahi mahi, hawaiian sea salt, braised swiss chard, maui onion, fried garlic, sticky rice, grilled lime, furikake

### TO FINISH

#### FRIED SWEET POTATO BANANA FRITTERS

demerara rum caramel, banana vinegar, coconut candy crumb

# July Events



## GOURMET DINNER: TIKI

Friday, July 9

Saturday, July 10

6 p.m.

*\$90 plus tax & service charge; optional wine & cocktail pairings available*

Your favourite dining experience is back! View the full menu on page 5 Member Central. Reserve your seat early as our Gourmet Dinners always sell out.

\*Enhance your experience: if you missed our **Rum Round-up & Tiki Techniques** session, consider watching it on Member Central prior to coming in for dinner.



## BOOK CLUB: 28 SUMMERS

Tuesday, July 13

5 – 6 p.m.

 Complimentary event

Based on the classic film *Same Time Next Year* (1978), *28 Summers* by Elin Hilderbrand explores the agony and romance of a one-weekend-per-year affair and the dramatic ways this relationship complicates and enriches their lives, and the lives of the people they love.

\*Get a head start on the August 10 selection: *A Promised Land* by Barack Obama.



## MEMBERS' NETWORKING LUNCH

Thursday, July 15

12 noon – 1:30 p.m.

*Complimentary event with the purchase of lunch à la carte from the Grill*

We're thrilled to bring back our Members' Networking Lunch. Join the city's entrepreneurs, executives, and business and community leaders for conversation over a power lunch every third Thursday. This is a terrific opportunity to meet and mingle with other members representing diverse industries.



## WINE:30 - MIDSUMMER BURGUNDY

Wednesday, July 21

5:30 – 6:45 p.m.

*Full experience at the Club: \$95 plus tax & service charge (includes tasting and food pairings)*

*Live on Zoom: complimentary (no tasting component)*

There is no more sacred land in the wine world than Burgundy. The magical combination of Jurassic limestone, ancient traditions, gentle slopes and cool climate allows Burgundy's noble pinot noir and chardonnay grapes to reach sublime heights of expression and quality. Here subtle geologic nuance is translated into the world's most minerally and complex wines, where fruit and earth meet on equal footing.

Burgundy provides winelovers with a lifetime of passionate study, but a little decoding of her history, appellation structure and recent vintages will add to your enjoyment and understanding of this intricate wine region.



It's time to get back together in person, and there is no better way to celebrate the easing of pandemic restrictions than to sip fine Burgundy! Join Wine Director DJ Kearney for a tour of Burgundy from regional and village styles to the lofty grand crus. Executive Chef Dan Creyke will provide delicacies to pair.

*To register for an event, contact Member Services at 604 681 4121 (call), 604 200 2279 (text), [conciierge@tclub.com](mailto:conciierge@tclub.com), or book online at [tclub.com](http://tclub.com).*

# Bespoke Dining Experiences

This summer, celebrate any special occasion with your nearest and dearest at the Club. 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.



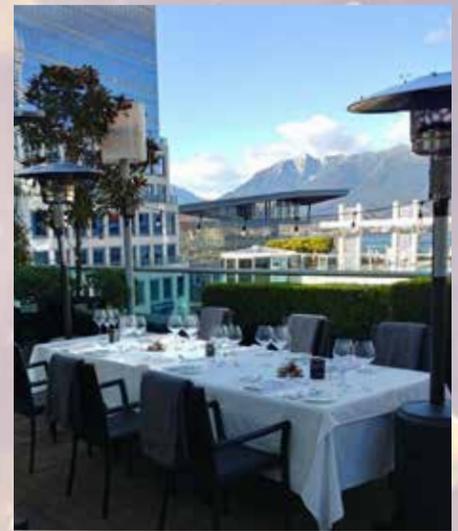
## Perfect Pairings

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

*Thank you for your creativity and accommodation which contributed to the total success of Rose's birthday celebration dinner. Our guests were all very impressed and had a great time seeing each other after such a difficult year. It is something that means a lot to us. This couldn't have happened without the entire team's efforts, as well as Chef Dan for creating the delicious dishes. The pastry team also did an outstanding job on the cake. —Marcus Xu*

*This was exactly what I was looking for my birthday celebration and beyond my expectations ... Thank you for all the work the staff put into making an amazing night for us. Please keep this Bespoke Dinner Experience available and continue the great work at the Club! —Konrad Shum*

## Ready to get started?

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

# LIQUID ASSETS



## WINE:30 - MIDSUMMER BURGUNDY

Wednesday, July 21

5:30 – 6:45 p.m.

*Full experience at the Club: \$95 plus tax & service charge (includes tasting and food pairings)*

*Live on Zoom: complimentary (no tasting component)*

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### RAY YOON

ASSISTANT BARS MANAGER

Congratulations to **Ray Yoon** on his recent promotion to **Assistant Bars Manager!** We are thrilled to recognize Ray's efforts in elevating TCC's cocktail program.

Ray first stepped foot in a bar a week after his 19th birthday to work his first shift as a barback at the Hotel Georgia. What originally started as a job to pay his way through school quickly became an obsession; Ray spent countless hours studying and practicing everything bar-related. With the help of his friend, mentor, and Head Bartender at Hotel Georgia, Robyn Gray, Ray began his bartending career in a very intense way. We're thrilled to have his expertise here at TCC today.



Scan this QR code to learn how to make some of your favourite classic cocktails from Ray.



WINE • SPIRITS • BEER

## LIQUID LEARNING

WITH DIRECTOR OF WINE, DJ KEARNEY

### Did you miss a session?

Recordings of past events are available online.

A selection of short clips are available on TCC's public YouTube channel.

A trove of select past sessions are available exclusively to members, including:

Pinot Gris  
Chenin Blanc  
Pinot Noir  
The Pinot Noir Glass  
Wine Glass Styles  
Veneto Wines  
If You Like That, Try This

• • •

Access the playlists!



TCC's public  
YouTube channel



Exclusive content  
(login to Member  
Central required)

2020 Wine Round-Up  
Wine & Cheese Pairing  
Food & Wine Pairings Made Easy  
Rum Round-up / Tiki Techniques  
Best of BC Wine: Part 1  
Whisk(e)y 101  
Romanian Wines

From the **Inspiring Wine People & Places** series, DJ in conversation with internationally respected wine pros:

*Erica Crawford, Loveblock*  
*The Legendary Steven Spurrier*  
*Wine Rocker Terry David Mulligan*  
*BC Wine Pioneer Christine Coletta*  
*Wine Climate Specialist, Michelle Bouffard*  
*Master Sommelier Larry Stone, Lingua Franca*

# LIQUID ASSETS

## Featured Wines

### ❶ **Matthiasson Chardonnay Linda Vista Vineyard 2018** Napa Valley, California (\$79)

Originally from Winnipeg, Steve Matthiasson is a cult grape grower in California, with a star-studded list of clients like Araujo, Spottswoode, Hall and Stag's Leap Wine Cellars. Naturally, he could not resist starting his own label, and this chardonnay comes from a vineyard beside his heritage farmhouse in Oak Knoll AVA. It sees only neutral oak and hands-off winemaking, as the best wines do. Displaying yellow apples, golden peaches and musk melon, it's bursting with flavour, freshness and the goodness of organic fruit.

### ❷ **Medici Ermite Unique Rosé Lambrusco NV** Emilia-Romagna, Italy (\$49)

Hipsters might think Lambrusco is super-cool and new, but this classic red Italian bubbly has been around since the Bronze Age. Our Lambrusco called 'Unique' is a cut above the rest and shows how fine the unique sub-variant called 'lambrusco marani' can be. Made just like Champagne (most Lambrusco is made in a tank), Unique is bright raspberry in colour with tangy cherry flavours and toasty complexity all floating on a creamy mousse. Sophisticated Lambrusco for the discerning!

### ❸ **Broadside Cabernet Sauvignon 2018** Paso Robles, California (\$56)

Paso Robles is one warm wine growing region, south of the Bay along Highway 101, half way between San Francisco and Los Angeles. Our new by-the-glass pour, Broadside is rich and full with explosive black fruit, chamois tannins and a spicy finish. Relax with a potent glass after work, or pair with a juicy burger or prime steak.

### ❹ **Sonoma Cutrer Russian River Ranches Chardonnay** 2018 Sonoma, California (\$48)

A sip will remind you why this is one of the best selling chards of all time. It's lush and full-bodied with appetizing flavours of peaches and mango, finishing with a high voltage surge of succulent acidity that reflects the cooler Russian River growing region. Toasty and buttery, it's a glass of Californian sunshine to pair with seafood, pasta or the breezy patio.

### ❺ **Félsina Berardenga Chianti Classico 2017** Tuscany, Italy (\$93)

Is there a better dinner wine than Chianti Classico? Tuscany's great red is made from the sangiovese grape, mellowed in oak and brings a savoury tangle of black fruit, herbs, licorice and grippy tannins to the dinner table. Félsina is a renowned estate in the warm southern zone of Castelnuovo Berardenga, and 2017 was a fruit-forward vintage.



1



2



3



4



5



## WHITE, BY THE CASE

### TCC Sauvignon Blanc 2017 Loire Valley, France

**\$300**

*\$39 per bottle, or \$468 per case of 12*

Limited supply! Contact Owen Stuart at [wine@tcclub.com](mailto:wine@tcclub.com) to secure your case.

This should be your house white! Made for the Club by a renowned Loire Valley family with 500 years of wine history, this is juicy and zesty sauvignon blanc with a top French pedigree. Dry and aromatic, it's alive with gooseberries, snipped herbs, and grapefruit, with a lingering mineral finish. Loire whites show their best after a few years in the bottle, and this will pair well with goat's cheese salad, fish tacos or a sunny patio.

# 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.

# Joan Posivy

## MEMBER OF THE MONTH

Joan Posivy arrived at the right place at the right time almost entirely by mistake.

She was 18, living in Toronto, working for Canada Trust, when some friends told her about a business seminar on marketing that she ought to attend. As it turned out, that seminar wasn't on marketing at all.

The speaker was Bob Proctor, the renowned Canadian philosopher and guru on matters of personal growth. As Joan recalls the event, his message to the assembly was simply: "Regardless of what has happened to you, regardless of your upbringing and what you think your limitations are, the truth is that you can create anything you want to create."

For a self-defined introvert, these words changed everything. "That was quite a revelation for me," Joan says. "I had never heard anything like that. I had never heard anyone talk about potential in this way. What this did was open my eyes to set goals that were in alignment with where I wanted to go in life."

And so ...

Goal No. 1: Buy house. Completed by the age of 19.

Goal No. 2: Become manager of a financial institution. Completed at the seemingly unimaginable age of 22.

"There were executives who told me I couldn't manage a bank branch at such a young age. If I wasn't immersed in studying the power of the mind and

human potential, I might have believed them. But what I knew at the time was this: Their limitations on my potential were merely opinions, and I was not going to let the opinions of others alter my goals."

In 1986, Joan travelled to Nelson for a ski trip and fell in love with the place. She sold her home, passed on an offer to run the financial institution's lending operations, and left Ontario for the Kootenays.

"My goal at that point was to move to Nelson then figure out what to do when I got there. There was an opening for a loans and mortgage person with CIBC. I didn't really want to get back into banking, but I knew it was a job I could walk into. At the time, there were only four financial institutions in town, so I figured this job would give me the opportunity to meet a quarter of the population."

Her next goal was to look for "passive income" – a business that would not require a lot of work, while providing steady revenue. The opportunity to open a self-storage facility presented itself. It was a perfect fit. Not only would it generate steady income with minimum effort, but it also seemed a suitable business for someone who, in a metaphorical sense, stowed her old self away years ago.

With a partner secured, 12 Mile Storage opened its doors. "With that business going, I was able to start growing my voice in the personal-development industry. The material I'd been intensely studying and applying since the age of 18 was so



effective I wanted to share it. I started getting hired as a trainer and a speaker – travelling the world helping people reach goals they considered unreachable."

The culmination of her work in personal development was published in 2015: *The Way Success Works – How to Decide, Believe, and Begin to Live Your Best Life*. As a kind of testament to the circle of life, the forward to this powerful and popular book was written by Bob Proctor.

Joan sold her storage business this year and celebrated the event with a few TCC gym buddies. "When something wonderful and significant happens for any of us, we toast the occasion with a morning Mimosa."

Now that the business is sold, her next goal is to start podcasting. "I love hearing people's stories," she says. "I see the podcasts as conversations with successful and inspirational people, then, given my expertise, breaking down for the audience the components of what made that person's success. "The TCC membership is filled with the sort of individual I would love to have as a guest." ❀

# Have You Heard



**David Bowman**, CFA has joined RPIA as Director - Client Portfolio Management focusing on business development within the IIROC dealer channel within BC. RPIA is a specialized fixed income manager with deep expertise in corporate bonds and active interest rate management. The firm was founded in 2009 by a highly experienced team who had previously run the global fixed income arm of Canada's largest bank.

This past May, David also celebrated his 10 year anniversary as a TCC member. Congratulations, David!



Congratulations to **Julia Chung** for winning the 2021 YWCA Women of Distinction Award in the Entrepreneurship & Innovation category! Julia is a recognized expert in business and personal finance and CEO and co-founder of Spring Plans and Admin Slayer. Both companies are structured to allow women to work flexibly and remotely, allowing them to learn, support their families and live outside of major cities, while still growing and taking on impactful roles within the administrative professional and financial planning industries. Julia also co-founded two non-profit organizations – Advice Only

Financial Planners' Forum and Financial Planning Association of Canada – that support the professionalization and diversification of the financial planning industry.

## Do you have news you'd like to share?

Celebrating an engagement, marriage, or new addition to your family? Have you accepted an exciting new role? Launching a new book or opening a new restaurant or shop? Know a fellow member who was recently recognized with an award?

Reach out to Amanda Jun, Club Relationship Manager, at [ajun@tcclub.com](mailto:ajun@tcclub.com) to share your news.

## Do you know anyone interested in membership?

Connect your interested friends and colleagues with your membership team:

Amanda Jun  
Jennifer Silver

[joinus@tcclub.com](mailto:joinus@tcclub.com)  
or 604 488 8647



### MEMBER REFERRAL

When your referral joins as a Resident or Corporate member before **September 10**, both you and the new member will receive a **\$250 account credit!**

*\*Referral must be made in writing to [joinus@tcclub.com](mailto:joinus@tcclub.com) prior to submission of application.*

# TELUS HEALTH CARE COLUMN

## SUMMER SKIN PROTECTION

As we finally start to experience better weather, it's hard to resist staying outside for hours. But that also means we need to be sun savvy.

### Which are the better sunscreens to use?

Look for a mineral sunscreen containing titanium dioxide and/or zinc oxide, but check the SPF number. Many cosmetics and moisturizers include SPF factors of 15, which may be sufficient on a regular workday when you're outside for a few minutes, but it's not enough for a day at the beach.

If you're planning to spend time outside, use sunscreen with an SPF of 30 or higher, but not more than 60. Sunscreens with a SPF higher than 60 may not provide any extra protection, but they can encourage

people to stay outside longer, or reapply their sunscreen less, because they feel more protected. Look for a broad-spectrum sunscreen that blocks both UVA and UVB rays, too.

### Sunscreen only works if you wear it properly.

Sunscreen should be applied 15 to 30 minutes before heading outside and then reapplied every two hours, or immediately after swimming – even if it's waterproof. It's also critical that you use enough. Insufficient amounts of sunscreen result in less SPF protection, and most folks only use about 25% of the recommended amount. For the best protection, an average person needs to use about a quarter of a regular sized bottle. That's equal to about a shot glass full.

### But sunscreen is only a start.

It's important to adopt other sun-safe behaviours such as wearing a wide brimmed hat (at least 3 inches wide) and sun-protective clothing. And don't forget: you can even sunburn your eyes, so use a good pair of sunglasses. Babies should wear them too.

—Dr. Rhonda Low, Family Physician, TELUS Health Care Centres



To learn more about personal health care for the whole family at TELUS Health Care Centres, visit [telushealth.com/carecentres](https://telushealth.com/carecentres)



## POLICIES

### RESERVATION SYSTEM ENDING

As we enter Phase 3 of BC's Restart Plan, we are excited to safely start opening the Fitness Centre to normal capacity.

**Starting July 7, members will no longer need to make a reservation to use the gym or pool.** Squash bookings will continue via [sportyhq.com](https://www.sportyhq.com). First-time users: please contact the Fitness Centre front desk for registration.

### GUEST POLICY

At this time, members may only bring their spouse and children under 19 to use the Fitness Centre with them.

### NEW HOURS STARTING JULY 7

Starting July 7, Fitness Centre hours will be as follows:

**Weekdays:** 5:45 a.m. – 10 p.m.

**Weekends:** 7 a.m. – 8 p.m.

Please see page 15 for Adult Swim hours.

### SAFETY & SANITIZING

Please continue to sanitize gym equipment before and after use. Everyone should continue to self-monitor for COVID-19 and get tested if you show symptoms.

### MASKS RECOMMENDED



As per the new Public Health Order, effective July 1, 2021, masks are not mandatory but **recommended** for people 12 and over who have not yet been fully vaccinated. You are considered fully vaccinated 14 days after dose 2.

Physical distancing is still encouraged whenever possible. **Please continue to respect other members' space as their comfort level may differ from yours.** Thank you for doing your part to keep TCC safe for members and staff.



**NEW HOURS AS OF TUESDAY, JULY 7:  
WEEKDAYS: 5:45 AM – 10 PM; WEEKENDS: 7 AM – 8 PM**

## FITNESS

### VIRTUAL CLASSES

#### FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 a.m.		Vinyasa Yoga with Clare	Mat Pilates with Zorica	Power Flow Yoga with Rachel		
7:15 a.m.						
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.						

#### 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.**

This fun, non-contact workout utilizes boxing skills and drills to engage every muscle group in your body. 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. Improve muscle tone, strength, flexibility, and balance.

#### 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

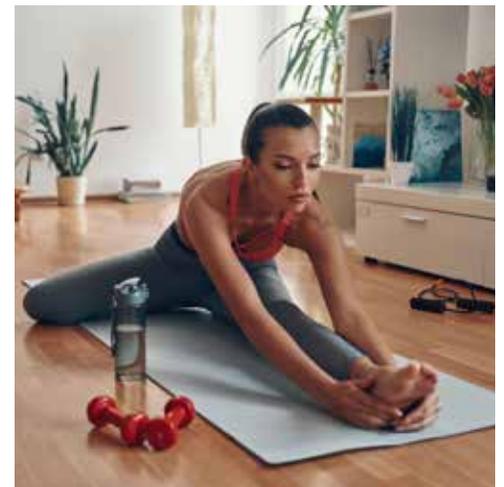
**Fridays, 12 noon – 1 p.m.**

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.



# FITNESS

## ON-DEMAND FITNESS CLASSES

**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.

Pre-recorded yoga classes by certified international yoga teacher and lululemon ambassador **Matt Corker** are available on TCC's YouTube channel.



Core & Strength Quickie (20 mins)  
Morning Wake Up Flow (35 mins)  
Post-Work Wind Down (35 mins)  
Slow & Sweaty Flow (60 mins)



Scan this QR code to access our Stay Fit playlist on YouTube.

## 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](mailto:milwina@milfit.com).

# SWIM

## ADULT SWIM TIME

During Adult Swim time, only adults will be permitted in the swimming pool area:

**Weekdays:** 5:45 a.m. – 9 a.m.

**Weekends:** 7 a.m. – 9 a.m.

## LANE USAGE

When using the pool, please choose a lane that suits your speed:

**Lane 1:** Fast lap swim

**Lane 2:** Medium lap swim

**Lane 3 & 4:** Recreational leisure swim

## SWIMMING POOL & HOT TUB POLICY

Full body showers are mandatory before entering the swimming pool and hot tub.



## 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.

## FOR KIDS

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 [hsia@tcclub.com](mailto:hsia@tcclub.com).



# SQUASH

## SQUASH PROGRAMMING

We're eager to see our squash courts come alive again. Squash programming will be making a comeback in the months ahead. Barry is looking forward to seeing you back on the court!



## 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](mailto:joinus@tclub.com)**

**604 488 8647**