

# TERMINAL CITY TIMES

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AUGUST 2021 • VOL. 28 NO. 8



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 8605  
Weddings : 604 488 8629  
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** : 6 a.m. – 9 p.m.  
**Saturday & Sunday** : 7 a.m. – 7:30 p.m.

FITNESS CENTRE  
**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  
open as temporary workspace only (no service)  
**Monday – Sunday** : 7 a.m. – 10 p.m.

1892  
**Temporarily closed**

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

## HOLIDAY CLOSURE: BC DAY

The Club and Lions Pub will be closed on  
**Monday, August 2** for BC Day.

## NEW MEMBERS

Welcome to our new members!

Laurie Daschuk	Sanjeet Raiwal
James Daschuk	Duncan Robinson
Gina Kang	Christine Tschetter
Christopher Law	Gary Whitfield
Gary Laxon	Mary Lynn Young
Henry Liu	Lin Zhang
Uzair Merchant	

## MONTHLY PARKING

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

*\*Prices exclusive of tax.*

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



## EV CHARGING

Plug in at TCC! Four EV charging  
stations are available in our Impark  
parkade on P3, stalls 226-229.



## CALL AHEAD

Our Grill patio fills quickly on  
a sunny day. Call ahead or make  
a reservation on OpenTable to  
avoid disappointment.  
- 604 681 4121 -

**2021**

## HOLIDAY ENTERTAINING

Have you booked your  
holiday party yet?

Save your date.  
[catering@tcclub.com](mailto:catering@tcclub.com)  
**604 488 8605**



## Phone-friendly WORKSPACE - CUVÉE -

Cuvée has re-opened as temporary  
workspace. Talk all you want - phone  
calls and Zoom calls are permitted.

*\*Please be respectful of other  
members and use earbuds or a  
headset when on Zoom calls.\**

Complimentary drip coffee will be  
offered from 7:30 – 11 a.m.  
Self-serve flat and sparkling water  
will also be available.



# PRESIDENT'S LETTER

DEAR FELLOW MEMBERS,

Each month in this letter, I try to include a few comments about the Club's financial health. I've talked about the hard work our Board and management have undertaken over the past several years in keeping our financial house in order, followed by the tremendous challenges of operating a hospitality-based business through the COVID-19 pandemic. The perseverance of our staff, paired with the loyalty and understanding of our members has allowed us to keep the Club open for the vast majority of the past 18 months. For that, I am extremely grateful.

As we emerge from the pandemic, several factors will impact the Club's short- to medium-term financial picture: government wage assistance will be discontinued; fixed costs such as insurance and property taxes have increased significantly. More broadly, prices are up, including food. There is also a shortage of hospitality workers due to a very competitive labour market. The nature of a pandemic means it's difficult to predict how quickly (or not) society will return to those behaviours (conferences, luncheons, parties, weddings, banquets) that are key to our business. The Club's Board and management are working hard to meet these challenges and ensure financial sustainability while remaining true to our purpose as a member-based organization. We do anticipate an increase in dues next year, but our hope is that it is a modest one.

Despite the challenges, it's been great seeing the Club getting a bit livelier with restrictions easing. If you haven't had a chance to return, we would love to welcome you back. We've had a few weddings in July with more on the books this month, and we continue to see growth in our Catering and Banquets departments. As you know, the return to full-scale business as usual will be a gradual one. If you, or someone you know is looking to book space to entertain, don't hesitate to reach out to our Catering team at [catering@tcclub.com](mailto:catering@tcclub.com).

Events are starting to pick up with most member events returning to the Club. Don't miss two very special offerings this month: **Sunny Summer Sips** – an engaging beverage tour – and the **August Gourmet Dinner** featuring Solsted Organic Farm. See page 6 for more information and be sure to register early. Live music will continue on the Grill Patio Thursdays through Saturdays from now until the first week of September.

The Club's Bespoke Dining Experience has been tremendously successful. It allows our members to work directly with our talented staff to plan every detail of the evening right down to a customized menu from Executive Chef Dan Creyke complete with ideal beverage pairings. If you have something special in mind, this is a great opportunity to wow your family and friends.

Our Member Referral program continues this month, so if you know of someone who would be a good fit at TCC, connect them with your membership team at [joinus@tcclub.com](mailto:joinus@tcclub.com). You and your referral will each receive \$250 Club dollars if they submit an application for Resident or Corporate membership by September 10.

There will be an opening on our Board of Directors in 2022. If you or someone you know would be a suitable candidate for the TCC Board, please email [gm@tcclub.com](mailto:gm@tcclub.com) before September 30, 2021, to express interest. Our Nominating Committee will review candidates in the fall ahead of this year's AGM.

Lastly, enjoy the last month of Summer. Hopefully you get the chance to take those much-needed summer vacations or spend some quality time with family and friends. Take care of yourselves.


Sincerely,

Stewart Marshall  
Terminal City Club President



# WHAT'S ON AT THE CLUB

## AUGUST //

- MONDAY, AUGUST 2 BC Day - Club Closed
- TUESDAY, AUGUST 10  Book Club: *A Promised Land* by Barack Obama
- WEDNESDAY, AUGUST 18 Wine:30 - Sunny Summer Sips
- FRIDAY, AUGUST 20 Gourmet Dinner: Solstedt Organic Farm



### 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.

- SEPTEMBER 14 *Wilful Blindness*, Sam Cooper
- OCTOBER 12 *Fall of Giants*, Ken Follett
- NOVEMBER 9 *The Power of Meaning*, Emily Smith
- DECEMBER 14 *Blackwater*, Jeremy Scahill
- JANUARY 11 *Nomadland*, Jessica Bruder

### 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

## TCC HOME

SUBSCRIBE TO TCC'S YOUTUBE CHANNEL



### EAT & DRINK @ HOME

Hone your skills in the kitchen or behind the bar; our team will show you how.

how to shuck an oyster • how to fillet a whole salmon  
 knife skills • cocktail lessons • how to decant white wine




...AND MORE!

### HEALTH & WELLNESS @ HOME

It's never been more important to maintain a fitness program.

live and pre-recorded fitness classes • yoga, anytime

Log on to Member Central at [tcclub.com](http://tcclub.com) to access exclusive content and archived recordings of select offerings. Keep your eye on our weekly e-blasts and follow us on social for updates!

 [terminalcityclub](https://www.facebook.com/terminalcityclub)  [@tcclub](https://www.instagram.com/tcclub)  Terminal City Club

## LIVE MUSIC



THE GRILL

6 - 9 P.M.

THURSDAYS  
 FRIDAYS  
 SATURDAYS

- 08 • 05 - Dave Martone
- 08 • 06 - Melanie Dekker
- 08 • 07 - Rob Eller
- 08 • 12 - Colin Sankey
- 08 • 13 - Carmina Bolinao
- 08 • 14 - Neal Ryan
- 08 • 19 - Dave Martone
- 08 • 20 - Neal Ryan
- 08 • 21 - Rob Eller
- 08 • 26 - Adam Thomas
- 08 • 27 - David Capper
- 08 • 28 - Antonio Larosa



# 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.



# SUNDAY PRIME RIB DINNER

**The Grill • Sundays • 5 - 9 p.m.**  
**\$34 plus tax & service charge**

Our family dinner night has been a long-standing favourite. A kids' version is also available for ages 10 and under. Reservations strongly encouraged.

*slow-roasted prime rib, seasonal vegetables, creamy whipped potato, Yorkshire pudding, au jus*

## GRILL

# FRESH SHEET

Our Culinary team is devoted to bringing you the very best each season has to offer from our local farmers and providers.

Now, look forward to **wine pairings** - selected by TCC Wine Director DJ Kearney to bring out the best in both the dish and the wine - and **cocktail pairings** - handcrafted by Assistant Bar Manager Ray Yoon - to complement dishes on our weekly Fresh Sheet.

## LIONS PUB

### PATIOS!

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

### 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




# August Events



## **BOOK CLUB: A PROMISED LAND**

Tuesday, August 10

5 – 6 p.m.

 Complimentary event - live on Zoom

In the stirring, highly anticipated first volume of his presidential memoirs, Barack Obama tells the story of his improbable odyssey from young man searching for his identity to leader of the free world, describing in strikingly personal detail both his political education and the landmark moments of the first term of his historic presidency – a time of dramatic transformation and turmoil. He offers a unique and thoughtful exploration of both the awesome reach and the limits of presidential power, as well as singular insights into the dynamics of U.S. partisan politics and international diplomacy.



## **WINE:30 - SUNNY SUMMER SIPS**

Wednesday, August 18

5:30 – 6:45 p.m.

*\$65 plus tax & service charge*

*(includes tasting and food pairings)*

This relaxing sit-down event takes us on a sunny romp around the glorious world of drinks. We will start outside (weather permitting) at Lot 19 for a flute of bubbly and passed hors d'oeuvres, before settling into the Metropolitan Ballroom for a taste of two summer-weight wines, a cleansing seasonal beer, and top shelf spirit. Finally, we will mix a sundowner cocktail designed by TCC's Assistant Bar Manager, Ray Yoon. Chef Dan's kitchen crew are dreaming up globally-inspired summery bites to pair.



## **GOURMET DINNER: SOLSTEDT ORGANIC FARM**

Friday, August 20

6 p.m.

*\$90 plus tax & service charge*

*Optional: organic wine & cocktail pairings*

Members are in for a treat – the August Gourmet Dinner features an array of spectacular summer produce grown by Ashala Daniel at her Certified Organic off-grid, solar-powered farm on a mountainside outside Lytton, BC. This extraordinarily farm-fresh menu will include house-made roast tomato cavatelli pasta, the greatest sungold tomatoes we've ever tried, beautiful basil, eggplant and stone fruits.

*To register for an event,  
book online at [tclub.com](http://tclub.com)  
or contact Member Services.*



SAVE THE DATE

Wednesday, September 15

## **Welcome Back - Members' Wine Tasting**

# 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 Assistant Bar Manager 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:

[reserve@tclub.com](mailto:reserve@tclub.com)

Restaurants Manager Iain Fletcher / Assistant Restaurants Manager Anna Iuritsyna

# PRIVATE EVENTS @ LOT 19



TCC has finalized a partnership with EasyPark, the City of Vancouver, and the DVBA, 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).

## LIQUID ASSETS

### Wine Education

Thirsting for more wine knowledge? The London-based Wine and Spirit Education Trust (WSET) is the most-respected wine education body in the world, and Wine Director DJ Kearney will be offering the WSET Level 1 & 2 Award in Wines to members and staff.



#### WSET LEVEL 1

Level 1 is a beginner level introduction exploring the main types and styles of wine through sight, smell, and taste; you will also gain the basic skills to describe wines accurately and make food and wine pairings.

**Part 1:** Sunday, September 19

**Part 2:** Sunday, September 26

1 – 6 p.m.

\$399 + GST

To obtain your WSET 1 Certificate in Wine, there will be a 30-multiple choice test at the end of the September 26 session. 70% is required to pass; there is no blind wine tasting component.

#### WSET LEVEL 2

Level 2 examines how environmental factors, grapegrowing, winemaking, and maturation options influence the style and quality of wines made from eight principal grape varieties and 22 regional wines, as well as the world of sparkling and fortified wines. *\*WSET 1 is not a prerequisite.*

**Four Sundays:** November 7, 14, 21, 28

12 noon – 5:30 p.m.

\$1,150 + GST

*cheese & charcuterie available for purchase*

To obtain your WSET 2 Certificate in Wine, there will be a 50-multiple choice test at the end of the November 28 session. 55% is required to pass; there is no blind wine tasting component.

#### WHAT MEMBERS ARE SAYING

*“Amazing course! ... DJ Kearney is an exceptional teacher; her enthusiasm is both effervescent and contagious! The knowledge gained ... opened my mind, my taste buds, and my curiosity. I will be more willing and likely to choose a variety of different wines. The six selections each day were fantastic and served well to illustrate their purpose in the course content. Thank you TCC for a job well done!”*

—Dr. Shirley Schwab

.....  
• Please email [wine@tcclub.com](mailto:wine@tcclub.com) to .....  
• register, or learn more about this .....  
• special opportunity. ....  
.....



## Featured Wines

### ❶ Phantom Creek Estates Riesling 2020 Okanagan Valley, BC (\$53)

This bone-dry, stylish riesling comes from the stunning estate of Phantom Creek in the South Okanagan. Shrewdly acquiring some of the greatest and most historic vineyards in BC, consulting Alsatian winemaker Olivier Humbrecht, Master of Wine was brought aboard to guide the wines to greatness. He's also leading the conversion to organic and biodynamic farming for greater fruit purity, terroir expression and health of the planet.

### ❷ Domaine J.A. Ferret Pouilly Fuissé Tête de Cru Les Perrières 2017 Burgundy, France (\$122)

This mouth-filling full-bodied white hails from the southernmost part of Burgundy called the Macon. Warmer weather nudges the chardonnay grapes in the peachy, tropical direction, and a touch of oak adds buttery richness and spicy panache. **★It's just the ticket for the Grill's seafood salad or grilled wild spring salmon.**

### ❸ Clos des Menuts Saint-Emilion Grand Cru 2014 Bordeaux, France (\$62)

Handsome and suave with a distinguished touch of age, this is one of Bordeaux's rare values. From the right bank and the Saint-Emilion Grand Cru appellation, plummy merlot is joined by a splash of the cabernets then aged in fine French oak barrels to burnish. 2014 was a dramatic vintage in Bordeaux saved by a dry and toasty September on record. **★Sporting ripe plum and cassis, supple tannins and brisk acidity, this is a natural with Chef Dan's C.A.B. Flat Iron steak.**

### ❹ Giannitessari Tai Rosso 2018 Veneto, Italy (\$50)

Tai Rosso comes from the Berici Hills near Verona and is a rare regional specialty. Tai is the local name for grenache, a heat-seeking Spanish variety that's plentiful in Sardegna, but uncommon in cooler northern Italy. Tai is understood to be a deeply mutated line of grenache brought to the Veneto 700 years ago, grown in isolation, not far from the zones with famous names like Valpolicella, Amarone, Soave, and Prosecco. If rarity is a metric for your wine excitement, then this esoteric red with cherry flavours and soft tannins will spark joy.

### ❺ Sesti di Sopra Brunello di Montalcino 2015 Tuscany, Italy (\$180)

We know our members love, love, love Brunello, and are delighted to have added this superb producer to our offering. Sesta di Sopra is a tiny property in the Sesta sub-zone of Montalcino, lovingly farmed organically by Ettore Spina, a former banker. Intense and sleek, sangiovese grosso's dark fruit flavors are offset by tart cherry and fresh menthol, featuring melting tannins and plump body courtesy of the magnificent 2015 vintage.

Contact Owen Stuart at [wine@tcclub.com](mailto:wine@tcclub.com) to stock your wine locker or home cellar with any of these fabulous wines hand-picked by TCC Wine Director DJ Kearney. Or, enjoy a bottle alongside dinner one of these beautiful summer nights.



1



2



3



4



5

# 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

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### 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.

## MEMBER OF THE MONTH

# JASON BOSA



There is no underestimating the significance of motorcycles in the life of Jason Bosa. They are his passion. He loves to ride. The motorcycle is also a nearly perfect metaphor for how the 51-year-old embraces life – his desire for solitude, independence, even a bit of rebellion now and then.

“Motorcycle riding is great meditation for me,” he says. “I am out on the road. I don’t have to talk with anybody. The scenery is changing. I am focused. It is the best way to clear my mind.”

Jason is the middle son of Natale “Nat” Bosa, one of Canada’s most successful and celebrated real estate developers. Understandably, while Jason was growing up, work was always available. “There wasn’t a choice; it was mandatory,” Jason says, smiling. “The work wasn’t onerous, but it was important to my mother and father that all their children appreciate the value of a dollar earned, so if that meant



pulling weeds for eight hours, then you pulled weeds for eight hours.”

After graduating Notre Dame Regional Secondary School, Jason took some courses at Capilano College with no real goal in mind. He studied what interested him: writing, archeology, acting, physics. What felt inevitable at the time was that he would end up working his way to the top of the family development business. His dad undoubtedly thought the same. His mom, however, had other plans for her son.

In 1996, Flora Bosa purchased Swedish Jewellers, which had two locations – one in Pacific Centre Mall, the other in Park Royal Mall. She asked Jason to come work with her, primarily on staffing issues and reorganization of the two shops.

“I came in with the intention of working three months,” he says. “But at that time, friends were getting married, so, along with giving my mother some administrative help, I started designing wedding sets and learning about watches.

“I initially thought I would get back into development, but I found the jewellery business beneficial in so many ways, including nurturing my creative side. Designing an heirloom for someone is magical – a piece that is unique and has emotional significance for the client.”

In 1998, Jason and Flora closed Swedish Jewellers and opened Palladio Jewellers in the Terminal City Club building. “We were changing our focus from basic manufactured jewellery to more high-

end handmade inventory. A street-level boutique was a more appropriate location than a mall, so we used the move as an opportunity to rebrand.”

By 2001, five years into the jewellery business, Jason knew he wasn’t going back to development. “The development world had changed so much in those five years,” he says. “It became so much easier for me to put everything into Palladio. I was happy with the decision, and I knew my dad was proud of how well the business was doing.

**“I am a firm believer that what you do for a living is not who you are. What you do for a living is the way you facilitate your real life – your life outside work.”**

That life outside work includes his motorcycle, but more significantly, it includes his wife and three young children – all boys, all born 15 months apart, all under the age of 4. “Our house is very loud,” he says.

Jason joined Terminal City Club in 1998. Over the years, he has used the TCC for business functions, private events and trade shows. He’s also brought some weddings to the Club. “Clients who are getting married, I’ve been able to sponsor them to use the facilities. It is such a wonderful place for a wedding, the arrangements have helped everyone – the clients, the Club and Palladio.”



## Membership for your family

### Spousal Membership

Subscription (one-time): \$950  
Annual dues: \$585 + 5% tax  
Quarterly Minimum Food: Nil

### Intermediate Membership

Available to children between the ages of 19-24 of TCC members.  
Subscription: Nil  
Monthly dues: \$143.50  
Quarterly Minimum Food: 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@tcclub.com](mailto:joinus@tcclub.com)  
604 488 8647

## 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)

# TELUS HEALTH CARE COLUMN

## THREE MYTHS THAT MAY BE INCREASING YOUR LOW BACK PAIN



Low back pain is the leading musculoskeletal complaint worldwide. But these three common myths may be inhibiting your ability to feel better:

### 1. Low back pain will become persistent and deteriorate in later life.

Ageing does not cause back pain, and the research supports this: Staying active,

managing stress, and eating a healthy, balanced diet can help protect against back pain at every age.

### 2. Pain related to exercise is always a signal to stop or modify the activity.

When pain persists past three months, the surrounding muscles become more sensitive to touch and movement. When you move and feel pain, it's a byproduct of how sensitive your surrounding structures have become and not necessarily how much "damage" there is. It's normal to feel some discomfort when you start to move and exercise again after an injury, and it's important to gradually increase your activity with the support of a professional.

### 3. Pain flare-ups indicate tissue damage and require rest.

Pain flare-ups can happen unexpectedly, but they are often not related to tissue damage. Common triggers are lack of sleep or poor sleep, stress, tension, low mood, inactivity or unaccustomed activity. Managing these triggers can help prevent exacerbations. If you do experience a flare up, try to stay calm, move within your tolerance, and work with a physiotherapist if you can.



To learn more about physiotherapy at TELUS Health Care Centres, visit [telushealth.com/carecentres](https://telushealth.com/carecentres)

# Have You Heard



We are delighted to join **Mr. & Mrs. Daniel & Michelle Stow** in welcoming the newest additions to their family! Fraternal twin girls Stella and Scarlett were born on five minutes apart on May 28 at 6 lbs and 7 lbs respectively.



**Mr. & Mrs. Ashley & Renita Saran** welcomed Bella Ocean Saran to their family this past October. Congratulations!



**Mr. & Mrs. Neil Currie & Cally Bailey** welcomed Leo Currie to the world on July 18 at 9:55 a.m. Congratulations!



Congratulations to our Q1 & Q2 Employee of the Quarter Winners, **Roberto Dela Pena** and **Chesca Salvio**, as well as **Zantoza Savellano** and **Wayne Chu** for runner-up recognition!

**Roberto Dela Pena (Stewarding)** is hardworking and always willing to go the extra mile. He is punctual, honest, organized, and very easy to get along with. When scheduling needs changed during the pandemic, Roberto offered to work different shifts as needed. If the team needed extra support, he was always willing to jump in, even if it was before his shift. We are very lucky to have Roberto on board!

**Chesca Salvio (Member Services)** is polite and courteous with everyone and always willing and wanting to help. Members appreciate Chesca's pleasant, professional, and attentive hospitality; she has a kind word for everyone. Simply put, she goes above and beyond.

**Zantoza Savellano (Member Services)** and Chesca Salvio are our "weekend warriors"; time and time again, we have been able to count on them to keep the wheels turning at the front desk with professionalism and a smile on their faces. Members enjoy coming in on the weekends to chat with them on their way up to the Grill and gym, and both have received compliments for being so great with kids.

**Wayne Chu (Banquets)** has been a part of our Banquets team for 23 years, though you may have seen him supporting the Grill team over the past few months. He is very knowledgeable in both food and beverage and well respected by staff and Club members.

If you would like to recognize a staff member's efforts, we invite you to email [feedback@tclub.com](mailto:feedback@tclub.com) with your nomination!

# FOCUS ON FITNESS

**WEEKDAYS: 5:45 AM – 10 PM; WEEKENDS: 7 AM – 8 PM**  
**HOLIDAY CLOSURE: MONDAY, AUGUST 2 FOR BC DAY**

## POLICIES

### SAFETY FIRST



As per the current Public Health Order, 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.) Please continue to sanitize gym equipment before and after use. Physical distancing is still encouraged whenever possible.

**Please continue to respect other members' space as their comfort level may differ from yours.**

### GUEST POLICY

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



## SQUASH

### COURT BOOKINGS

Squash bookings will continue via **sportyhq.com**. First-time users: please contact the Fitness Centre front desk for registration.

### RACQUET RESTRINGING

Have you had a racquet restringing 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 restringing, your shots will have more control and spring in them. See the FC front desk for more information.

## SWIM



### ADULT SWIM TIME

During Adult Swim time, only adults will be permitted in the 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

Swimming is a calorie-torching low-impact workout that builds strength, endurance, and muscle tone. Private 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. Contact the Fitness Centre front desk at 604 488 8622 or email Sergio Hsia at [shsia@tclub.com](mailto:shsia@tclub.com).

## FITNESS

### 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).



# 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 and an excellent complement to any sport. 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.



## 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.

# Do you know anyone interested in membership?



## 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.*

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**