

TERMINAL CITY TIMES

APRIL 2023 • VOL. 30 NO. 4



Upcoming Events

- APR 6** TCC SALON
Debunking Sexual Myths
- APR 9** EASTER BRUNCH
A TCC Family Favourite
- APR 11** TCC SALON
The Chinese Canadian Museum
- APR 13** MEET ME AT THE BAR
New Member Night
WINE MASTERCLASS
Make Mine Merlot
- APR 18** DINNER AGORA
The Future of Cities
- APR 19** MEMBERS' WINE TASTING
With Director of Wine DJ Kearney
- APR 20** TCC SALON
Hidden Stress
- APR 21** KIDS' MOVIE NIGHT
Finding Nemo
- APR 22** DUELLING PIANOS
A Rock 'n Rollin' Good Time!
- APR 25** DISCUSSION GROUP
Topic TBA
- APR 26** BIG BOTTLES/SMALL BITES
Exclusive Tasting
- APR 28** SUPPER CLUB
Spring Fling
- MAY 5** CINCO DE MAYO
Tequila & Mezcal Tasting
- MAY 11** MEET ME AT THE BAR
New Member Night
- MAY 13** SATURDAY SERIES
Club Night Dance Party
- MAY 14** MOTHER'S DAY BRUNCH
A TCC Family Favourite
- MAY 17** MEMBERS' WINE TASTING
With Director of Wine DJ Kearney

REGISTER FOR EVENTS

online	via Member Central
email	concierge@tcclub.com
call	604 681 4121
text	604 200 2279

Contact

837 WEST HASTINGS ST.
VANCOUVER, BC V6C 1B6, CANADA

call	604 681 4121	 terminalcityclub
text	604 200 2279	 @tcclub
web	TCCLUB.COM	 Terminal City Club

Member Services	604 681 4121
Membership Sales	604 488 8647
Billing	604 488 8607
Catering	604 488 8605
Weddings	604 488 8629
Lions Pub	604 488 8602
Fitness Centre	604 488 8622

Hours

MEMBER SERVICES (FRONT DESK)

Monday – Friday	7 a.m. – 8 p.m.
Saturday & Sunday	7 a.m. – 7 p.m.

FITNESS CENTRE

Monday – Friday	6 a.m. – 10 p.m.
Saturday & Sunday	7 a.m. – 8 p.m.

THE GRILL

Monday – Friday	
Breakfast	7 a.m. – 10:30 a.m.
All Day Menu	11 a.m. – 9 p.m.
Saturday & Sunday	
Coffee	8 a.m. – 9 p.m.
Brunch	9 a.m. – 2:30 p.m.
All Day Menu	3 p.m. – 9 p.m.

MEMBERS' LOUNGE

Monday – Friday	8 a.m. – 11 p.m.
Coffee Service	8 a.m. – 9 a.m.
Saturday & Sunday	8 a.m. – 11 p.m.
Coffee Service	8 a.m. – 11:30 a.m.
Brunch	9 a.m. – 2:30 p.m.

CUVÉE & 1892 (WORKSPACE)

Monday – Friday	11:30 a.m. – 7:30 p.m.
<i>- Weekend service available upon request from Grill</i>	
<i>- Please note that calls are permitted only in Cuvée</i>	

LIONS PUB

Monday – Tuesday	11 a.m. – 11 p.m.
Kitchen	11 a.m. – 8:30 p.m.
Wednesday – Friday	11 a.m. – 11 p.m.
Kitchen	11 a.m. – 9:30 p.m.
Saturday	12 noon – 11 p.m.
Kitchen	12 noon – 9:30 p.m.
Sunday	CLOSED

TERMINAL CITY CLUB



President's Letter APRIL 2023

DEAR FELLOW MEMBERS,

I hope that you have been enjoying the glimpses of Spring weather in Vancouver. As always, the arrival of a new season brings a new events calendar and some exciting updates from Terminal City Club.

Having had an opportunity to reflect on International Women's Day last month, I feel honoured to be the fourth female president of the Club. As TCC President, I would like to congratulate our fellow TCC Member Catherine Heath on her well-deserved award of being named the Association of Women in Finance's 2023 PEAK Award Honouree in the "Significant Board Contribution" category. Catherine, your commitment to excellence is truly inspiring. Congratulations once again on this amazing accomplishment!

Your TCC Board of Directors recognizes the importance of being mindful of how our actions reflect on our Members, and in turn impact our world locally and globally. Accordingly, we are committed to developing policies and monitoring our progress with respect to Diversity, Equality & Inclusion; Corporate Governance; Social Responsibility; and Environmental Responsibility.

Coming up on April 22, Earth Day is another opportunity to reflect on how we can take actions that support our goals in those areas. With a goal of supporting sustainability in the Food & Beverage sector, our Club has made a commitment to sourcing organic kitchen ingredients from local farmers whenever possible; and including a range of organic and sustainably produced wines for your enjoyment.

It is essential to continue embracing sustainable practices and encouraging others to adopt such practices for a more sustainable and greener future.

Moving on to the Events calendar, there are a couple of highlights coming up over the next few weeks:

- **Easter Brunch** (Sunday April 9, and already 75% sold!), and

- **Mother's Day Brunch** (Sunday May 14; registration now open)

There are three seatings for each event, at 10:30 a.m., 11 a.m., and noon. While that may seem like plenty of tables, I encourage you to book now. These brunches sell out every year, and I am certain this year will be no exception!

Stay tuned to your Member Update emails for upcoming details on other unique offerings like the **Saturday Series**, our fantastic **Cinco de Mayo tequila tasting** (Friday, May 5), and additional family-focused events throughout the Spring.

Last but never least, there are some additional updates to report on:

- The upgraded patio surfaces on the Fitness Centre and Grill patios are nearly complete. We are excited to unveil these improved surfaces as well as some other patio upgrades just in time for warmer weather. These changes also represent (invisible but) important fixes to the roof membranes for the spaces beneath each patio.
- The Lions Pub curbside patio on Cordova Street is set to return this year, providing a lively additional space for TCC Members and all our Lions Pub patrons to enjoy during the summer months.

Thank you for being a part of our Club community. We look forward to seeing you around the Club soon.

Sincerely,

Julia Yan
Terminal City Club President

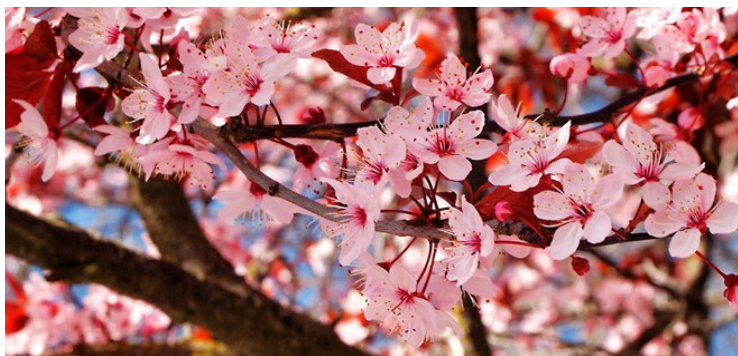
Stay informed AT THE CLUB

holiday hours: easter weekend

Please note: the Club will be closed on Friday, April 7 for Good Friday.

The Club is open on Sunday, April 9 – have you made your reservation for Easter Family Brunch yet?

The Lions Pub will be open on Friday, April 7 and Saturday, April 8, and closed Sunday, April 9 and Monday, April 10. Happy Easter!



welcome to our newest members!

We are excited to extend a very warm welcome to our Club and community to the following new members:

Sander Bickers
Booker Bransford
Michael Brown
Bea Cernetig
Miro Cernetig
Roxanne Dhanpaul
Bert Hick

Sara Mehjoo
Liam Negron
John Polglase
Shahzad Sabet
Pauline Spence
Jeffrey Sauv 
Kevin Sabet

tcc easter eggs

Gift one of our fun chocolate ganache eggs to someone special this Easter or enjoy one for yourself – we won't tell!

How to Order

Visit Member Services or email concierge@tclub.com.
Eggs are \$45 plus tax each, limited quantities available.

Pick Up

From Monday, April 3.



Be sure to book your meetings and events with the catering department in advance to ensure space and availability.
Connect with us at catering@tclub.com or 604-488-8605

Do you know someone who is not a member but interested in hosting an event?

Please speak with our catering team to find out how they can book at the club and you as the member still receive the perks!

TCC CATERING

Dining AT THE CLUB



for extra efficiency, consider pre-ordering

Coming for lunch or dinner with a group? On a tight timeline? Contact the restaurants team at reserve@tcclub.com to pre order your food or arrange for appetizers or wine to be ready on arrival.

bespoke dining experiences

TCC's Chef's Table, the Dr. Ignatius Cheung Room, is available for bespoke private dining experiences as well as for your VIP lunch meetings. Grill lunch à la carte is available with a \$200 room charge. Contact your restaurants team at reserve@tcclub.com to secure this elegant space for your next working lunch. Book ahead to secure this popular members' hideaway.



SAT 01	Tess Anderson
THU 06	Dave Paterson
SAT 08	Rob Eller
THU 13	DJ Yawn
FRI 14	Cole Petrone
SAT 15	Goby Catt
WED 19	Stephen Lecky
THU 20	David Capper
FRI 21	Cole Petrone
THU 27	Rob Eller
FRI 28	Olaf De Shield
SAT 29	Dave Paterson

April EVENTS



TCC SALON

Debunking Sexual Myths

THURSDAY, APRIL 6

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Dr. Lori Brotto, an acclaimed psychologist and sex researcher, believes that science has shown that there is an evidence-based approach to superior sex—to improving desire, arousal, and satisfaction inside, and outside of the bedroom. She has spent the last couple of decades studying the link between mindfulness and sexual desire and satisfaction. She is the author of *Better Sex Through Mindfulness* and most recently: *The Better Sex Through Mindfulness Workbook*.

Lori Brotto is Director, UBC Sexual Health Laboratory, Canada Research Chair in Women's Sexual Health and Professor, Department of Obstetrics & Gynaecology, UBC. She is also the Executive Director, Women's Health Research Institute.

TCC SALON

The Chinese Canadian Museum

TUESDAY, APRIL 11

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

How do we build a museum for the 21st century? Dr. Melissa Lee introduces the Chinese Canadian Museum, a new institution in Vancouver's Chinatown exhibiting heritage and cultural programming celebrating the inclusion and collaboration among Chinese Canadians and other communities across generations, throughout BC, Canada, and the world. The museum will open July 1, commemorating the 100th anniversary of the Chinese Immigration Act (also known as the Chinese Exclusion Act).

Dr. Melissa Lee is CEO of the Chinese Canadian Museum. She has held management positions at the Vancouver Art Gallery and Tai Kwun Centre for Heritage and Art in Hong Kong where she lived for 12 years.

MEET ME AT THE BAR

New Member Night

THURSDAY, APRIL 13

5 – 7 p.m.

Complimentary event

Stop in at Cuvée on the second Thursday of every month to meet and mingle with the newest additions to our community!

Meet Me at the Bar: New Member Night is a terrific opportunity for members new and longstanding to connect with one another, enjoy craft cocktails, and bop along to beats by a local DJ. See you at the bar!

WINE MASTERCLASS

Make Mine Merlot

THURSDAY, APRIL 13

6 – 7:15 p.m.

\$95 plus tax & service charge

Beloved for its velvety texture, juicy plummy fruit and well-mannered tannins, merlot is everyone's favourite, easy-drinking red. Born in France and a half-sibling to cabernet sauvignon, merlot comes in a multitude of styles from statuesque and complex to decadently ripe, rich and seductive. Join TCC Director of Wine, DJ Kearney, to deliciously revisit the world's second most planted wine grape and tour the globe through the lens of merlot. Right Bank Bordeaux, Italy, Washington State, California and of course an exceptional BC edition, all paired with worthy nibbles from the TCC culinary team.

April EVENTS



DINNER AGORA
The Future of Cities
 TUESDAY, APRIL 18
 6 – 7:30 p.m.

Complimentary event with the purchase of dinner à la carte

The agora was a meeting place in ancient Greece where people came together to discuss all kinds of topics. The Dinner Agora is the place for members to discuss thought-provoking, sensitive and contemporary topics. Join an engaging 90-minute dinner, facilitated by TCC member Ruben Ugarte, to learn from your peers and share your perspective.

The topic for April will be on the future of cities. How do you think cities should be adapted and modified in the future? How much priority should be given to cars, commercial space, parks and other elements?



FOR OUR MEMBERS
Members' Wine Tasting
 WEDNESDAY, APRIL 19
 5 – 6:30 p.m.

*\$10 plus tax & service charge
 Registration mandatory

Join us for our monthly Members' Wine Tasting! Sample a suite of special wines and enjoy live music. Bring a friend or fly solo and enjoy this wonderful opportunity to meet and mingle with other members and guests.

Wines being poured:
Settlement Wines Sauvignon Blanc 2021 *Marlborough, New Zealand*
Domaine Villebois Val de Loire Pinot Noir Rose 2021 *Loire Valley, France*
Shaw + Smith Pinot Noir 2020 *Adelaide Hills, Australia*
Famille Coulon Côtes du Rhône Rouges 2020 *Southern Rhône Valley, France*
El Enemigo Cabernet Franc 2020 *Mendoza, Argentina*



MEMBERS' NETWORKING LUNCH
Retaining Talent Beyond the Honeymoon

THURSDAY, APRIL 20
 12 noon – 1:30 p.m.

Complimentary event with the purchase of lunch à la carte

Join the city's entrepreneurs, executives, and business owners for conversation over a power lunch. This is a terrific opportunity to meet and learn from other members representing diverse industries. Member host Ruben Ugarte will be there to welcome everyone and make introductions.

The topic for April is on the role of talent retention. What is your company doing to manage and incentivize top performers to stay with your company? Why do you think some companies are having issues keeping talent? Come share your thoughts and hear what peers are thinking.



TCC SALON
Hidden Stress
 THURSDAY, APRIL 20
 6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

How do you define stress? For most people, financial pressure, demanding deadlines, or a global pandemic immediately come to mind as sources of stress. But today's busy professionals add stress to their bodies and minds in other ways too. In this forward-thinking, science-based and information-packed Salon, Nicole Porter introduces The Hidden Stress Model™, helping you discover which of The Top 10 Unhealthy Habits are likely sabotaging your health, your stress levels, and your bottom line, without you even knowing it.

Nicole Porter is a Stress Coach, Nutritionist and Wellness Educator, and owner of Nicole Porter Wellness, a stress and wellness firm recently recognized as one of the Top 10 Corporate Wellness Service Companies in Canada.

April EVENTS



EXCLUSIVE TASTING

Big Bottles/ Small Bites

WEDNESDAY, APRIL 26

6 – 7:30 p.m.

\$125 plus tax & service charge

There is something magical about the Magnum. The 1.5 litre bottle of wine dates back to the 1700s, first mentioned by Scots poet Robbie Burns. Magnum is an abbreviation of the Latin words magnum bonum, meaning a 'large good thing'. We've decided to celebrate this large good thing with a monthly tasting in our secluded, exclusive hot spot, the Dr. Ignatius Cheung room. We'll be pouring two captivating magnums studiously paired with small bites from the creative culinary team. Space is limited so register early!

SIGNATURE EVENT

Duelling Pianos

SATURDAY, APRIL 22

7 – 10 p.m.

*\$75 plus tax & service charge
(includes welcome drink, dessert
buffet and show)*

Music, comedy, dancing – what more could you want on a Saturday night?

Come, let loose, and enjoy an interactive, Vegas-style event with Paul Gibbons and his Duelling Pianos!



DUELLING PIANOS APRIL 22

CLUB NIGHT DANCE PARTY MAY 13

FAMILY BARBEQUE JUNE 10

SUMMER HEAT DANCE PARTY JULY 15

BOURBON STREET AUGUST 12

**SATURDAY
SERIES**

Have You Heard?

MEMBER NEWS



The 2023 Canadian Squash Championships (May 10–14) is being held at the striking all-glass Power Court at the Montreal Forum, with beautiful Club Atwater as the main host venue. Our own **Fitness Centre Manager Sergio Hsia**, **TCC Squash Pro Barry Gifford**, and members **Dave Fenn** and **Stephen Hui** will be travelling to participate in the competition. Join us in cheering them on! If you are interested in taking part, contact squash@tcclub.com for more information. The registration deadline is Wednesday, April 19.

DO YOU HAVE NEWS YOU'D LIKE TO SHARE?

Celebrating an engagement, wedding, or new addition to your family? Recently started a new role, joined a Board, or authored a novel? Did you or a fellow member win an award or earn special recognition? Email joinus@tcclub.com to submit your announcement for our Club newsletter.

Congratulations to **Heather McKenzie-Beck** on her new role at lululemon! As Communications Lead, Heather will be supporting a new program called the Power of Educator, which focuses on internal communication mechanisms for the complex retail teams within the organization. lululemon is an athletic apparel brand that was founded in Vancouver in 1998. They've now grown to almost 30,000 employees and have several head office locations throughout Vancouver and North America.

Heather has been working in communications since 2010, and has a master's degree from Royal Roads University in professional communications. She also just finished her human resource management certificate from SFU, and will be receiving a CPHR designation shortly!



New Affiliate Club

DONALDA CLUB



Located in Toronto, **Donalda Club** is a multi-activity family club in the picturesque Don Valley, 15 minutes from downtown. The Club offers dining in two casual dining restaurants, a Sports Lounge and a seasonal patio overlooking their beautiful golf course and valley. It also has 12 outdoor Har-Tru Clay courts for summer tennis and 6 covered Har-Tru clay courts for winter tennis. To complete the racquets department, there are 2 Squash international singles courts. There are also 4 ice sheets for curling, a fitness centre, 4 indoor bays for golf simulators, and a 25m seasonal pool with a slide and splash pad. .
*Dining and athletic privileges (excluding golf) are extended to TCC members. Request a Letter of Introduction from Member Services ahead of your trip.

Liquid Assets

CURATED BY DJ KEARNEY

Earth Day–worthy wines

Your Club Beverage team has been working hard to procure wine offerings that are sustainably and ethically made, protecting both people and the planet. The entire wine industry is finally embracing the urgent need to farm more responsibly, use resources efficiently and take care of those who work the land. We hope you are enjoying our increasingly greener selections!

❶ ARGYROS ATLANTIS ASSYRTIKO WHITE BLEND 2020 – SANTORINI, GREECE \$45

If you've not heard of the native Greek grape called assyrtiko, then it's high time you did! Wine experts put it in the same lofty tier with noble grapes chardonnay, sauvignon blanc and riesling. Grown on meagre volcanic soils of the idyllic caldera island of Santorini, Atlantis is a fine way to get acquainted with assyrtiko (say ah-SEER-tee-koh). There is a splash of local grapes athiri and aidani added for complexity, and no oak at all. Argyros is the oldest modern winery on Santorini, established in 1903. All the venerable vines are farmed organically and plowed by a team of mules. Try with any of our seafood dishes or salads.

❷ LINGUA FRANCA EOLA-AMITY HILLS PINOT NOIR TONGUE 'N CHEEK 2019 – OREGON, US \$155

Lingua Franca stands amongst the handful of Oregon wine giants. The project was started by Master Sommelier Larry Stone (best somm of the world as well as the wine brain at Rubicon and Boulud's temple to gastronomy, Daniel), All the farming at Lingua Franca is organic and biodynamic, allowing maximum expression of land and grape. The Tongue N' Cheek pinot noir is all Block 3, Dijon clone 777 with a touch of stem inclusion and new oak for finely structured tannins. Spicy, texturally rich and persistent, it's a heady blend of fruit and mineral heft. Highly allocated, we secured a few bottles of this magnificent Oregon pinot noir for you. Beef, duck, charcuterie or even a gourmet burger are pairings to try.



❶



❷



❸

❸ FABIO OBERTO BAROLO 2017 – PIEMONTE, ITALY \$125

This silky, supple and succulent Barolo sits somewhere between the classic and modern style. Meticulously farmed ultra-ripe fruit courtesy of the warm/hot 2017 vintage receives a lengthy skin contact maceration then slipped into in large Slavonian oak casks for two years of polishing. Garnet in colour with classic nebbiolo perfume of tar, rose petals and orange peel, this stylish Barolo boasts unusually ripe fruit that thickly coats abundant tannins. Juicy acidity and a flourish of mineral salts on the long finish. A dinner wine for meat or fine cheese plate.

Email wine@tclub.com to secure your bottles!

MAY 5, 2023

CINCO DE MAYO

Tequila & Mezcal Tasting at the Club

The 5th of May commemorates a single clash in Mexico's colourful history, the Battle of Puebla in 1861. The unlikely triumph of severely outnumbered Mexican forces against the well-armed French has made Cinco de Mayo a symbolic date to celebrate Mexico's culture and heritage. We've lined up tequila, mezcal, beer and of course authentic Mexican delectables from the creative TCC culinary amigos. Naturally we will imbibe a classic Margarita (shaken of course), and mix up a Mezcal Paloma as we learn about the world of Mexican bevies.

You are invited to join our

TCC Wine Club

\$275 per quarter
February, May, August, November

Choose between a mixed case of 6 bottles or an all red case of 6 bottles.

Each set of wines will offer diversity and value, and always include an outside-the-box 'discovery' bottle. Naturally these wines are neither mainstream nor widely available, adding cachet to your collection. Email wine@tclub.com for more information, or to join.

...UPCOMING EVENTS



Kids Movie Night:

Finding Nemo

FRIDAY, APRIL 21

6 – 9 p.m.

**For kids 5+*

\$35 plus tax and service charge (includes snack, movie screening, and child-minding); dinner à la carte available

Kids will enjoy a special screening of *Finding Nemo*. Parents can treat themselves to a quiet dinner in the Grill on the same evening!



Mother's Day Brunch

SUNDAY, MAY 14

Seatings at 10:30 a.m., 11 a.m. and 12 noon

Adults: \$105 plus tax & service charge

Kids (4–12): \$45 plus tax & service charge

Featuring a spectacular brunch buffet and kids crafts! Save your spot today.

Not a member? Join Kids Club today!

Membership includes a personalized member ID card, stamp card, and first dibs on 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!

Scan the QR code below to access the application form.



For more information, contact our Events Coordinator and Kids Club Captain Thea Rawjee at trawjee@tcclub.com.

TELUS HEALTH CARE COLUMN

FIVE WAYS TO NURTURE YOUR CHILD'S MENTAL HEALTH

There are steps you can take to nurture your child's mental health. Here are some that you may find helpful:

Be aware of your children's screen time and use of social media.

It is important to stay on top of both the amount of screen time and the content of the material your children are exposed to. Monitor who they are interacting with on social media and what sites they are visiting.

Listen to and respect their feelings.

Feelings of sadness and anger are normal for children. Keep communication and conversation open by encouraging them to talk about how they feel. There is a chance that your child may not feel comfortable talking to you - if this is the case, help them find someone (an aunt, family friend, teacher or counselor) who they may be able to talk to.

Be cautious about discussing serious family matters around children.

Children are often listening to what adults are saying, even if it doesn't seem obvious. Be mindful of when and where you discuss serious family matters. These issues can cause children to worry excessively.

Be a role model for healthy lifestyle choices. Children often model their behaviour based on what they observe from adults. Let your children see you eating healthy, being physically active, making time for things you enjoy and talking about your feelings.

Help children develop self-esteem. Showing lots of love and acceptance, recognizing their efforts when they do something well and asking questions about what they are interested in and what activities they have been doing recently are all ways to help foster a child's self-esteem.

Get the support you need. If you suspect that your child may be dealing with a mental health issue, it may be helpful to speak with someone. TELUS Health Care Centres has a team of dedicated psychologists that specialize in child and youth mental health in BC.

To learn more about TELUS Health Care's services, visit telushealth.com/carecentres or email ashley.hamilton@telus.com.



Member of the Month

JEFF GUIGNARD

On the evening of March 16, 2020, Jeff Guignard poured himself a tall scotch, then sat down to contemplate the events of that day. The pandemic had landed. The NHL and NBA had suspended their respective seasons. The mayor of Vancouver shut down St. Patrick's celebrations. "I didn't even know the mayor could do that," he says.

Jeff is the executive director for the Alliance of Beverage Licensees (ABLE BC), a non-profit advocacy organization funded by a membership of bars, pubs, and private liquor and cannabis stores throughout British Columbia. ABLE works with all levels of government to help create business-friendly policies in this highly regulated industry.

In recounting the grim news of March 16, 2020, Jeff recalls a phone call that crystalized the crisis: "I'm speaking with someone who runs a major pub company in the city, and he says to me, 'When I hang up the phone, I am hitting send on an email to shut everything down and lay off 600 workers.' I knew a lot of people were going to be scared. Our industry had no idea what to do. There were no proven solutions for this sort of problem."

But in the darkest hour, it is a great leader who seizes the light. Jeff understood the most important action was to communicate with consistency and clarity to the membership. His first email to the group stated confidently that ABLE would do everything it could to answer their questions. "I remember writing, 'We are going to be here for you every hour of every day until we get out of this.'"

Jeff's small team of three worked tirelessly on behalf of ABLE's members, including entire months without taking a day off. "I think we worked the first 56 days straight," he says. By the end of that period, Jeff says the industry perspective on the association changed in the most positive ways. "We had members telling us that they would watch Dr. Bonnie Henry in a live news conference, but not react until they got our email later that day. I am deeply proud of the work we did. I know we saved thousands of jobs."

Some of that work resulted in permanent changes to BC's liquor industry, including the ability for hospitality licensees to purchase liquor at wholesale prices. It's a "historic change," Jeff says, which saves pubs, bars, and restaurants about 20 per cent on liquor purchases. According to Jeff, "That's an \$80 million annual investment in our industry's recovery."



In recognition of his work during the pandemic, Jeff was named to *VanMag's* 2022 Power 50 list. He was also named one of *Western Living Magazine's* 2022 Foodies of the Year.

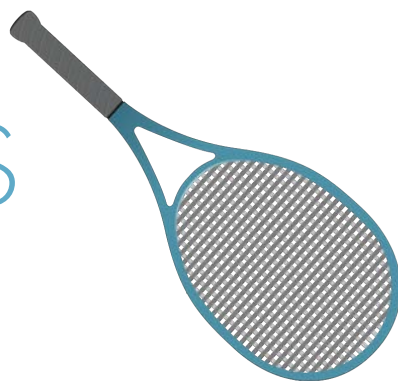
Jeff grew up in New Brunswick, then moved to Ontario to study English and comparative literature at McMaster University in Hamilton. After graduation, he went to Parliament Hill and stayed in Ottawa for a decade working with MPs on everything from press releases to legislation.

In 2014, Jeff decided the time had come to leave the public service. A friend recommended he apply for the newly vacant position at ABLE. He jokes that the only reason he got the job was his ability to speak government. Now, he says, he speaks business, too. "Essentially, my job is to convert business talk to government talk, then government talk back to business talk, so that both sides can figure out what needs to get done."

Outside of work, Jeff has a fascinating assortment of interests. Road trips on his Honda NC750X, for example. He also loves to cook, is a voracious reader, and spends a lot of time writing. "I will write a novel at some time in my future." Jeff curls, too. It is something he does with such proficiency that a trip one day to The Brier remains a possibility. "I've been curling since I was 13. I've come close to going [to The Brier], but as I get older, I find I'm more selective about my dreams. It's difficult being that consistently good at the sport. Age is about stage, and I often ask myself, 'Do I really want that?'"

Jeff was introduced to the Terminal City Club through his friendship with Charles Gauthier, the former President and CEO of the Downtown Vancouver Business Improvement Association. "I started showing up at events and really liked the vibe. The past couple years I have been so focussed on my job I have not fully developed my relationship with the club. But that's changing. Going to the gym regularly, for example, has been one of my best decisions of the past six months. The TCC is becoming more and more an integral part of my life."

Focus ON FITNESS



SQUASH

2023 SPRING JUNIOR SQUASH

April 1 – June 24 (13-week term; 11 lessons)

No lesson on April 8 (Easter Weekend) or May 20 (Victoria Day Weekend) | \$220

1:00-1:45 p.m. 6-8 year old
1:45-2:30 p.m. 9-12 year old
2:30-3:15 p.m. 12-15 year old

Private lessons available upon request.

FREE BEGINNERS CLINIC

Wednesday, April 19 | 5 – 6 p.m.

This Beginner's Clinic introduces members of the Club to the exciting game of squash. Learn the basics of squash in a fun environment! Please register with the Fitness Centre front desk by 8 p.m. by the Tuesday prior.

SQUASH SOCIAL

Thursdays | 4 – 6 p.m.

This is a great opportunity for people who enjoy playing socially and want to meet new players. Post-game beverages and food always follows at the Lions Pub.

WEEKEND SQUASH DRILLS

Saturdays | 11 a.m. – 12 noon | \$25

Our Saturday morning drills are for intermediate/advanced VSL players. To register, contact Barry for placement by 8 p.m., Fridays.

SQUASH LESSONS WITH BARRY GIFFORD

Barry is a seasoned squash professional (a reigning 60+ National Champion and past Squash Doubles World Masters Games gold medalist) with 30+ years of coaching experience. He is a NCCP Level 3 certified professional, coaching adults & children of all levels from beginners to NCAA Ivy League Champions.

Barry teaches total beginners the game of squash in a simple and fun way. Intermediate to advanced players are introduced to game-like drills that help to improve fitness, anticipation, speed, power, and finesse.

Are you ready to take your game to the next level? Try a private or partner lesson:

Tuesdays, Wednesdays, Thursdays, or Saturdays (other days upon request).

Email squash@tcclub.com for more information or to book a time.

HOURS

WEEKDAYS 6 a.m. – 10 p.m.

WEEKENDS 7 a.m. – 8 p.m.

UPCOMING MODIFIED HOURS & CLUB CLOSURES

FRI APR 7 GOOD FRIDAY
CLOSED

MON APR 10 EASTER MONDAY
OPEN

SQUASH & POOL

ADULTS ONLY SWIM TIME

WEEKDAYS 6 – 9 a.m.

WEEKENDS 7 – 9 a.m.

SQUASH COURT BOOKINGS

Squash court bookings are available through sportyhq.com. New users: please contact the Fitness Centre front desk for registration.

RACQUET RE-STRINGING

Strings can lose tension over a period of six to eight months; with a new restring, your shots will have more control and spring. See the Fitness Centre front desk for more information.

POLICIES

SWIMMING POOL

Full body showers are mandatory before entering the swimming pool.

EXERCISE ROOM

Please continue to sanitize gym equipment before and after use.

GUEST POLICY

The Fitness Centre guest fee of \$27.50 is waived on weekends for the spouse or common-law partner of a member.

Guest fees are also waived for members' children and grandchildren under the age of 19. Members are limited to six guests per visit. Non-member guests must always be accompanied by a member.

Focus ON FITNESS

TRAIN

MILFIT PERSONAL TRAINING

MilFit personal training focuses on private one-on-one sessions designed 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 set you up with targeted programs specific to you.

GIFT OF HEALTH: For all personal training clients — refer a friend and they will receive one free personal training session (no purchase necessary). If your referral purchases a package of five or more sessions, you also receive a free personal training session.

For more information, or to get started, contact Milwina Guzman at milwina@milfit.ca or 604-716-8927.

PRIVATE PILATES WITH ZORICA

**Available Tuesday to Friday, 10:30 a.m. onwards
(one-hour session will be held in non-peak squash court time)
Packages available: single, 5, 10, 20**

Zorica provides Pilates-based movement therapy for clients seeking customized training to re-educate and empower themselves towards pain-free movement patterns. She is a BASI®-certified Pilates instructor with more than 13 years of devoted intense practice and master teaching study. Drawing from the best of Pilates, proven by body science research, Zorica's approach helps you move with strength and ease at every age and life stage.

Pilates can help reduce stress and tension and pain relief, and can help with body misalignment correction and integrated strength development. Personalized programs available:

- Restorative/conditioning exercises for specific needs (osteoporosis, scoliosis)
- Stretching for functional movement
- Alignment and corrective exercises for mature population (osteoporosis, scoliosis)

SWIM

PRIVATE SWIM LESSONS WITH JOHN RYAN

John Ryan has taught beginners, Masters and Triathlete-swimmers to reach their goals over his 20+ years coaching. Regardless of your skill level, John can help you improve your technique and stamina, learn new techniques, and gain confidence and ease in the water!

KIDS' GROUP SWIM LESSONS

**April 1 – June 24 (13-week term; 11 lessons)
No lesson on April 8 (Easter Weekend)
or May 20 (Victoria Day Weekend) | \$302.50**

10:00–10:40 a.m.	3–5 years
10:40–11:20 a.m.	3–5 years
11:30–12:10 p.m.	5–7 years
12:10–12:50 p.m.	8–9 years
12:10–12:50 p.m.	Stroke Improvement
*12:10 classes run concurrently	

Slight changes in start and end time are possible. Children will initially be grouped based on age but may be moved to a different group if their ability requires it.

To take part in group lessons, children must have some experience in the water, otherwise private lessons are first recommended to establish that confidence.



Focus ON FITNESS

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.		VINYASA YOGA WITH CLARE	MAT PILATES WITH ZORICA	POWER FLOW YOGA WITH VANESSA	
7 a.m.					
7:15 a.m.					
7:30 a.m.					
8 a.m.					
9 a.m.					
9:15 a.m.					
9:30 a.m.					
10 a.m.					
12 p.m.	F.I.T. WITH VANESSA	CORE CONDIT. WITH LEILA	CARDIO KICKBOXING WITH LEILA		TOTAL BODY STRENGTH WITH LEILA
12:15 p.m.					
12:30 p.m.					
1 p.m.					

F.I.T. WITH VANESSA

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, 6:30 – 7:30 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.

CORE CONDITIONING 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, 6:45 – 7:45 a.m. ■

Zorica Jovic is a BASI®-certified Pilates Instructor and an award-winning gymnast. This class is designed as a Beginner/Intermediate Restorative Flow work out. Please join the Zoom class 5-10 minutes earlier; if you can't make to class on time, you can view the recording!

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 VANESSA

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.

ON-DEMAND FITNESS CLASSES

Can't join the class? TCC's Fitness Classes are recorded and uploaded to Member Central the following day and 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; to access, scan the QR code below.



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

TOTAL BODY STRENGTH WITH LEILA

Fridays, 12 noon – 1 p.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.

Class Legend:

- ZOOM
- IN-PERSON (12 MAX PER CLASS)

TERMINAL CITY CLUB

Mother's Day Brunch

May 14, 2023

seatings at 10:30 a.m., 11:30 a.m. & 12 noon

Join us on Mother's Day for a spectacular brunch buffet featuring dozens of decadent items ranging from traditional eggs benedict, fresh seafood, chef attended carving stations, fresh salads, fruits and pastries to a never-ending dessert buffet.

Reservations are required.

Adults: \$105 plus tax & service charge

Kids (4 -12): \$45 plus tax & service charge

**REGISTER WITH MEMBER SERVICES
OR THROUGH MEMBER CENTRAL**

