

TERMINAL CITY TIMES

DECEMBER 2023 • VOL. 30 NO. 12



SPECIAL EVENTS • ENTERTAINMENT & DINING • CLUB NEWS • FEATURES & MORE

Upcoming Events

- DEC 3** **DICKENS' FAMILY BRUNCH**
Holiday Buffet & Visit with Santa
- DEC 4** **TCC SALON**
Himalayan Adventures
- DEC 6** **MASTERCLASS**
Japanese Whisky
- DEC 10** **FAMILY HOLIDAY DINNER**
Holiday Buffet & Visit with Santa
- DEC 14** **FESTIVE LUNCH BUFFET**
Holiday Entertaining
FESTIVE DINNER BUFFET
Holiday Entertaining
- DEC 15** **FESTIVE LUNCH BUFFET**
Holiday Entertaining
- DEC 17** **DICKENS' FAMILY BRUNCH**
Holiday Buffet & Visit with Santa
- DEC 24** **CHRISTMAS EVE**
Club Closed
- DEC 25** **CHRISTMAS DAY**
Club Closed
- DEC 26** **BOXING DAY**
Club Closed
- DEC 31** **NYE AT THE CLUB**
Welcome 2024!
- JAN 1** **NEW YEAR'S DAY**
Club Closed
- JAN 18** **MEMBERS' NETWORKING LUNCH**
- JAN 24** **MEMBERS' WINE TASTING**
TCC Exclusive
- FEB 2** **WHISKY DINNER**
ft. The Dalmore
- FEB 17** **FATHER DAUGHTER GALA**
Gumdrop Gala

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. – 9 p.m.
Saturday & Sunday	8 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.
- Weekend service available upon request from Grill	
- Please note that calls are permitted only in Cuvée	

LIONS PUB

Sunday – Wednesday	11 a.m. – 11 p.m.
Kitchen	11 a.m. – 8:30 p.m.
Thursday – Saturday	11 a.m. – 12 midnight.
Kitchen	11 a.m. – 9:30 p.m.

For reservations, contact pubbookings@tcclub.com

TERMINAL CITY CLUB



President's Letter DECEMBER 2023

DEAR FELLOW MEMBERS,

And just like that, another calendar year is nearly in the books! It seems like a short time since I introduced myself earlier on in the year. It has been a productive year for myself and the Board and I'm extremely proud of our accomplishments this year (with the help of TCC's exemplary management and staff).

We saw record revenue for the Club this year. Business levels were strong in many departments across the Club, including record-setting revenues for the Pub and Catering department. Did you know that the Pub sold 114,000 pints, 13,000 pints of Guinness, and 5,900 Empire burgers this fiscal year?

Despite growth in many areas of the business, the Club will see increases in the year ahead in property taxes, utilities, and many of the supplies we use. Not to mention significant increases in overall food costs and salaries and wages. Balancing rising costs without sacrificing quality and consistency is something that the Board is conscious of moving forward.

We've expanded the Club's footprint and made significant improvements to the overall "club-y-ness" at TCC with the addition of our Club Rooms, and newly renovated patios for the Grill and Fitness Centre. The Pub will also see a unique new addition soon. We also implemented improvements to technology throughout the Club to enhance the member experience. Even though "club-y-ness" may be a made-up word, our Board will continue to prioritize ways to make your Club better year after year.

We've accomplished improvements to our Club's governance, including establishing policies on Environmental, Social, and Corporate Governance and Equity, Diversity, and Inclusion. Also, we've established a Risk Register, a risk management tool, which is overseen by our Governance Chair, and tracks short-term and long-term risks for our Club.

I'll have the privilege of recognizing long-standing staff members at this year's AGM on Monday, December 11. These important team members have been with TCC since the TC Tower opened in 1998, and they are all very worthy of special recognition.

As I conclude my term as President at the AGM, I find myself reminiscing about the past eight years of dedicated service on the Board. It has truly been a privilege, and I am grateful for the opportunities I've had, including taking on important presidential responsibilities chairing multiple committees and sub-committees this year and last. Additionally, I had the privilege as Vice President of stepping in on short notice to chair last year's AGM, contributing alongside other dedicated committee members.

Being involved in so many interesting projects over the past eight years, and contributing alongside my fellow Board members is something I've truly valued. On top of this, I want to express my gratitude to all the past Presidents, Club members, and staff. It's been an honour serving as President for 2023.

I know the Club will be in good hands under Nate Kube's leadership. If you want to get to know a little more about our current Vice-President, please see a short bio on page 7.

That's all for now. I hope everyone has a safe and happy holiday season!

Sincerely,

Julia Yan
Terminal City Club President

Stay informed

CLUB NEWS

welcome to our newest members!

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

Mr. Cameron Fazli	Ms. Elizabeth O'Neill
Mr. Chris Ruttan	Mr. Andrew Priatel
Ms. Victoria Brooks	Ms. Rola Priatel
Ms. Elissa Dabiri	Mr. Mark Reid
Mr. Stephen Jagger	Ms. Ming Yang
Ms. Tiao Yi Li	

2024 subscription increase & member referral program

Do you know anyone interested in membership?

The Board has approved a subscription increase; effective January 1, 2024, the Club's subscription (entrance fee) will be as follows:

RESIDENT 35 & OVER / CORPORATE

Subscription (one-time): ~~\$5,000~~ \$5,500

RESIDENT 34 & UNDER

Subscription (one-time): ~~\$3,500~~ \$4,000

IMMEDIATE FAMILY OFFER

The Immediate Family offer discounts the one-time subscription for children, parents, and siblings of current TCC members

Resident 35 & Over: ~~\$4,000~~ \$4,500

Resident 34 & Under: ~~\$2,500~~ \$3,000

Member Referral: Members are eligible to receive a \$250 credit for every Resident or Corporate* member they refer after the new member is formally balloted in.

*Members are not eligible to receive referral credit for immediate family members as offers cannot be combined.

**Referral must be submitted in writing prior to submission of the application.

Connect you interested friends and family with
Amanda or Alison on your membership team!
joinus@tclub.com / 604 488 8647

save by paying your 2024 dues annually

Did you know? If you currently pay your dues monthly, you can switch to annual dues before December 31, 2023, and benefit by paying the 2023 rate. Please contact your Membership Administrator at members@tclub.com for more information on paying your dues annually.



holiday hours

The Club and Pub will be closed December 24 – 26 and January 1 for the holidays. We wish you and your family a safe and joyful holiday season.

get social!

Follow us on Instagram @tclub for Club news, updates, member event information, Grill fresh sheets, weekly wine and cocktail specials, affiliate club highlights, behind-the-scenes snaps, and more!

Dining AT THE CLUB



seasonal reminders

As the holiday season approaches, we kindly ask that members consume responsibly. We would also like to remind members and guests not to leave valuables in parked cars when visiting the Club.

Please also note: no outside food or drink is permitted in the restaurants or the Club Rooms.

latest from the lions pub

New menu items are on offer, including the popular Nashville Fried Chicken Sandwich, with house hot sauce, bread & butter pickles and chipotle slaw, served in a brioche bun. Craving something even heartier? The Red Wine-Braised Beef Short Rib is a true match for the cooler December weather. See you at the Pub!

CHRISTMAS CARRY OUT

Show your appreciation to family, colleagues, clients, and friends this holiday season with TCC's Christmas Carry Out! With a brilliant variety of offerings, you'll be able to make short work of your holiday shopping. Order forms are available at Member Services and the Fitness Centre.

HOLIDAY WINE SETS

Wine is usually a welcome holiday gift, but if you're at a loss as to where to start, look no further than our Christmas Carry Out Wine Sets. Each trio is thoughtfully selected for a delightful experience. Looking for something else? Contact wine@tclub.com for special recommendations.

GIVE THE GIFT OF MEMBERSHIP

Share your love of the Club! Spousal and Intermediate memberships are available to your immediate family members. To learn more or to get an application started, contact your membership team at joinus@tclub.com or 604 488 8647.



December EVENTS



TCC FAMILY FAVOURITE

Dickens' Brunch

SUNDAY, DECEMBER 3 & 17

10:30 a.m., 11 a.m. &

12:30 p.m. seatings

Adults: \$115 plus tax & service charge | Kids: \$50 plus tax & service charge

The Dickens Family Brunch is a beloved Christmas tradition at TCC! Our incredible brunch buffet includes all the trimmings and more, so come hungry. Kids can deliver their Christmas wish lists to Santa directly, or make an in-person request. We have added an additional three seatings on December 17 due to the popularity of this event!



TCC SALON

Himalayan Adventures of Ramble & Chan

MONDAY, DECEMBER 4

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Charles Ramble and Victor Chan first met in Kathmandu in the 80s. At the time, Charles, an anthropologist, was a post-doctoral researcher based in Nepal, and Victor was hard at work researching his book on the pilgrimages of Tibet. The two friends went to Tibet on an extended expedition and were able to locate and explore some of the most sacred places in the Himalayas. They also went separately to Mustang, a Tibetan kingdom in Nepal first documented in 1962 by Michel Peissel, a celebrated explorer. Charles later went on to become University Lecturer in Tibetan and Himalayan Studies at the Oriental Institute, Oxford University, and later moved to Paris, where he is directeur d'études in the History and Philology Section of the École pratique des hautes études, PSL University, Paris. At this Salon, Ramble, who is currently on a one-week lecture tour in Vancouver, and Chan will celebrate their four decades of friendship.



TCC EXCLUSIVE

Masterclass:

Japanese Whisky 2.0

WEDNESDAY, DECEMBER 6

6 – 7:15 p.m.

\$125 plus tax & service charge

Learn about Japan's emergence as a preeminent whisky player, meet the pioneers, and taste some thrilling examples of whisky from Japan. This session builds upon the previous Masterclass our Club Director of Wine, DJ Kearney, held in October 2021, but features an entirely new lineup of whiskies, including one of the most coveted and collectible of all time, the Yamazaki 12 Year Old! Nibbles to pair of course, courtesy of Chef Dan-san!

What you will be tasting:

TCC Craft Japanese Highball

Nikka Days

\$107

Suntory World Whisky Ao

\$160

Matsui Single Malt

Mizunara Cask

\$185

Glendalough 7 Year Old

Mizunara Cask

\$203

Hibiki Japanese Harmony

\$232

Yamazaki 12 Year Old

Single Malt

\$603

live music in the *members'* lounge

6 – 9 p.m.

Friday 1 December
Goby Catt

Saturday 2 December
Connor Roff

Thursday 7 December
Sasha Veregin

Friday 8 December
Shaquille Headley

Saturday 9 December
Sasha Veregin

Thursday 14 December
Cole Petrone

Friday 15 December
Olaf De Shield

Saturday 16 December
Rob Eller

Thursday 21 December
Stephen Lecky

Friday 22 December
Jessica Benini

Saturday 23 December
David Capper

Thursday 28 December
Jessica Benini

Friday 29 December
David Capper

Saturday 30 December
Sasha Veregin



Festive Family Dinner Buffet with Santa
Sunday, December 10 | seatings 5:30, 6 & 6:30 p.m.

Adults: \$125 plus tax & service charge

Kids (4–12): \$60 plus tax & service charge

Our festive family dinner buffet is back!

Enjoy a festive spread with the family and say hello to Santa while you're here.

Festive Lunch Buffets

Thursday, December 14 & Friday, December 15

12 noon – 1:30 p.m.

\$98 plus tax & service charge

Take a break from your busy workday to enjoy the holiday season and reserve a table for your social gathering or corporate entertaining. Our Christmas lunch buffets include a festive spread of new and longstanding holiday favourites, as well as live music to get you in the holiday spirit. Leave room for dessert!

Members' Festive Networking Lunch

Thursday, December 14 | 12 noon – 1:30 p.m.

\$98 plus tax & service charge

A members' only table at the December 14 Festive Lunch Buffet is reserved for you and your fellow members.

Festive Dinner Buffet

Thursday, December 14 | seatings at 6, 6:30 & 7 p.m.

\$120 plus tax & service charge

This delicious spread of traditional holiday favourites, alongside live music, is sure to secure your spot on the "nice" list this year! Treat your friends and colleagues to an evening of grown-up fun.



To register & to view the complete menus for our popular holiday buffets, please visit Member Central.

December EVENTS



TCC EXCLUSIVE

NYE Dinner at the Club

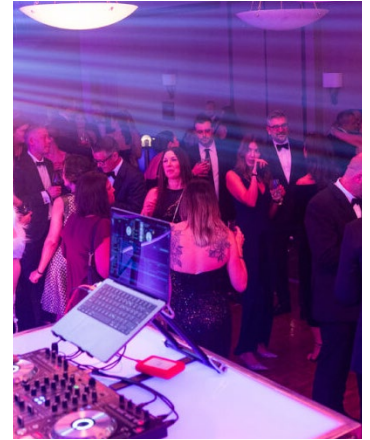
SUNDAY, DECEMBER 31

6 – 9 p.m.

Terrace Ballroom

Prix fixe & à la carte

Enjoy an elegant New Year's Eve celebration at the Club with dinner and dancing to Olaf de Shield's jazz trio in the Terrace Ballroom. Our culinary team will be pulling out all the stops to bring you a fabulous feast. Embrace an evening of dazzling food and drink, wear your shimmering best, and continue your evening your way, whether that means a night out on the town or an intimate celebration at home. Reservations can be made through OpenTable.



TCC EXCLUSIVE

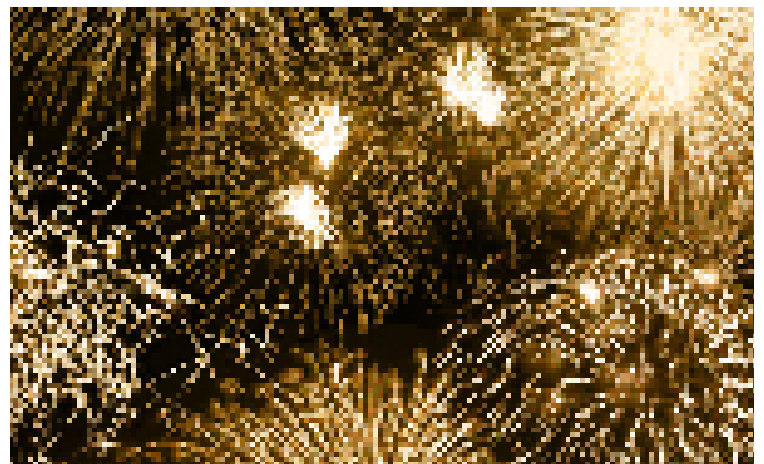
NYE: Party in the Members' Lounge

SUNDAY, DECEMBER 31

9 p.m. – 1 a.m.

\$20 plus tax & service charge (includes midnight bubble); kindly remember the Members' Lounge is 19+

Dust off your finest outfit and get ready to boogie in the new year at the Club. Enjoy drinks and dancing to DJ Kal Capone in the Members' Lounge from 9 p.m. until 1 a.m.! Reservations can be made through OpenTable.



Upcoming EVENTS



SAVE THE DATE
Friday, February 2
DALMORE DISTILLERY WHISKY DINNER

Known for single malt whiskies with elegance and great finesse, Dalmore set the standard for multi-cask maturation. Join Dalmore's Canadian Ambassador for a tasting and gourmet dinner pairing of glorious whiskies of differing ages and finishes, including the 21 Year Old, and the Alexander III.



SAVE THE DATE
Wednesday, February 14
VALENTINE'S DAY DINNER

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



Not a member?
Join 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 to access the application form.

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

Around THE CLUB

GET TO KNOW NATE KUBE, TCC Vice President



Nate Kube is a renowned entrepreneur and trailblazer in cybersecurity. He founded Wurldtech, an early leader in securing real-time mission-critical systems - from pacemakers to power grids. His pivotal work led to the creation of international standards, cybersecurity certification programs and an extensive Intellectual Property portfolio. Following Wurldtech's acquisition by GE in 2014, Nate was responsible for GE's global Cyber Security strategy, serving as its Chief Technology Officer for Cyber Security.

Originally from Nelson, BC, Nate involves himself in several ventures, with the most passionate in his beloved hometown. Here, he launched Woody Nelson, producers of ultra-premium cannabis in a state-of-the-art AgTech facility with an emphasis on innovating technology for controlled environment agriculture.

While not at work, Nate can typically be found on anything with two wheels and a motor. True to his Nelson roots, he is a diehard outdoor sports enthusiast, counting back country skiing and snowboarding, wake surfing, snow biking and hard enduro motocross among his favourite activities.

As a longtime member, TCC holds significance to Nate as the gym he met his wife, Alie, in 2013 while on crutches rehabilitating from one of his numerous extreme sports injuries.

Nate looks forward to connecting with you in the coming months.



A big thank you to everyone who came out on November 4 and celebrated at our annual Gala. It was a wonderful evening, made possible through the support of members and the hard work of our dedicated team of staff. Nice work, 007.

Save the date for next year's event: Saturday, November 2. Theme to be announced!

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@tclub.com to submit your announcement for our Club newsletter.

Liquid Assets

PINOT NOIR ENCHANTERS [splendid editions of the 'heartbreak grape']

Purple Hands Lone Oak Ranch Pinot Noir 2021 • Willamette Valley, Oregon **\$88**
#20 on Wine Spectator's Top 100 of 2023 for this multilayered, spicy beauty

Two Paddocks Pinot Noir 2020 • Central Otago, New Zealand **\$90**
Fragrant, silky pinot from superstar actor Sam Neill tilts in the Burgundy direction

Unsworth Saison Vineyard Pinot Noir 2020
Cowichan Valley, Vancouver Island **\$116**
One of BC's very best, this maritime pinot is graceful and sleek

Château de Sancerre Rouge 2017 • Sancerre, France **\$65**
Properly earthy, juicy, cool-climate pinot is gorgeous with baked salmon

Jane Eyre Gevrey-Chambertin 2020 • Burgundy, France **\$196**
Australian-born Jane Eyre is one of the brightest Next Gen stars in Burgundy

DRESSED TO IMPRESS GIFTS [that will make you look great!]

Louis Michel Chablis Grand Cru Vaudésir 2018 • Burgundy, France **\$153**
Luxurious Chablis for the oyster connoisseur

Martins Lane Simes Pinot Noir 2016 • Okanagan Valley, BC **\$160**
This 95 point pinot noir is always in the conversation as Canada's very best

Château les Tourelles de Longueville Pauillac 2015 • Bordeaux, France **\$173**
Classy merlot blend from 2nd Growth Château Pichon Baron is drinking beautifully

Champagne Ployez-Jacquemart Liesse D'Harbonville 2002 • Champagne, France **\$332**
Often called the vintage of the century, 2002 Champagnes are extremely hard to find

Ramos Pinto Ervamoira Vintage Port 1994 • Douro Valley, Portugal **\$127**
Champagne Roederer owns this port house & we have 6 bottles of a famed vintage

Cincoro Tequila Añejo • Jalisco, Mexico **\$305**
NBA legend Michael Jordan & friends created this complex tequila

RICH REDS FOR THE BIG DINNER [statement centerpiece wines]

Mission Hill Oculus 2017 • Okanagan Valley, BC **\$258**
Plush, lush merlot-dominant blend is opulent, ripe and structured

Colomé Altura Maxima Malbec 2016 • Salta, Argentina **\$201**
Imperious, mind-bending malbec from one of the world's highest vineyards

Muga Prado Enea Rioja Gran Reserva 2015 • Rioja, Spain **\$167**
A polished, profound tempranillo earned 97 points for a steal

Tommasi Amarone della Valpolicella Classico 2017 • Veneto, Italy **\$114**
Intense and refined with cherry and plum flavours

Domaine de la Solitude Tradition Châteauneuf-du-Pape 2020
Southern Rhône, France **\$120**
Grenache plus seven more Rhône grapes star in this high scoring, celebrated wine

HOLIDAY SHOPPING

CURATED BY DJ KEARNEY



FOR THE ADVENTURE SEEKER [geeky wines we adore!]

Château Dereszla Tokaji Hárslevelű 2021 • Tokaj, Hungary \$37
Dry, snappy, fascinating white from the citrusy hárslevelű grape

Karamolegos Pyritis Assyrtiko Mega Cuvée 2020 • Santorini, Greece \$119
Alluring wine tastes like grand cru Chablis, but from Greece!

Domaine des Tourelles Vielle Vignes Cinsault 2020 • Bekaa Valley, Lebanon \$62
Languid, silken wine from 120 year old vines in Lebanon's Bekaa Valley

Alain Graillot Syrocco Syrah Morocco • Zenata, Morocco \$60
Crisp, juicy, peppery mid-weight red made by a French syrah genius

Masseria Surani Dionysos Primitivo di Manduria Reserva 2017 • Puglia, Italy \$80
Turbo-charged zinfandel, like you've never tasted it before, from the boot of Italy

BUBBLES GALORE [our global favourites]

Benjamin Bridge Brut Rosé NV • Annapolis Valley, Nova Scotia \$68
Stunning quality winery has put Nova Scotia on the world wine map

Domaine Rolet Crémant de Jura NV • Jura, France \$59
This is a dead-ringer for champagne, from the secretive Jura region

Coates + Seely Brut Reserve NV • Hampshire, England \$52
Grown on the same chalk shared with the champagne region, this is the real deal

Selbach-Oster Pinot Noir Brut 2017 • Mosel, Germany \$66
To taste this fizz is to understand why Germans lead the bubble drinking stats

Lanson Green Label Champagne Organic NV • Champagne, France \$120
Sensational racy champagne that's good for the earth

DRINKS LIKE A FERRARI, COSTS LIKE A FORD

Baumard Crémant de Loire Carte Corail Rosé NV • Vouvray, France \$53
Sumptuous pinot noir bubbles from a legendary Loire domaine

Forjas del Salnés Lieriana Albariño 2022 • Rias Baixas, Spain \$65
Super stylish unoaked white with spine-tingling acidity and lemon curd fruit

Spearhead Saddle Block Pinot Noir 2020 • Okanagan Valley, BC \$64
Platinum winner in Canada's national wine awards

Pianirossi Maremma Toscana 2007 • Tuscany, Italy \$88
This suave Super-Tuscan blend shows the burnished beauty of bottle ageing

Schiopetto Giulia Rivarossa 2016 • Friuli-Venezia Giulia, Italy \$87
Supple, satisfying merlot with a touch of cabernet from a pioneering estate

Email wine@tcclub.com to secure your bottles!



UPCOMING EVENTS

Wednesday, December 6
Masterclass: Japanese Whisky

Friday, February 2
Dalmore Distillery Dinner

Member of the Month

RAY CHU



As a young man growing up in Hong Kong, Ray Chu made the brave decision in 1972 to move with his wife Ellen and two children to Vancouver. He wanted to see the world with her, and Vancouver seemed like a prudent first step. And so, with some English learned in high school and a mechanical engineering diploma from Hong Kong Polytechnic, he crossed the Pacific to start a new life in Canada.

Ray learned bravery watching his father, a self-taught electrician who emerged from humble beginnings to eventually become superintendent of the world-renowned Hong Kong Peak Tramway. "My father was such a talented man. His influence on me was considerable. He never suggested a career in engineering, but he would take me to his work, and I would watch the noisy but spectacular engine room and envisage engineers that made this remarkable funicular operate."

When Ray arrived in Vancouver, his diploma was not sufficient to work here as an engineer, so he took a job as an auto mechanic and went to self studies to update his qualifications. Ellen began work as a technician in a dental lab perfecting her skills building crowns and bridges. "I always liked fixing cars, and with Ellen working too, we were able to make a living. It took a couple of years for me to get my first engineering job and I became a registered professional engineer in B.C. a decade later.

For the next 22 years, Ray worked in the profession developing both his skills as an engineer, as well as his acumen in the consulting engineering business. In 1997,

he became his own boss as Founder and President of CWA Engineers. Today, CWA employs more than 100 engineers and supporting staff, providing services to diversified industrial sectors including mining, marine terminals, infrastructure, construction materials, and forest products industries.

Ray and Ellen have three children — all successful professionals — and six grandchildren. His daughter Angela works on the regulatory and environmental industry in British Columbia, his older son Darryl is a finance executive in New York, and his youngest son Kevin has worked alongside Ray at CWA for the past 10 years as business operations manager.

"It gives me joy knowing my children are successful and happy. For Kevin, it's been tough at times being the owner's son, but he has been a delight for me on the business side. Most engineers are technically oriented. We need that business skillset. We are not as business-oriented like Kevin. Having him on board really helped me out. The way I describe it to my friends: 'He makes me a better president and a better person. I couldn't do my job as well as I do without him.'"

Ray has no professional regrets. He once considered architecture, and even once thought his calling was with the merchant marines. "I take great pride in my profession. Years ago, I read an article about the influence engineers have had on most every aspect of the world we have today. I believe that. What I love most about my work is the strategic thinking and planning for growth opportunities. I also greatly

appreciate being a mentor and helping to develop the next generation of engineers. "I have always worked hard. Having worked for 57 years, I still enjoy it, though I must confess to scaling back a bit."

Ray joined TCC eight years ago. "Some friends took us here for dinner and we were impressed by the facility — the gym, the pool, the Grill patio. And it was obvious the Club was extremely well run. I have told [TCC GM & CEO] Peter that the Club was the main reason we got through the pandemic as well as we did. Having a place to come, and eat, and feel safe three nights a week was so important to us."

Ray and Ellen live in Coal Harbor. He walks regularly in Stanley Park and to TCC, where he stays fit swimming. The family once skied a lot, but these days he's more likely to be outside taking pictures or inside enjoying a glass of wine.

As for that long-ago aspiration to see the world, Ray and Ellen still share a deep passion for travel. "We will get away two to three times a year for weeks at a time. We have a cruise coming up from Thailand via Vietnam to Hong Kong."

One of Ray's most memorable adventures was in Russia on a river cruise from St. Petersburg to Moscow, but his most important adventure was 51 years ago when he moved to Vancouver. ■

Focus ON FITNESS

SQUASH

CHRISTMAS GIFT IDEA: SQUASH LESSONS

- 1 hour lesson \$85
- Two 1-hour lessons \$160
- Three 1-hour lessons \$240

2024 SPRING JUNIOR SQUASH

Saturdays | January 6 – March 16

No lesson on February 17 (Family Day weekend)

\$200 plus GST, charged to your account upon confirmation of your child's registration.

Junior private, partner, and group Lessons available upon request.

- 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. 13–16 year old

FREE BEGINNERS CLINIC

Wednesday, December 13 | 5 – 6 p.m.

Join us on the second Wednesday of each month to learn the basics of squash in a fun environment! Please register by calling the Fitness Centre front desk prior to 6 p.m. on Monday, December 11.

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.

SATURDAY MORNING 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 6 p.m., Fridays.

COMPLIMENTARY JUMPSTART

Our free quarterly "Jumpstart Squash Series" is for experienced squash players. As a season opener, it is a great way to get you back into squash fighting shape. Fitness drills and conditioning games are orchestrated by Barry to rekindle your squash spark.

Wednesday, January 3, 2024 | Women: 5 – 6 p.m. | Men: 6 – 7 p.m.

Please register at the Fitness Centre Front Desk by 8 p.m. on Tuesday, January 2, 2024.

SQUASH LESSONS WITH BARRY GIFFORD

Are you ready to take your game to the next level? Try a private or partner lesson on Tuesday, Wednesday, Thursday, or Saturday (other days upon request). **Barry Gifford** is a seasoned squash professional (2022 60+ National Champion and past Squash Doubles World Masters Games gold medalist) with over 30 years of coaching experience.

HOURS

WEEKDAYS

6 a.m. – 10 p.m.

WEEKENDS

7 a.m. – 8 p.m.

UPCOMING CLUB CLOSURES

SATURDAY, DECEMBER 24

CHRISTMAS EVE: CLUB CLOSED

SUNDAY, DECEMBER 25

CHRISTMAS DAY: CLUB CLOSED

MONDAY, DECEMBER 26

BOXING DAY: CLUB CLOSED

MONDAY, JANUARY 1

NEW YEAR'S DAY: CLUB CLOSED

SQUASH & POOL

ADULT-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 \$30.25 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.

SWIM

SWIMMING WITH JOHN RYAN

John Ryan has taught beginners, Masters and Triathlete-swimmers to reach their goals over his 20+ years coaching. Private lessons are a structured (but fun) program that all can benefit from, regardless of skill level. Improve your technique, try new strokes, increase stamina, cultivate a sense of ease and elegance being in the water, and grow your confidence.

KIDS' GROUP SWIM LESSONS

Saturdays | January 6 – March 16

No lessons on Feb 17, 2024 (Family Day weekend)

\$275 plus GST

10:00–10:40 a.m.	3–5 years
10:40–11:20 a.m.	3–5 years
11:30–12:10 p.m.	6–7 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 times 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. This is to ensure that the group lessons will be a positive experience for your child. Please contact Doreen at john@swimminginancouverbc.com with your questions or for more information.

COMPLIMENTARY SWIM INSTRUCTION: SWIM SKILLS DRILLS WITH JOHN

Wednesdays | January 10 – February 28 | 3 – 4 p.m.

**Must be able to swim 25m front crawl non-stop.*

This program is designed for those who can swim but want to fine-tune their technique. The aim will be to become more efficient, creating less resistance and swimming smoothly and at ease in the water. Sessions will run with a minimum of two, maximum of eight students. Register by Monday at 5 p.m. the week of the session. \$20 will be charged in the case of no-show or late cancellation.



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: Let the MilFit Team be a part of your friends and family's health and fitness New Year's Resolutions. Refer them and if they purchase a package of 5 they will receive 1 free personal training session, a package of 10 will receive 2 sessions, or a package of 20 will receive 3 sessions. For more information, or to get started, please 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 Jovic is a BASI®-certified Pilates instructor and an award-winning gymnast. (BASI-certified instructors undergo three years of devoted study with master teachers.) Practicing and teaching over 13-years, Zorica believes, to be a good teacher you must also be a student and continues her education constantly. She is responsible for guiding clientele through invigorating Pilates practices. She dedicates herself to the mind-body aspect of the Pilates method. Teaching is her passion, helping every BODY from the inside out!

NEW OFFERING: RESTORATIVE MAT CLASS

Build on key Pilates principles of core control, fluid motion and coordination while delving deep into the fundamentals of optimal movement. Muscles are fatigued systematically with a continuous flow from one movement to the next. Each session targets exercises to help you gain control, strength, power and flexibility. You will see and feel your "core" get stronger each week and gain a renewed sensation of support for your back and in your arms and legs.

This class is full body work out and open to all, with exercises that are easy to modify depending on your level. Gradually geared for intermediate to advanced exercises.

Private one-to-one sessions with Zorica are available.

Recommended props: hand weights of 2-10 lbs; Pilates soft/mini ball; T-band; M. Circle/Ring.

Availability:

Tuesdays to Fridays: 10:30am onwards (one hour session will be held in non-peak squash court time)

Packages available: single, 5, 10, and 20

Please inquire at the Fitness Centre front desk.

THE 45-DAY FITNESS CHALLENGE IS BACK!

It's that time of the year again! For the month of January and February, the Fitness Centre is challenging Members to commit to at least **45 workouts in 58 days**. Choose any type of exercise: cardio, weight-training, squash, swimming, yoga or jogging outside. We will have a progress chart to keep you on track. Sign-up today at the Fitness Centre today!

Focus ON FITNESS

GROUP FITNESS SCHEDULE

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

This all-levels class focuses on building a strong body through low intensity and non-impact weight exercises. Increase your muscular strength and endurance, improve your metabolism so you burn more fat, increase bone density and improve balance so you age better, build lean and toned muscles, feel better and prevent injuries. Incorporate added resistance to any of the exercises (i.e., dumbbells, water bottles, exercise bands, chair or bench for step-ups, etc.) or simply use your own body weight.

Class Legend:

■ ZOOM

■ IN-PERSON (12 MAX PER CLASS)



FOR MEMBERSHIP INQUIRIES & TO BOOK A TOUR
joinus@tclub.com
604 488 8647