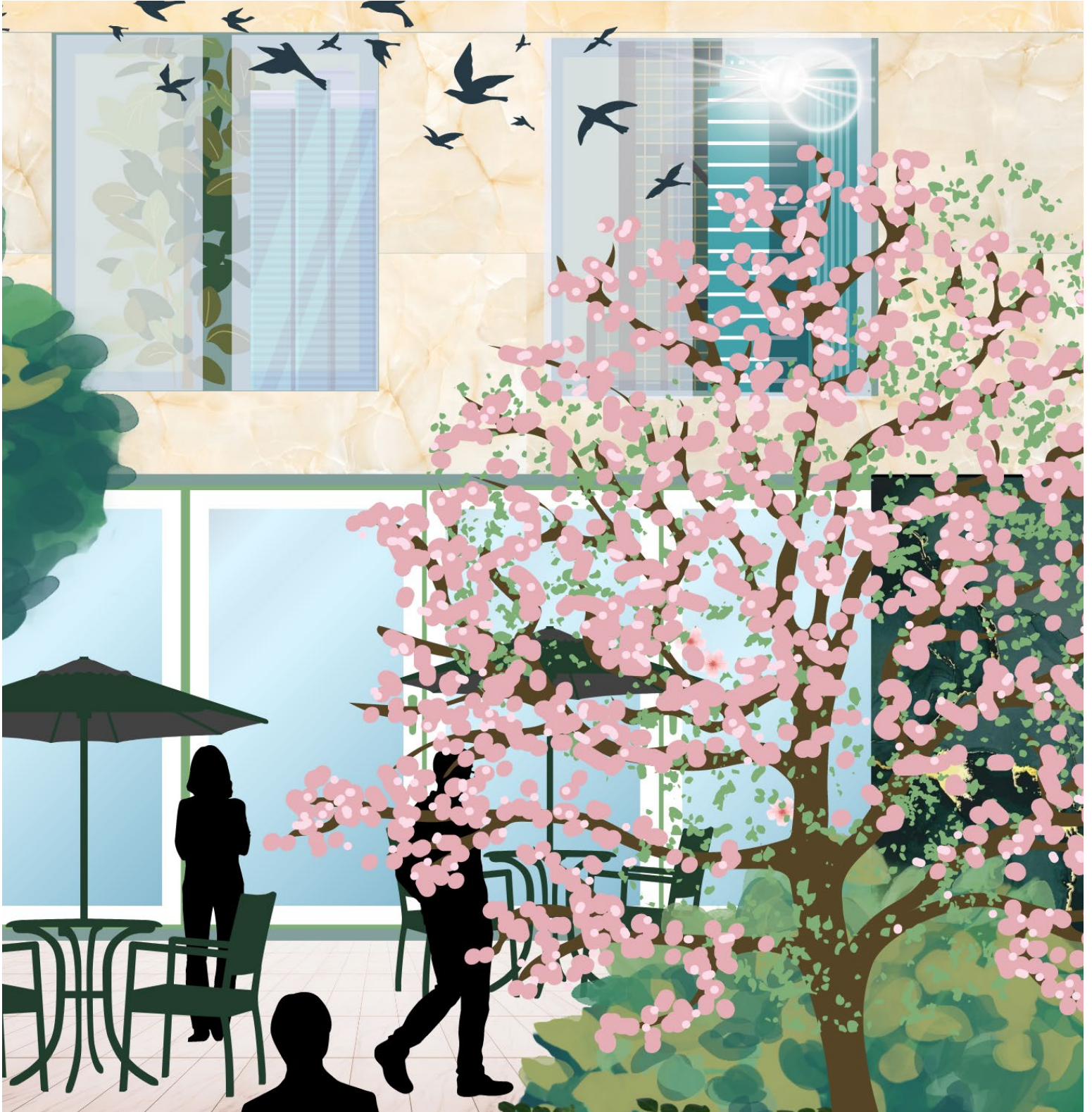


TERMINAL CITY TIMES

APRIL 2024 • VOL. 31 NO. 4



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

Upcoming Events

- APR 3** **SALON**
Mindfulness
- APR 5** **WINE MASTERCLASS**
Tour de France
- APR 8** **MEDITATION**
Topic TBA
- APR 9** **LET'S DO LUNCH!**
Member-led Social
- APR 17** **MEMBERS' WINE TASTING**
Sample delicious wines
- APR 18** **MEMBERS' NETWORKING LUNCH**
Meet your Fellow Members
- APR 19** **CLUB CABARET**
A Sultry Spectacle
- APR 8** **MEDITATION**
Topic TBA
- APR 23** **SALON**
Monogamy
- APR 29** **SALON**
Religious Decline
- APR 30** **BUSINESS & COMMUNITY SPEAKER SERIES**
Business Growth & Leadership Lessons
- MAY 12** **MOTHER'S DAY BRUNCH**
TCC Family Favourite

REGISTER FOR EVENTS

online	via Member Central
email	concierge@tclub.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	 @tclub
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 (WORKSPACE)

Monday – Friday	11:30 a.m. – 8 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@tclub.com

TERMINAL CITY CLUB



President's Letter APRIL 2024

DEAR FELLOW MEMBERS,

As we embrace the arrival of April, we say goodbye to the dreadful snowboard season behind us and celebrate the successful launch of patio season. The Club welcomed members to bask in the fresh air, stunning views, and brand new patio furniture. We look forward to a longer patio season this year than previous years and you will be sure to find me out there any chance I get.

The energy has been ecstatic through the first few months of the year. With the Grill restaurant filling up fast, around every corner there are happy faces and memories to be shared, so be sure to reserve your spot early. One of the areas we've added as a new member amenity are the Club Rooms. Details and pricing can be found on page 2. These rooms are also available for members free of charge when having dinner. They are ideal for family gatherings or a quiet dinner when a door is needed.

Easter Brunch is a much-anticipated event at the Club. This year we have over 220 members attending with their wonderful families and guests to enjoy a delicious buffet spread, mimosas, kids' crafts, and entertainment by the Easter bunny and junior magicians. Did you know that in Australia they symbolize Easter with bilbies instead of a bunny?

This month, the Board and management team meet for an annual planning day to navigate our five-year plan. Management will be working closely with myself and the Board to develop our five-year

plan as well as some longer-term projects. With elevator renewals top of mind, this day provides us with a valuable opportunity to collaborate, strategize, and shape the future of our Club together. Outcomes will be shared with our membership down the road when the plan is completed. There are many exciting projects in the works and our member experience remains the primary focus in everything we consider.

A reminder to all loving sons and daughters, Mother's Day comes quickly so don't forget. The Club will be hosting our annual Mother's Day Brunch on Sunday, May 12 with a full buffet curated by our Executive Chef and talented culinary team, décor, and wine. This is such a nice way to properly celebrate Mom for everything we have put them through and everything they do for us.

I look forward to sharing more exciting updates and memorable experiences with you all in the coming months. Thank you for your continued support and dedication to making TCC a vibrant and thriving community.

Sincerely,

Nate Kube
Terminal City Club President

Stay informed

CLUB NEWS



LEARN MORE

Scan the QR code to access the Club Room info sheet online, which includes a floor plan and pricing for AV and food and beverage.



welcome to our newest members!

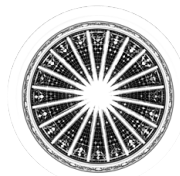
We are excited to extend a very warm welcome to our Club and community to the following new members:

Evan Coleman
Jennifer Li
Gregory Lindsey

Alexandra McCabe
Jack Stuart
Joel Zimelstern

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? **Submit your announcement for our Club newsletter by emailing joinus@tcclub.com.**



CLUB ROOMS

at TERMINAL CITY CLUB

Our Club Rooms are a collection of seven small meeting and private dining rooms available for your next team meeting, project pitch, VIP client presentation, or family dinner.

Refreshments including Vivreau water, coffee and tea are available as self-serve in the Club Rooms common area, with in-room thermos on request. Full food and beverage service is available in all rooms from the Grill à la carte breakfast and all day menus. From 5 p.m., tailor your dinner to perfection with the flexibility of our à la carte options or entrust our curated menus for an unforgettable private dinner.

Terms and pricing subject to change any time. Reservations may be cancelled up to 24 hours in advance without penalty; the cancellation fee will be equal to the booking duration. **To reserve a Club Room, please email reserve@tcclub.com or contact Grill staff directly.**

ROOM	CAPACITY	FULL DAY	HALF DAY
		7 A.M. - 4:30 P.M. 5 P.M. - 11 P.M.	(4 HRS OR LESS)
President's Boardroom	12	\$200	\$120
Dr. Cheung Room	12	\$200	\$120
Arbutus (pictured, left)	10	\$160	\$90
Spruce	8	\$140	\$80
Willow	6	\$120	\$70
Maple	6	\$120	\$70
Oak	4	\$100	\$60
Hemlock	3	\$60	\$40

FOOD & BEVERAGE SERVICE

In-house pastries can be pre-ordered to be ready on arrival; two days' notice is required. Evening dining room rental will be waived if a minimum food and beverage spend requirement is met. Please contact the restaurants staff for details. *No outside food is permitted in the Club Rooms or restaurants.

AUDIO VISUAL INCLUDED

Each room is equipped with a WiFi accessible smart TV, HDMI connection, and a power bar, as well as a shared wireless photocopier and printer. Rooms are pre-set with TCC notepads and pens for your convenience. Additional AV and meeting tools are available upon request.

Dining AT THE CLUB

and the winner is...

Thank you to all members who fill out our Grill and Members' Lounge comment cards. Congratulations to this month's lucky winner of a lunch for two from our random draw: Dr. Oliver Aldridge!



spring/summer club menu coming soon...

Stay tuned for fresh spring/summer menus launching mid-April, with creative new cocktails and patio-ready wines by the glass.

sunday prime rib dinners

The Grill

Sundays, 5 – 9 p.m.

Adults: \$40 plus tax and service charge

Kids (10 and under): \$15 plus tax and service charge

Visit the Grill on Sunday evenings for our Sunday Prime Rib Dinner, a long-standing TCC tradition. Enjoy slow-roasted prime rib, seasonal vegetables, creamy whipped potato, Yorkshire pudding with au jus. A kids' version – which includes a fresh fruit cup or vegetable sticks with ranch dip and ice cream for dessert – is also available for ages 10 and under.

Make sure we know you're coming and we can have a table ready for you and yours!

patio etiquette

AS SUMMER APPROACHES

dress code

The Club dress code of **smart casual** applies on the patio, although hats are permitted.

don't feed the wildlife

You might be tempted to share a snack with the birds who visit our patio. The best thing you can do for a wild animal is give it space and observe from afar.

phone & device use

Ringtones and notifications on your electronic devices must be set to silent throughout the Club. Calls are permitted on the patio, provided headphones or earbuds are used.

helpful hints

WHEN DINING WITH US

peak times in the grill

Over the lunch and dinner hours, the Grill is often our most popular dining area. Reserve a table and let us do the rest!

be mindful of fellow diners

Items left unattended will be cleared away to accommodate other diners. Please pack up your belongings if you are leaving and planning to return.

entertaining a large party?

Let us curate a special menu for you with a few days' notice!

BOOK YOUR NEXT EXPERIENCE

reserve@tclub.com

April EVENTS



TCC SALON

Mindfulness

WEDNESDAY, APRIL 3

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte.

Mindfulness is the practice of paying attention, in the present moment, with love. **Dr. Dzung Vo** and **Dr. Joanna McDermid** from the BC Children's Hospital Centre for Mindfulness will begin and end the evening with embodied experiences of mindfulness meditation. They will then explore the power of mindfulness as a community practice, not just an individual practice, and discuss the insights and visions of interpersonal mindfulness, interbeing, and mindful community. They invite a discussion on how we can all cultivate a more mindful way of being in our own homes, workplaces, cities, and society.

Dzung X. Vo is a pediatrician and clinical associate professor at UBC's Faculty of Medicine. Joanna McDermid is a psychiatrist and is a clinical instructor with Department of Psychiatry at BC Children's Hospital and at the UBC's Faculty of Medicine.



TCC MASTERCLASS

Tour de France

FRIDAY, APRIL 5

6 – 7:15 p.m.

*\$125 plus tax & service charge;
Sold out! Waitlist only

France has been planting vines and making wine since the 6th century B.C., and last year produced the most wine annually of any country. Over half a billion cases of French wine are quaffed around the world each year, from 200+ grape varieties grown in hundreds of diverse regions.

Join your TCC Director of Wine, DJ Kearney, for an inspirational jaunt around the French countryside tasting from both classic and up-and-coming regions. As the French love to say, "*La vie est trop courte pour boire du mauvais vin,*" (life is too short to drink bad wine), so we will drink well and snack equally well, with a selection of French morsels from the TCC culinary brigade.



FIND YOUR CENTRE

Meditation

MONDAY, APRIL 8

7:30 – 8:30 p.m. &

MONDAY, APRIL 22

5:30 – 6:30 p.m.

\$15 plus gst

Take a pause from your busy schedule with a guided meditation.

As the class will involve sitting/lying down, participants are encouraged to bring a yoga mat and/or any cushions, blocks or blankets to make themselves comfortable.

Denise Levine has been practicing meditation and various healing techniques for over 20 years. She has a Master's degree in Metaphysical Sciences, and is living proof that meditation is beneficial for the mind, body, and soul.



TCC EXCLUSIVE

Members' Wine

Tasting

WEDNESDAY, APRIL 17

5 – 6:30 p.m.

\$10 plus tax & service charge

**Registration is mandatory as space is limited.*

Join us for our monthly Members' Wine Tasting. Yay, it's rosé season!

Miraval Côtes de Provence 2020 – Provence, France

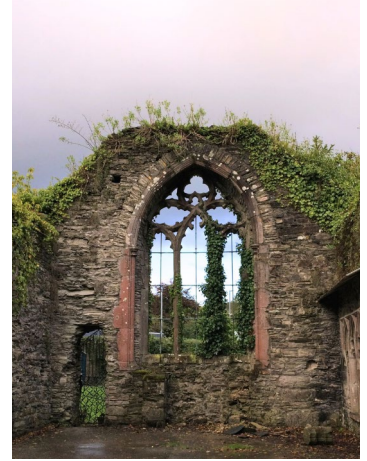
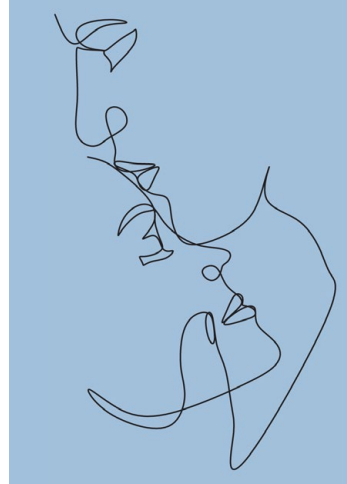
Quinta da Raza Vinho Verde Rosé 2022 – Basto, Portugal

J. de Villebois Val de Loire Pinot Noir 2021 – Loire Valley, France

Elouan Pinot Noir Rosé 2019 – Oregon, USA

Culmina Orange Wild Ferment Gewürztraminer 2020 – Okanagan Valley, BC

April EVENTS



TCC EXCLUSIVE
Club Cabaret
FRIDAY, APRIL 19
7:30 p.m. doors open
8:45 p.m. show begins
9:15 p.m. DJ & dancing until
11:30 p.m.
*\$60 plus tax & service charge
*includes two beverages, light
snacks, and entertainment*

Get ready to sizzle at Club Cabaret! The stage will come alive with the tantalizing tease of **Burgundy Brixx Cabaret Burlesque Trio!**

Join us for an enchanting night of indulgence and a dash of daring; our performers will leave you spellbound with their sultry moves. Sip on tantalizing cocktails, savor delicious bites, and dance into the evening to a live DJ. Save your seat, raise a toast, and let the seduction begin!

TCC SALON
**Is Monogamy Part of
Who We Are?**
TUESDAY, APRIL 23
6 – 9 p.m.
*Complimentary event with the
purchase of dinner à la carte.*

Controversial ideas can sometimes provoke emotionally charged reactions, similar to those you'd expect to see following a personal attack. For instance, discussing kinds of love that are socially stigmatized, such as non-monogamous love, can sometimes provoke people in this way.

Building on recent work by colleagues, Carrie Jenkins, professor of philosophy at UBC, tries to understand such reactions as a defense mechanism that protects a collective identity—a sense of "who we are"—where a central element of "who we are" is that "we" are monogamous. She investigates why that would be the case.

TCC SALON
Religious Decline
MONDAY, APRIL 29
6 – 9 p.m.
*Complimentary event with the
purchase of dinner à la carte.*

Every society we know of has drawn inspiration from a rich reservoir of supernatural and magical beliefs, rituals, and sacred values. But after millennia of spinning the threads of religion, and for the first time in the history of our species, a sizeable portion of humanity is moving away from organized faith. Some are choosing atheism, but many are turning to spirituality outside of religion.

Dr. Ara Norenzayan, a co-director of UBC's Centre for Human Evolution, Cognition, and Culture, will lead a worldwide tour of this religious and post-religious landscape, dive into its causes, and assess the aftermath of these tectonic shifts in societies. This talk is based on his upcoming book, *Believer, Skeptic, Mystic*.

MEMBERS' ONLY
**Members'
Networking Lunch**

THURSDAY, APRIL 18
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.

Upcoming EVENTS



BUSINESS & COMMUNITY
SPEAKER SERIES

Business Growth & Leadership Lessons

TUESDAY, APRIL 30

6 – 7:30 p.m.

*Complimentary event;
registration required.*

Ryan Benn shares leadership lessons learned from two decades of life as a CEO in Vancouver. Named president of a failing publishing company when he was 26, Ryan shares his experiences leading multiple turnarounds, acquisitions, battling cancer, leading YPO BC, contributing to disadvantaged communities, being a father, and now telling the stories of others via *Vancouver Magazine* and *BC Business*. Since 2005, Ryan has been the CEO of Alive Publishing Group Inc. (APG), where he completed a top-down restructuring that has led to breakthrough results.

**For program and speaker interests, contact Ellen Kief at ekief@kiefllaw.com*



SAVE THE DATE

Mother's Day Brunch

SUNDAY, MAY 12

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

Reservations are required

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.

event registration

SAVE YOUR SPOT!

online
email
call
text

via Member Central
concierge@tcclub.com
604 681 4121
604 200 2279

live music in the *members'* lounge

6 – 9 p.m.

Thu 4 Apr
Colin Sankey

Fri 5 Apr
Rob Eller

Sat 6 Apr
Neal Ryan

Thu 11 Apr
Cassandra Maze

Fri 12 Apr
Olaf De Shield

Sat 13 Apr
David Capper

Thu 18 Apr
Dave Martone

Fri 19 Apr
Goby Catt

Sat 20 Apr
Colin Sankey

Thu 25 Apr
Dave Martone

Fri 26 Apr
Neal Ryan

Sat 27 Apr
Sasha Veregin



Member-led SOCIALS

SECOND TUESDAY OF EVERY MONTH

Let's Do Lunch!

TUESDAY, APRIL 9

12 noon – 1:30 p.m. in the Members' Lounge

Complimentary event with the purchase of lunch à la carte; Registration on Member Central is recommended

Join your fellow members at this open-invitation luncheon in the Members' Lounge. What better way to connect with someone you haven't seen in a while, or meet someone new! Let the Grill hosts know you are there for Let's Do Lunch and they will take you to the table.

TWO FRIDAYS PER MONTH

Member Mingle

FRIDAY, APRIL 5 & 26

6 p.m. in the Members' Lounge

Complimentary event; members are welcome to bring guests and are responsible for their own food & beverage

Let us know you're coming by registering on Member Central

TCC member Mindy Tulsi-Ingram invites fellow members to join for a convivial evening of social networking, casual conversations, and perhaps a game of pool if the mood strikes. This is a terrific opportunity to make a new friend or two!

TELUS HEALTH CARE COLUMN

6 TIPS FOR STAYING HEALTHY WHILE TRAVELLING



You've made your travel plans and are ready to take off on your much anticipated vacation. And while you may be thinking of what you need to pack and what you want to do when you arrive, it can also be helpful to consider how to stay healthy while travelling.

Visit a travel health clinic: The ideal time to go to a travel clinic is at least six weeks before you travel. The healthcare professional at the clinic can provide you with personalized advice based on your destination, the length of your trip, and your activities while you're there, and administer any vaccinations if needed.

Pack a travel health kit: A travel health kit can help when you're in a pinch while away. Dr. Larsen recommends including items such as: **Pain relievers, like ibuprofen or acetaminophen (in original bottles), antihistamines, antinauseant, bandages**

in various sizes, cleansing wipes, hand sanitizer, a set of vinyl gloves, gauze, and skin tape. Make sure to travel with all medications in your carry-on baggage," Dr. Larsen recommends.

Bring the right clothing and gear: Planning on walking a lot or going on a hike? A sturdy pair of shoes and even hiking poles can help ensure you maximize your vacation while minimizing the chances of preventable injury.

Stay hydrated: It can be easy to become dehydrated when traveling, so it's important to make sure you're drinking enough water at regular intervals. Taking a water bottle with you may help—but make sure the water you are filling it up with is clean.

Get enough sleep: Jet lag can impact your sleep, but not getting enough sleep can take a toll on your immune system. Remember to

rest up when you need to and do your best to acclimatize to a new time zone quickly by eating meals and going to sleep at the 'new' time.

Check with your doctor to see if a time change will impact when you should take your prescription medications. "Ask your doctor if it's better to delay a dose by some hours or take a dose early for each type of medication you're on," Dr. Larsen says.

Know your coverage and how to find medical care while away: Make sure you understand what is and is not covered by your travel insurance policy. If you have a health insurance plan, check to see if it provides coverage for medical expenses incurred while travelling.

To learn more about TELUS Health Care's services, visit telushealth.com/carecentres.

Liquid Assets

CURATED BY DJ KEARNEY

Time for Pink!

❶ CLOS CIBONNE TENTATIONS PROVENCE ROSÉ 2021 FRANCE \$68

A silky/stony blend of grenache, cinsault, syrah and the rare grape tibouren. Discreet, salty, savoury and absolutely textbook, bone-dry Provençal rosé. Made by an acclaimed historic estate with vineyards on superb limestone soils, Clos Cibonne is one of only 18 precious properties with Grand Cru status. 'Tentations' means temptations, and you'll be tempted to have yet another glass!

❷ ANCRE HILL ESTATES SPARKLING ROSÉ 2013 WALES \$112

Rare doesn't even come close to describing this remarkable rosé bubbly from a corner of Wales rich in chalky lime soils (just like the Champagne region). Biodynamically farmed pinot noir grapes are concrete-fermented and the base wine is aged for a year before blending, second fermentation and a further three years of bottle ageing to build complexity. The palest apricot in the glass, you'll find a great intensity of wild berry fruit, abundant toastiness and plenty of freshness and verve for the next time you want to wow your friends with a true unicorn. We served this wine when (Welsh) Chef John Bishop came to the Club, and have a few precious bottles left...

❸ DOMAINE DE LA MORDORÉE LA DAME ROUSSE TAVEL 2021 FRANCE \$65

With its singular label depicting a fluttering auburn woodcock ('La Dame Rousse') this is one of the most celebrated pink wines on the planet – hailed by influential critic Robert Parker as the greatest rosé in the world. Tavel is an appellation just across the Rhône River from the famed vineyards of Châteauneuf-du-Pape. Only rosé wines can be made here by law and are always the most structured and ageable of all pink wines, anywhere. La Dame Rousse features a heady mélange of 60% grenache, 15% cinsault, 15% syrah, and 10% clairette. Showing a rosy pink colour (these are never, ever as pale as Provençal pinks) Domaine de la Mordorée's Tavel has the classic slightly oily body, savoury sticky sweet herbal flavours, and ripe cherry, plum and white peppery fruit. Satisfying with lip-smacking 'sapidité', as the French love to say, the finish is long and stony.



❶



❷



❸

Boost your Rosé IQ!

Rosé wines have been purposefully made in Provence, France for almost 3,000 years.

France makes the most pink wine, followed by Spain, the USA and Italy.

Global production has seen an increase of 25% between 2001 and 2023.

Most rosés are made from red grapes like grenache, cinsault, syrah and pinot noir.

The best wines are made from grapes farmed specifically for rosé, and made by the 'direct press' method where grapes are fermented on the skins for a few hours to extract the right pink hue, then pressed off to continue fermentation.

Look for the region of Tavel in France – here only rosé wine can be made by law.

Not all rosé is for instant drinking – a few years of bottle age is ideal.

These days global rosé is better than ever, and most are crisp and DRY!

Email wine@tcclub.com
to secure your bottles!

UPCOMING EVENTS

Wednesday, April 17
Members' Wine Tasting



CINCO DE MAYO

FRIDAY, MAY 3

Make a reservation on the Grill patio (weather permitting) for happy hour or dinner and celebrate Cinco de Mayo!

\$10 margaritas
Mexican fresh sheet
DJ & dance floor



cuvée flight club

Weekly Spirit Flights, 4 p.m. to close in Cuvée

We're tuning up for Cinco de Mayo early! Tequila is Mexico's national treasure, a bewitching elixir distilled from a species of lily called the Blue Weber Agave. Almost 1,800 years old tequila comes in a range of styles made for either sipping or mixing. Join us in April for Cuvée Flight Club featuring:

Calirosa Tequila Blanco (Adam Levine is involved)

Tromba Tequila Reposado (there is Can-con in this beauty!)

Villa Lobos Tequila Añejo (Nick Jonas' artful take on a barrel-aged style)

You'll get a one ounce pour of each and a Tequila cheat sheet for \$30 per flight, until quantities last.

Patio entertaining, elevated.



longtable dinners • receptions

Now accepting bookings for the 2024 summer patio season.
Contact catering@tclub.com to start planning your celebration.

Member of the Month

Joe Di Placito

In 2006, fresh out of UBC with a degree in civil engineering, Joe Di Placito landed a job working the Cambie section of the Canada Line. Initially hired as a field engineer, in quick order Joe advanced to superintendent, then project manager. Alongside for the ride was his classmate, friend, and future business partner Ziad Boustany.

“We’re both 22 and suddenly given all this responsibility,” Joe recalls. “The two of us figured if we could build this, we could definitely open an engineering practice.” And so, in 2007, Joe and Ziad launched RAM Engineering without fully knowing what RAM Engineering was going to be.

“We had no business starting a business two years out of university,” Joe says with a bit of a laugh. “When we registered the company and sent the name to the regulator, it was rejected because we weren’t actually certified Professional Engineers yet. We were still considered engineers-in-training.”

Joe and Ziad put RAM on simmer for a couple of years, picking up small jobs here and there, all the while keeping busy with the Canada Line. Then, in 2009, things really began to heat up for RAM. “We got the opportunity to work with the design-builder on the South Fraser Perimeter Road, a billion-dollar project. We were young guys then. Eager. Our Canada Line experience showed we could move things along.”

And move things along, they did. The RAM team of Joe and Ziad started hiring field engineers and building their company. They delivered their end of the perimeter job six months early and under budget. “It was super exciting and challenging. I was looking after earthworks and Ziad was overseeing utilities. When it was finished, it was high-fives all around, then we realized, ‘we were so good at that we just worked ourselves out of a job.’” Fortunately, when you go hunting for new projects armed with words like “six months early” and “under budget,” the work will come.

Today, RAM Consulting has 150 employees, with offices in Vancouver, North Vancouver, and Calgary. An abbreviated list of the 100-plus projects RAM has worked on includes the Vancouver Airport Fuel Delivery System, the Capilano Pump Station, the Broadway transit line, as well as out-of-province jobs like the St. Kitts Cruise Ship Pier and East Gate Operations in Banff National Park.



“Delivering complex projects — watching them ramp up and then wind down — has become quite natural to us. It’s part of our DNA. I always say to myself and to the team: ‘Why not us? We can do that.’ I have no doubt that one day RAM will have 1,000 employees with office expansion into the U.S.”

Joe grew up in Surrey, the youngest of three children. His mom, Lili, worked at ICBC. His dad, Angelo, was a “jack of all trades.” It was dad, an immigrant from Italy, who instilled in Joe that entrepreneurial drive fundamental to RAM’s remarkable success. “My dad came to Canada and started working on the railway and later driving a garbage truck. He turned that work into a disposal business, then began buying properties and kept expanding his portfolio. He was an entrepreneur who always worked hard and was successful enough to retire at 55.”

Joe joined TCC five years ago. His office is across the street on Hastings. One day, he popped in, got a tour “and the rest is history,” he says. “There is so much I appreciate about the Club. It’s a fun place—beautifully appointed and very inclusive ... It’s got this great business atmosphere, then on the weekends the pool always has kids playing in it. My girls learned to swim here.” Joe and his wife Mahsa live in the Quilchena Park neighborhood. They have three young daughters, ages 10, 8, and 3.

Of course, the other significant relationship in his life is with Ziad. “Working with someone so closely for so long, the partnership turns into a bit of a marriage. We know each other’s rhythms. If someone sends us both an email, we always know which of us is going to respond without even talking about it.”

Focus ON FITNESS

SQUASH

2024 SPRING JUNIOR SQUASH

Saturdays | April 6 – June 22

No lesson on May 18 (May long weekend)

\$220 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 – 9 year old

1:45–2:30 p.m. 10 – 15 year old

FREE BEGINNERS' CLINIC

Wednesday, April 10 | 5 – 6 p.m.

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, April 8.

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.

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. He is a NCCP Level 3 certified professional, coaching adults and 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. Each lesson is tailored to your needs and can include mental strength training and yearly training plans upon request.

HOURS

WEEKDAYS

6 a.m. – 10 p.m.

WEEKENDS

7 a.m. – 8 p.m.

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.

Focus ON FITNESS

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 | April 6 – June 22

No lessons on May 18, 2024 (May long weekend)

\$302.50 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

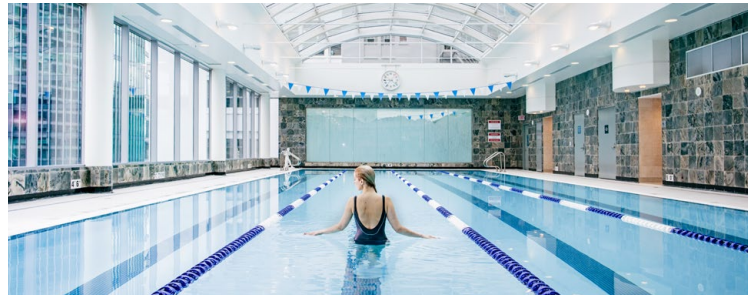
Slight changes in start and end times are possible. Children will initially be grouped based on age but may be moved to a different group if their ability requires it. To take part in group lessons, children must have some experience in the water, otherwise private lessons are first recommended to establish that confidence. This is to ensure that the group lessons will be a positive experience for your child. Please contact Doreen at john@swimminginvcouverbc.com with your questions or for more information.

COMPLIMENTARY SWIM INSTRUCTION: SWIM SKILLS DRILLS WITH JOHN

Wednesdays | April 3 – May 22 | 3 – 4 p.m.

**Pre-requisite: 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. **Members can register one week in advance for the upcoming 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.

PRIVATE PILATES WITH ZORICA

Available Tuesday, Thursday, 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! **Inquire at the Fitness Centre Front Desk for more information.**

NEW! WEDNESDAY PILATES MAT CLASS (7–8 a.m. via Zoom) PROGRESSIVE RESISTANCE WORKOUT WITH ZORICA

Join Zorica for a new class offering progressive resistance training exercises targeting key muscle groups in the shoulders and hips/legs, core and back, plus hands and feet. The secret lies in working these areas as an integrated system where each part affects the other release and stretch. Combining the resistance of TheraBand, small ball and magic circles with your own body weight builds strength faster to improve posture and move with greater ease in your daily activities.

Focus ON FITNESS

GROUP FITNESS SCHEDULE

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

F.I.T. WITH ATHOS

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.

PILATES: PROGRESSIVE RESISTANCE WORKOUT WITH ZORICA

Wednesdays, 7 – 8 a.m. ■

Progressions and modifications will be provided for individual needs. All levels welcome, but not suitable for rehabilitation (without permission of teacher). Suitable for those with some previous Pilates experience

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.

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 PEOPLE MAX)

CLUB

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*Learn more
or register!*

Friday, April 19

7:30 – 11:30 p.m.

\$60 per person

*(includes entertainment,
two drink tickets, and snacks)*

A LIVELY EVENING OF LIBATIONS & REVELRY
burlesque show • DJ & dancing