

# TERMINAL CITY TIMES

MARCH 2024 • VOL. 31 NO. 3



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

# Upcoming Events

**MAR 2 WEDDING OPEN HOUSE**

Getting Married?

**MAR 10 OSCAR NIGHT**

Viewing Party in the Lounge

**MAR 11 MEDITATION**

Sound Bath

**MAR 12 SALON**

Empathy

**MAR 19 BUSINESS & COMMUNITY SPEAKER SERIES**

Judy Piercey on *The Fierce*

**MAR 20 MEMBERS' WINE TASTING**

Outstanding BC Wines

**MAR 21 MEMBERS' NETWORKING LUNCH**

Meet Your Fellow Members

**MAR 25 MEDITATION**

Sound Bath

**MAR 27 SALON**

Pride and Social Rank

**MAR 29 GOOD FRIDAY**

Club Closed

**MAR 31 EASTER BRUNCH**

TCC Family Favourite

**APR 5 TOUR DE FRANCE**

Wine Masterclass

**APR 19 CLUB CABARET**

An Evening Show

## 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  
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 terminalcityclub  
 @tcclub  
 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@tcclub.com](mailto:pubbookings@tcclub.com)

TERMINAL CITY CLUB



# President's Letter

## MARCH 2024

### DEAR FELLOW MEMBERS,

Happy Leap Year – I hope you all found a unique way to enjoy your extra 24 hours this month. Fun Leap Year Fact: during leap years, January, April, and July all start on the same day. This year, they all fall on my favourite day, Monday.

This February, the Club celebrated fathers and daughters in style at the Gumdrop Gala. DJ Mary Mac got the party spirit going, and it was a rousing success by all accounts. In celebration of a different kind, kudos to all 100 TCC Members who completed this year's annual 45-Day Fitness Challenge. Completing 45 workouts in two months is impressive, and hopefully this accomplishment has left all the participants feeling great.

Spring is always planning time for the TCC Board of Directors and Club management; this year is no exception. The executive team met in early February to review results in key performance areas, and look at extending and re-calibrating goals going forward. Club management and the Board will meet in the coming months to finalize updates to the Five-Year Strategic Plan and continue moving forward on projects currently in their nascent stages.

Looking ahead to March, the events calendar has some fun things to consider. TCC Wine Tastings are the third Wednesday of each month, with the next scheduled for Wednesday, March 20. Wine Tastings are \$10 for Members, and are a great way to relax, learn

something new, and connect with other members. And, of course, remember to get your reservations early for the TCC Easter Brunch on Sunday, March 31 (yes, Easter is early this year!). These holiday brunches always sell out fast, and Easter promises a wonderful spread of creative, delicious, fresh food – and, of course, a special visit from a certain Rabbit, and some talented young magicians. Connect with Member Services for more information and reservations for these and other Member events.

Finally, I am sad to report that February brought some very hard news to the TCC family. Many of our Members were familiar with Jennifer Silver, who served as Director of Membership & Marketing at TCC for over 13 years. After a long and courageous battle, Jennifer succumbed to cancer on February 7, 2024. We all share in the feeling of heartbreak at losing a member of our Club family at such a young age. More details are available on page 2.

Looking forward to seeing you around the Club!

Sincerely,

Nate Kube  
Terminal City Club President

# Stay informed

## CLUB NEWS

### holiday and modified hours

The Lions Pub will be closed on **Monday, March 4** for an update to the refrigeration system.

To accommodate scheduled Grill maintenance on **Thursday, March 7**, breakfast will be available in the Members' Lounge only from 7–9:30 a.m.

Spring forward on **Sunday, March 10** – it's daylight savings time.

The Club and Pub will be closed on **Friday, March 29** for Good Friday. Join us on **Sunday, March 31** for Easter Brunch!



### 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. Ryan Berrecloth	Mr. David Lucas
Mr. Warren Barker	Ms. Sophie Lussier
Mr. Chris Birkett	Mr. Iain MacIntyre
Mr. Peter Blahnik	Mr. Patrick MacKenzie
Mr. Trevor Chapman	Mr. Shri Madiwal
Mr. Jordan Chiu	Mr. Stuart McCracken
Ms. Mairee Gandera	Dr. Abdulkarim Mohamad
Mrs. Alexandra Wetzel	Ms. Richa Nair
Mr. Jonathan Graham	Mr. Robert Renaud
Ms. Tina Li	Mr. Lance Williams
Ms. Gee Myen Lim	



### in memoriam

We are heartbroken to announce the passing of our Director of Membership & Marketing, **Jennifer Silver**, a year after her cancer diagnosis. Jen loved TCC, our members, and her colleagues with all her heart. Over her 13 years here, she dedicated herself to making the Club a place where people wanted to be, and where you belong today. She was a vivacious person with a beautiful smile and warm hug; her personality inspired joy in everyone she met.

We invite staff and members to celebrate Jen's extraordinary life on Wednesday, April 3, 2–5 p.m. at the Club. Please RSVP by emailing Member Services at [concierge@tclub.com](mailto:concierge@tclub.com).



# Dining AT THE CLUB



## patio forecast

The words we long to hear after winter on the coast... our newly refreshed patio is slated to open **March 15**, weather permitting.

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

### in a hurry for lunch? consider pre-ordering

Coming in with a group? On a tight timeline? For extra efficiency, pre-order your food or arrange for appetizers or wine to be ready on arrival.

### club room bookings

For any Club Room booking inquiry, we can assist you.

### entertaining a large party?

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

BOOK YOUR NEXT EXPERIENCE

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



## cuvée flight club

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

Is there a better month than March to feature Irish Whiskey?

Elevate your spirits IQ with special tasting flights in Cuvée. Each flight will feature three to four samples of 15 ml each, along with a few written notes to deepen your knowledge.

Our Luck of the Irish Trio includes Redbreast 12 Year Old Single Pot Still, Redbreast Lustau Edition, and Redbreast Cask Strength 12 Year Old. \$30 per flight while quantities last.

## 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!**

# March EVENTS



AWARD NIGHT

## Oscar Night

SUNDAY, MARCH 10  
5 – 8 p.m.

Live from Hollywood, the 96th Academy Awards! From the comfort of the Members' Lounge, sip cocktails and indulge in some snacks as Jimmy Kimmel returns to host, and awards are presented across 24 different cinema categories.

This year's nomination-count standouts include Christopher Nolan's *Oppenheimer*, Yorgos Lanthimos' *Poor Things*, Martin Scorsese's *Killers of the Flower Moon*, and Greta Gerwig's *Barbie*. Follow along with our nominations sheet, and test your 2024 cinema cred with a quiz. Red-carpet dresscode optional, but always encouraged. Prizes for best dressed and most correct predictions.



MEDITATION

## Sound Bath

MONDAY, MARCH 11  
7:30 – 8:30 p.m. &  
MONDAY, MARCH 25  
5:30 – 6:30 p.m.

*\$15 plus gst*

Immerse yourself into the world of sound, for a relaxing and therapeutic meditation. In this session you will enjoy a beautiful, guided meditation that will instill peace and calm, and then take in variety of soothing sounds from chimes, a steel drum, crystal singing bowls, and more.

**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 SALON

## Nyle Beck on Empathy

TUESDAY, MARCH 12  
6 – 9 p.m.

*Complimentary event with the purchase of dinner à la carte*

Studies indicate that empathy improves our roles as managers, family members, friends and community leaders, and our own overall wellbeing.

However, research also reveals a long-term decline in empathy in our modern society, which we'll examine, along with some of the systemic factors behind it.

But there's hope, and we can take action. We'll explore ways to nurture empathy daily, and in tough times. Cultivating empathy starts with curiosity of ourselves (reflecting on our own foibles, biases and privileges) and of others. Learning and practicing true empathy is a uniting force we can harness to repair, rebuild and reconnect us in our relationships, families, workplaces and communities to reverse this trend of decline.

Nyle Beck is an Emotional Intelligence Coach and Educator, specializing in Social-Emotional Learning, conflict resolution, the human potential, and the art and skill of empathy.



BUSINESS & COMMUNITY  
SPEAKER SERIES

## Judy Piercey on her book *The Fierce*

TUESDAY, MARCH 19  
6 – 7:30 p.m.

*Complimentary event*

Meet local book author **Judy Piercey**, as she discusses her recent book *The Fierce*. A true and riveting story about a boy (now a grown man) from California who risked his life to bring the worst war criminal in America to justice. Set in Los Angeles during the Cold War, this is a true David and Goliath story.

Published by The History Press (UK), this book is the result of three years of investigative research, during which she examined U.S. Congressional records, FBI and CIA files and archival newspaper reports. The records show how a man known as "The Butcher of the Balkans" was able to live openly in the U.S. at a time when anti-communism resonated more strongly than Nazi brutality.

Judy is a former CBC journalist whose career included reporting and producing for local and national TV and radio, for which she won numerous awards. As Managing Director of CBC Edmonton, she was senior manager for radio, TV and digital. *Please contact Ellen Kief at [ekief@kiefllaw.com](mailto:ekief@kiefllaw.com) for program interests.*





TCC EXCLUSIVE

## Members' Wine Tasting

WEDNESDAY, MARCH 20  
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! This month we are supporting our BC wine community who have suffered profound losses due to the January cold snap. Come and sip six wines from around our winelands.

Emandare Vineyard  
Sauvignon Blanc 2022

Bartier Bros.  
Semillon 2020

Monte Creek  
Cabernet Franc 2021

Phantom Creek  
Petite Verdot/Malbec 2018

Vanessa Vineyard  
Syrah 2017

Quails' Gate  
The Queue 2021

DJ and Owen will be on hand to pour and chat. Accompanied by live music and small bites, this event is designed to elevate your Wednesday evening.



MEMBERS' ONLY

## Members' Networking Lunch

THURSDAY, MARCH 21  
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.



TCC SALON

## Dr. Jessica Tracy on Pride & Social Rank

WEDNESDAY, MARCH 27  
6 – 9 p.m.

*Complimentary event with the purchase of dinner à la carte*

Why do people respond to their most impressive successes with verbal and nonverbal displays of self-celebration, superiority, and even arrogance? Dr. Jessica Tracy's research suggests that humans evolved to respond to success by displaying pride, a universal emotion expression that communicates social rank. She has also found that pride is not one thing; there are two distinct forms of pride, a confident and effort-based "authentic" pride, and a more grandiose and arrogant "hubristic" pride.

Each of these forms functions to facilitate a distinct rank-attainment strategy: prestige, or respect-based status on the one hand, and dominance, or intimidation and power maneuvering on the other. Overall, pride is a complex and multifaceted social emotion that is closely linked to self-esteem, narcissism, achievement, and status, and is an evolved part of human nature.

Dr. Tracy is a Professor of Psychology at UBC, a Sauder Distinguished Scholar and an Associate Editor at Affective Science. She is the author of the book *Take Pride*.

# March EVENTS

## live music in the members' lounge 6 – 9 p.m.

Friday March 1  
David Capper

Saturday March 2  
Rob Eller

Thursday March 7  
Mar Goby Catt

Friday March 8  
Olaf De Shield

Saturday March 9  
Cassandra Maze

Thu March 14  
Rob Eller

Friday March 15  
Goby Catt

Saturday March 16  
Dave Paterson

Wednesday March 20  
DJ Wonjo

Thursday March 21  
Sasha Veregin

Friday March 22  
Cory Curtis

Saturday March 23  
Colin Sankey

Thursday March 28  
Olaf De Shield

Saturday March 30  
Nickolaj

# Upcoming EVENTS



FAMILY FAVOURITE

## Easter Family Brunch Buffet

SUNDAY, MARCH 31

10:30, 11 a.m. & 12:30 p.m. seatings

*Adults: \$115 plus tax & service charge*

*Kids (4-12): \$50 plus tax & service charge*

Enjoy an extensive buffet of traditional brunch favourites alongside some fresh new selections. Kids love the Easter Bunny because he always shows up with treats! This year, guests will also be treated to special performances by junior magicians. Don't miss this memorable family event.

### event registration

SAVE YOUR SPOT!

**online**

via Member Central

**email**

concierge@tcclub.com

**call**

604 681 4121

**text**

604 200 2279



TCC MASTERCLASS

## Tour de France

FRIDAY, APRIL 5

6 – 7:15 p.m.

*\$125 plus tax & service charge*

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.

les vins / the wines:

Baumard Crémant de Loire Rosé NV Loire \$66

Domaine la Pèpière Monnières Muscadet Sur Lie 2018 Loire \$61

Rijckaert Chardonnay Les Sarres Côtes du Jura 2020 Jura \$63

Prieuré de Montézargues Tavel Rosé 2020 Rhône \$58

Domaine Gros Frère et Soeur Bourgogne Rouge 2020 Burgundy \$112

Château la Croix Bonneau Montagne Saint-Emilion 2016 Bordeaux \$82

Jean-Luc Jamet Terrasses Côte-Rôtie 2019 Rhône \$175

Château Rieussec Carnes de Rieussec Sauternes 2016 Bordeaux \$58

Foie Gras Mousse

*profiterole, pistachio dust*

Smoked Sablefish

*brandade, rich tomato jam*

Pissaladière

*white anchovies, black olives, caramelized onions*

Cassoulet Tart

*duck confit, braised pork belly, Toulouse sausage,*

*herb mie de pain*

Tarte Tatin





This year's TCC Easter Eggs, brought to you by Sous Chef Chloe Sutherland.

## easter eggs are back!

Celebrations at the Club wouldn't be complete without TCC Easter Eggs. **House-made and decorated, they contain mini-eggs and are a delight to behold and enjoy.** Forty will be available to members for \$40 plus tax each. Pre-order from Member Services; pick-up is available after Sunday, March 24.

# CLUB C A B A R E T



*Save the date - Friday, April 19*

**A LIVELY EVENING OF LIBATIONS & REVELRY  
...WITH SOME SURPRISE ENTERTAINMENT!**

# TELUS HEALTH CARE COLUMN

## THE HEALTH BENEFITS OF GARDENING



Gardening can provide so much more than fresh veggies for your dinner or an eye-catching bouquet for your table.

Having a green thumb is associated with many physical and mental health benefits, helping people get physically active, de-stress, and eat better. Research has even shown higher happiness levels in people who garden.

Yard work can be great for your physical health. Light gardening or yard work can burn up to approximately 330 calories an hour, and research has also shown a link between gardening and lower blood pressure. Activities like raking or shoveling can boost the heart rate, while carrying buckets or shifting rocks can strengthen muscles. Pruning can help improve flexibility and balance. Keeping your blood pressure in check as well as doing exercise that helps build muscle strength, flexibility and balance are all examples of ways you may be able to help stay healthy over time.

Not only can gardening help you de-stress, it can also help improve cognitive function and both long and short term memory. This is because there is an element of problem solving associated with gardening, and things like strategizing what to plant and when, learning about new plants and discovering new planting techniques provide healthy challenges for the brain.

Gardening provides opportunities for mental clarity, sensory awareness, and relief from concentration fatigue.

While it's important to protect your skin when you're out in the sun, getting outside may be a great way to get exposure to vitamin D, which helps support a healthy immune system. Vitamin D can also help the body absorb calcium, creating strong bones and teeth.

Growing your own vegetables means you can eat them when they are perfectly ripe, and also means you will have nutritious

snacks on hand in your own backyard. With so many plant-based recipes out there, the opportunities for making healthy meals are endless.

And research suggests that children who participated in a gardening program were more inclined to eat vegetables afterward. Healthy eating is also a great way to support your immune system.

Many cities and towns have community gardens, where you can carve out a garden patch to make your own. Community gardening may be a great way to meet other gardeners, and studies have shown the benefits of socializing on both physical and mental health. Not only can friends help you de-stress, research shows that having good friends can help extend your life as much as quitting smoking.

*To learn more about TELUS Health Care's services, visit [telushealth.com/carecentres](https://telushealth.com/carecentres).*

# Liquid Assets

CURATED BY DJ KEARNEY

UPCOMING EVENTS

Friday, April 5

Wine Masterclass: Tour de France

## Home Field Advantage

### ❶ BENJAMIN BRIDGE BRUT NATURE ROSÉ 2018 GASPEREAU VALLEY, NOVA SCOTIA \$68

A remarkable project inaugurated two decades ago, Benjamin Bridge is a sparkling wine specialist maison sheltered in Nova Scotia's picturesque Gaspereau Valley. With a long, cool season moderated by the powerful Bay of Fundy, this complex rosé bubbly possess both sizzling acidity and wonderful ripeness. A blend of 55% l'acadie, 30% chardonnay and 15% pinot noir, it's made just like Champagne and bottle aged for toasty complexity. Bone dry and bracing, this hard-to-find Maritime sparkler is a must try.

### ❷ TANTALUS OLD VINES RIESLING 2020 OKANAGAN VALLEY, BC \$85

Simply put, this is stunning wine. Made exclusively from a single block of 1978 plantings of Clone 21B riesling (an elite quality clone from Germany's Mosel region) with the most stripped down winemaking to allow both site and grape to shine. Hand-picked grapes are whole cluster pressed, the juice is settled, then allow to languidly ferment for 45 days. As always, this flagship wine is given two years of bottle-slumber before release. The whisper of sweetness is severely slashed by a rapier of acidity, so that it finishes in a fruity-dry tug of war. Masterful riesling, globally admired, and perennially sold out.

### ❸ FRENCH DOOR FLEUR 2022 OKANAGAN VALLEY, BC \$60

This new-ish Black Sage Bench winery came out of the gates a few years ago with head-turning wines. Accessing mature vines planted in the early 2000s were part of the quality equation, but so was hiring star wine consultant Pascal Madevon (Osoyoos Larose, Culmina) to get them underway, and mentor oenologist Brianna Toor. Their goal of Euro-styled wines is nicely expressed by Fleur, a nuanced blend of 74% gamay, 16 % pinot noir with 10% of saignée (this is juice removed from a batch of fermenting red, added to intensify). Frisky and cheery, this is enlivened by a chill, and best served with a rustic charcuterie platter.

### ❹ MARTIN'S LANE DEHART VINEYARD PINOT NOIR 2016 OKANAGAN VALLEY, BC \$160

You may have heard that the recent January cold snap has all but wiped out the coming vintage of wine in the Okanagan and Similkameen Valleys, sending the industry into trauma and turmoil. That makes bottles like this serious pinot all the more precious. The Dehart vineyard is in East Kelowna, planted in 2008 with two elite Burgundian clones, which savant winemaker Shane Munn co-ferments in concrete with plenty of stems. A year and a half in French and Austrian oak for harmonizing results in this mouth-filling, silky textured wonder, that is only just hitting her stride.



❶



❷



❸



❹

Email [wine@tcclub.com](mailto:wine@tcclub.com)  
to secure your bottles!



# At the Club



## EASTER SEALS BC & YUKON: AROUND THE WORLD

Thursday, March 14 | 5:30 – 9:30 p.m. | Terminal City Club

This indulgent evening supports **Easter Seals**, a charity that creates opportunities and tools to help children and adults with disabilities navigate life's challenges while building self-esteem, confidence, and independence. Join Easter Seals President & CEO, **Lisa Beck** on an exquisite gourmet adventure commencing with a champagne reception, followed by a wine-tasting odyssey spanning continents, each sip a passport to diverse terroirs, and a sumptuous five-course meal crafted by renowned **Chef Hawksworth**.



Add to the excitement by indulging in our exhilarating auction, an impressive wall of wine, and an enticing raffle offering the chance to win an all-inclusive luxury cruise for two with Seabourn Cruise Line. The winner will have their pick amongst dream destinations—Europe, Caribbean, or Alaska.

Get your tickets today at [eastersealsbcy.ca/atw](http://eastersealsbcy.ca/atw).  
For tables and sponsorships, please contact Agnes Wong at [awong@eastersealsbcy.ca](mailto:awong@eastersealsbcy.ca).

*Holiday entertaining, elevated.*

Accepting bookings for the 2024 holiday season.  
Contact [catering@tclub.com](mailto:catering@tclub.com) to start planning your festivities.





# Member of the Month

## Celia Johnson

The story of Celia Johnson's formative years reads like an adventure book for young adults.

In the early 1980s, her father John was working as an executive in Manchester for the multinational food-manufacturer Kellogg's, when the company moved the family to Toronto, where, Celia recalls, "We were supposed to live forever."

Forever lasted about two years. The Johnsons moved again. This time to Johannesburg. In South Africa, dad got on with his new job; Celia's mother, Elisabeth, took care of the family and worked as a writer. Celia and her younger brother Elliot went to private school. Then came the next plot twist in the adventure.

"We had been in Johannesburg for a little more than a year, when my parents thought it best if they sent me back to Canada to attend boarding school in Ontario." And so, at an age when most children are still reliant on mom or dad for a ride to the mall, Celia began forging a profound independence.

"It was a heart-wrenching decision for my parents. Boarding is not ideal for every 13-year-old. Some kids need the day-to-day of mom and dad, but I never looked back. I boarded for five years, and it gave me stability. Many of my best friends then are still close friends today."

When school was not in session, Celia would fly home to live with her parents, who were now moving regularly as expats throughout Asia — from Tokyo, to Seoul, to Singapore, back to Tokyo. "When I stayed with my parents in Japan, I really loved the country and so when I enrolled at McGill University in Montreal, I decided to get a BA in East Asian Studies."

After graduating McGill, Celia moved to the Japanese countryside where she worked for two years with the local board of education. In 1997, she moved back to Canada to attend law school at the University of British Columbia.



"I had never been to Vancouver, and only knew a couple of people when I arrived. When I finished law school, I moved back to Japan and figured I would never live in British Columbia again."

In 2006, after working for five years as a corporate lawyer in Tokyo, Celia accepted a position with Davis LLP in Toronto. It was there she met her future husband Jonathan, who was working with Davis in Vancouver. "We did the long-distance thing for about a year before we decided to live together here. We decided we didn't want to work at the same firm, so I started looking around. That's when I found a position at Graymont."

Graymont is a global manufacturer of lime and limestone products. Celia joined the company as in-house associate counsel in 2011. Today, she is the Vice President, General Counsel and Corporate Secretary leading the Graymont legal team. "I have been very fortunate at Graymont. The company has grown significantly since I started, so there have been a lot of opportunities. Working in-house there is a narrower path to advance than there might be with a big law firm, but fortunately for me the General Counsel position opened, and I was asked to take the promotion ... One of the things I like most about my work is the mentorship of more junior employees, in particular the women lawyers on our team."

Outside of work, Celia enjoys travel, reading, swimming, and restaurants. "I don't really like the term 'foodie,' but Jonathan and I do like to explore different places to eat." Savio Volpe in their East Van neighbourhood is one of their favourite spots.

The couple married 11 years ago. They joined TCC in 2018. "I was looking for a place to swim, and the pool here is just the best. Jonathan loves the gym, but it was the pool that sold me on the membership. I can be a bit of an introvert and love the solitude of swimming, time when I can gather my thoughts for the day ahead."

PHOTO: Celia Johnson while on vacation in Greece, April 2023.

# 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, March 13 | 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, March 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.

### 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.

## HOLIDAY & MODIFIED HOURS

**FRIDAY, MARCH 29**

**GOOD FRIDAY - 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](https://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 | 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

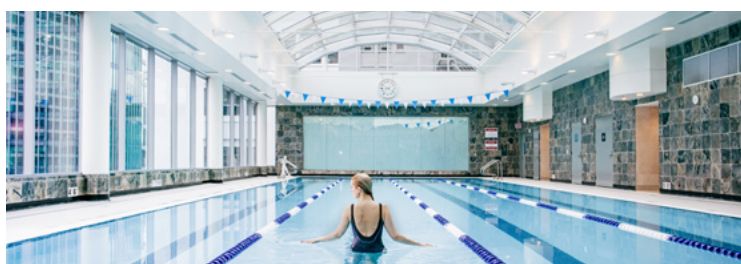
Slight changes in start and end times are possible. Children will initially be grouped based on age but may be moved to a different group if their ability requires it. To take part in group lessons, children must have some experience in the water, otherwise private lessons are first recommended to establish 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](mailto: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.

### FREE 60 MINUTE NUTRITIONAL CONSULTATION

For the month of March receive a free 60-minute Nutritional Consultation with one of our MilFit Certified Personal Trainers and Fitness Nutrition Specialists. Exercise and nutrition go hand and hand. If you're looking to set yourself up for optimal health, focusing equally on nutrition and exercise is the best way to get there. Understanding the foods you eat supply the nutrients your body needs to maintain your brain, muscle, bone and immune system will make it easier for you to make better food choices. The combination of health benefits from working out and eating nutritious foods can do wonders for your mind and your body. We're excited to work with you and help you achieve your health and fitness goals. Contact Milwina Guzman at [milwina@milfit.ca](mailto:milwina@milfit.ca) or 604-716-8927 to book your free consultation. \*Available to new clients.

## 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: PROGRESSIVE RESISTANCE WORKOUT WITH ZORICA (see schedule)

Join Zorica with 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.



## 45 DAY FITNESS CHALLENGE!

The Fitness Centre challenged you to commit to at least **45 workouts in 58 days** over January and February. We are pleased to share that approximately 100 people in our membership community achieved that goal! If you didn't have the chance to participate this year, we hope you can join us next year. Congratulations to all of our 2024 participants!

# 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.			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)



EXTRAVAGANT BRUNCH BUFFET • MAGIC TRICKS • EASTER BUNNY • KIDS CRAFT ROOM

# *Easter*

## *Family Brunch Buffet*

**SUNDAY, MARCH 31**

10:30, 11 a.m. & 12:30 p.m. seatings

*Adults: \$115 plus tax & service charge | Kids: (4-12): \$50 plus tax & service charge*