

TERMINAL CITY TIMES

MAY 2024 • VOL. 31 NO. 5



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- AUG 15 TCC WHITE DINNER**
Theme TBA

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 (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	

TERMINAL CITY CLUB



President's Letter MAY 2024

DEAR FELLOW MEMBERS,

As summer approaches, we extend kudos to all the mothers and motherly figures within our Club. We hope to see you on Mother's Day, Sunday, May 12, for a delicious brunch. This year, members can expect favourites like eggs benedict, waffles, and pastries alongside features like an extensive seafood station, paella, dim sum, and prime rib. The full menu and registration details are online at Member Central or contact Member Services at concierge@tcclub.com to save your seat.

For a unique Mother's Day gift, consider our flower arranging workshop on Saturday, May 25. Learn everything you need to create beautiful, long-lasting arrangements with all materials provided, and best of all, you get to take home your completed masterpiece in a vase to enjoy for weeks to come.

Looking ahead to warmer weather, the Grill has unveiled a refreshing new menu featuring Cinco de Mayo-inspired cocktails, exciting new wines by the glass, and delectable additions like Hamachi Crudo, Smash Burgers, Thai Green Curry, and Tandoori-Grilled Sturgeon. Be among the first to savour the new summer menu – make a patio reservation today.

The Canucks have clinched a playoff spot – catch all the action at Lions Pub. Friendly reminder that members receive 10% off on food when you place charges to your Club account or, watch the game and our Burger & Beer Game Day Special from your perch in the Members' Lounge.

In the spirit of community, we're proud to see Zajac Nights, a charity event benefiting Zajac Ranch for Children, returning to the Club. This annual gala, taking place on Saturday, June 1, provides transformative summer camp experiences for children and young adults with chronic illnesses. Take part in an evening reception with exciting entertainment and an opportunity to make a positive

impact on the lives of these deserving children. More information and ticketing details for Zajac Nights can be found online at zajacnights.com.

Mark your calendars for our exclusive long table dinners "al fresco" this July 11 and August 15! Reminiscent of our beautiful white dinner, Cena in Bianco, last year, these gourmet experiences showcase our team's dedication to creating unforgettable member moments.

We're always looking to welcome new faces to TCC who really vibe with what we're all about. If you know someone who'd love to be part of our energetic community, why not introduce them to our membership team? We'd be thrilled to give them a personal tour and show them the ropes. As a thank you for helping our community grow, you are eligible to receive a \$250 Club credit on your account for every Corporate or Resident member who joins the Club, following your advice, once they are successfully balloted into the Club. Referrals must be made in writing prior to submission of the application, so link them up with your membership team today at joinus@tcclub.com.

Until next time, take care.

Sincerely,

Nate Kube
Terminal City Club President

Stay informed

CLUB NEWS



holiday & modified hours

The Club & Pub are closed on **Monday, May 20** for Victoria Day.

The Club will have modified hours on **Saturday, June 1** for Zajac Nights: the Grill restaurant will be open until 3 p.m., the Members' Lounge and Cuvee will be closed. The Fitness Centre and Pub will be open regular Saturday hours.

welcome to our newest members!

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

- | | |
|----------------------------|------------------|
| Ms. Fatemeh Abedisamakoush | Mr. David Payne |
| Ms. Jessica Charter | Ms. Becky Posch |
| Mr. Andrew Crabtree | Mr. Sayan Roy |
| Ms. Kim Hnatko | Mr. Bob Sanghera |
| Mr. Karanjit Khatkar | Ms. Jenny Siman |
| Mr. D. Scott Moore | Mr. Evan Tong |
| Mr. Arif Mulji | Mr. Kurt Wipp |

in memoriam

We regret to announce the passing of several longstanding members.

Past president **Mr. Philip Boname's** vision and dedication to the Club helped us establish the multi-purpose complex that our Clubhouse is a part of; he helped foster the vibrant community spirit that TCC is today, bringing four stratas into one TC Tower. Mr. Boname was a member for 43 years.

Mr. Michael Raftery was a TCC member for almost 29 years and well known in Vancouver's mining sector; he had a wry smile and a ready chuckle. Mr. Raftery loved wine, and a wise person always let him pick the grape for it was sure to be a treat. Over the last few years, Mr. Raftery struggled with Parkinson's, but his slow and steady shuffle was a clear indication of his character and determination – he let nothing block his way.

Dr. Rhys Kesselman was a highly accomplished and productive academic. After receiving his PhD in economics at MIT, professor Kesselman joined the Economics department (now the Vancouver School of Economics) at UBC, where he was proud to have conceived, developed, and taught the university's course on women in the economy. In 2003, he moved to the School of Public Policy at SFU and held the Canada Research Chair in Public Finance until his retirement in 2017. The introduction of Canada's Tax Free Savings Account and Registered Disability Savings Plan in 2009 were outgrowths of his research. Dr. Kesselman's students and peers remember his dry humour, active intelligence, and commitment to fairness and equity with great fondness.





live music in the *members'* *lounge*

6 – 9 p.m.



cuvée flight club

Explore our Cuvée Flight Club gins throughout May in Cuvée only from 4 p.m. It's just \$20 for an ounce of each plus tonic and lime to create your own G&T.

Gin Part 1: Originally a medicinal distillate made by alchemists and monks across Europe, Gin is now produced around the world in multiple styles and colours. Typically flavoured with juniper plus classic botanicals like angelica, coriander, orris root and citrus, the planet is literally exploding with exciting gins.

- St. George Spirits Botanivore – California
- Glendalough Wild Rose Gin – Ireland
- Cirka Gin Sauvage – Montréal

- Thursday 2 May
Rob Eller
- Friday 3 May
DJ Yawn [pictured]
- Saturday 4 May
Goby Catt
- Thursday 9 May
Colin Sankey
- Friday 10 May
Rob Eller
- Saturday 11 May
David Capper
- Thursday 16 May
Rob Eller
- Friday 17 May
Neal Ryan
- Saturday 18 May
Stephen Lecky
- Thursday 23 May
Cassandra Maze [pictured]
- Friday 24 May
Rob Eller
- Saturday 25 May
Stephen Lecky
- Thursday 30 May
Olaf De Shield
- Friday 31 May
Dave Paterson

Dining AT THE CLUB

BOOK YOUR NEXT EXPERIENCE

reserve@tclub.com



spring/summer club menu

Patio season is here, and with it comes fresh Club menus. This time around, the TCC Culinary Brigade has dreamt up extraordinary dishes full of local ingredients with cosmopolitan flavour, from moreish seafood and meat dishes to luxurious salads, fresh pastas and desserts that take full advantage of the best the season has to offer.

Pictured: Pink Grapefruit & Sumac Salad.

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: **Howie Baral!**

May EVENTS



FIND YOUR CENTRE

Chakra Balancing

WEDNESDAY, MAY 8

7:30 – 8:30 p.m.

MONDAY, MAY 27

5:30 – 6:30 p.m.

\$15 plus gst

Join us for a meditation focused on the body's energy centers, known as chakras, to promote balance, healing, and spiritual alignment. A guided meditation in combination with the sounds of crystal singing bowls can help clear blockages and enhance the flow of vital energy throughout the body, fostering physical, emotional, and overall well-being.

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

Exercise & Being Active

TUESDAY, MAY 7

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Regular exercise is associated with better physical and mental wellbeing as it lowers your chances for disease, mental illness, and early death. Despite these benefits, only about half of Canadians get the recommended amount of exercise. For this discussion we will discuss what is exercise, what are the benefits, why people exercise, some of the common barriers, and how to stay motivated.

Dr. Scott Lear is Pfizer/Heart and Stroke Foundation Chair in Cardiovascular Prevention Research at St. Paul's Hospital and Professor, Faculty of Health Sciences, at SFU.



TCC SALON

The Architecture of Chinatown

WEDNESDAY, MAY 8

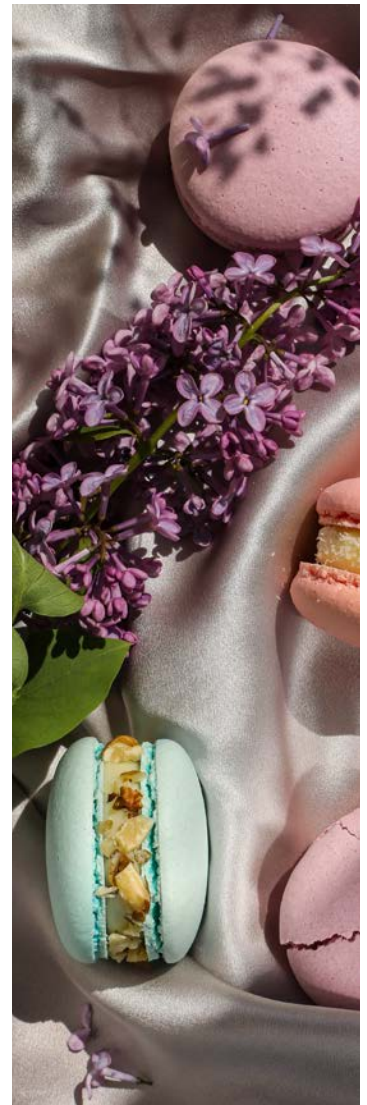
6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Vancouver's Chinatown is a National Historic Site of Canada and the third largest in North America behind New York and San Francisco. It emerged during the late 19th century when Chinese immigrants arrived in pursuit of work on the Canadian Pacific Railway or in the Gold Rush. Protected since 1971 under provincial and municipal heritage legislation, the area has 24 properties listed on the Vancouver Heritage Register.

Significant newer cultural resources, such as the Dr. Sun Yat-Sen Chinese Classical Garden and Park (1986), the Chinese Cultural Centre (1981-86), the Millennium Gate (2002), and the Chinese Canadian Museum (2023) enhance the traditional Chinese character of the area.

Gordon Richards is a member of the Architecture Institute of British Columbia, and a former president.



TCC FAMILY FAVOURITE

Mother's Day Brunch

SUNDAY, MAY 12

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

Adults: \$115*

Kids 4-12: \$50*

**plus tax and service charge
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.

View the extensive buffet menu online at Member Central and save your spot!



TCC EXCLUSIVE
Members' Wine Tasting

WEDNESDAY, MAY 15
 5 – 6:30 p.m.
\$10 plus tax & service charge
**Registration is mandatory as space is limited*

Join us for **Rosé Part II** as we continue to revel in the pink wine tsunami! Still the biggest trend in the drinks business today (along with bubbles), rosé wines are better and drier than ever. BC, Chile, California, and a duo of classics from France will get you ready for spot prawn season and patio weather. Live music of course, and a cash bar for even more drink options!

Domaine de la Mordorée
La Dame Rousse Tavel 2021
 Southern Rhône, France \$68

Cristia Collection Côtes du Provence 2021,
 Provence, France \$58

Pasion de Bobal Utiel Requena Rosé, Spain \$50

J. Bouchon País Viejo 2022
 Maule Valley, Chile \$46

La Celia Valle de Uco Rosé 2021,
 Mendoza, Argentina \$44

Sage Hayward Rose 2022
 Saturna Island, BC \$48

MEMBERS' ONLY
Members' Networking Lunch

THURSDAY, MAY 16
 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.



BUSINESS & COMMUNITY
 SPEAKER SERIES

**Let Go and Grow!
 with Daniel Frankel**

TUESDAY, MAY 21
 6 – 7:30 p.m.

*Complimentary event;
 registration required.*

One of the hardest things for any founder and entrepreneur is to “let go.” The only way to fully scale an organization and set it up for sustainable success is to empower others; to put the right people on the right bus in the right seats. Once you create a high-performance culture and put the aces in their places, the possibilities are endless! **Daniel Frankel**, Founder and CEO of Tap & Barrel Group will share lessons— from his journey which ultimately taught him to put his faith in others and made him realize that he's only truly successful once he renders himself obsolete.

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

May EVENTS



TCC EXCLUSIVE
Quarterly Wine Club Tasting

THURSDAY, MAY 23
 6 – 8 p.m.

*\$20 plus tax & service charge,
 waived if you purchase a six-pack of wines*

Did you know that your Club has a Wine Club? Every quarter Director of Wine DJ Kearney curates two very special collections of bottles to stash in your locker or take home to pair with your culinary creations.

Wine's greatest strength is diversity, and our Quarterly Wine Club will whisk you around the world discovering new grapes, regions, styles and estates. Every quarter, DJ hosts a tasting of the six-bottle red and six-bottled mixed offerings, giving a sneak-peak at the wines paired with cheese and charcuterie.

You do not need to have a Club locker to join or attend, and the modest fee of \$20 to taste 12 wines is waived if you purchase a six-pack.

Upcoming EVENTS



TCC SEASONAL Spring Flower Workshop

SATURDAY, MAY 25

Doors at 12:30 p.m.

Workshop 1 – 3 p.m.

*\$86 plus tax and service charge
(includes vase and materials
for one flower arrangement and
refreshments)*

*Registration and cancellation
deadline is Friday, May 17 at
4 p.m., as materials need to be
confirmed with florist

Looking for a unique Mother's
Day gift, or an activity to do with
family and friends? Let the pros
from the Stem Shop teach you
everything you need to know
about creating the best floral
arrangements.

All materials will be provided, as
well as coffee, tea, and cookies.
Learn how to hydrate and
prepare stems for long lasting
arrangements, techniques for
eco-friendly arrangements, and
floral design. You will also get
to take home a vase and your
flower arrangement!



TCC EXCLUSIVE Mocktail Workshop

THURSDAY, JUNE 6

6 – 7:15 p.m.

\$95 plus tax and service charge

Mindful drinking is a balanced
approach to alcohol and health,
and a movement that's quickly
become an intentional lifestyle.
Put simply, a mocktail is a
non-alcoholic drink that has the
essence, feeling, and vibe of
a traditional cocktail. Join our
Lead Bartender **Sebastian Ley**
for a hands-on session where
you'll learn how to concoct am-
brosial drinks that fuse flavours
and texture, spirit-free. Cheese
and charcuterie plate to pair!

event registration

SAVE YOUR SPOT!

online
email
call
text

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



TCC EXCLUSIVE Comedy Night ft. Ed Hill & Lukas Purm

THURSDAY, JUNE 13

Doors open at 5 p.m. |

Show starts at 7 p.m.

\$15 plus tax & service charge

For the second time, our Club
is hosting these two comics for
a night of boundary-pushing
stand-up. **Ed Hill** is an award-
winning comic whose special
Candy and Smiley was named
"Top 15 Comedy Specials of
2021" by Paste Magazine and
"Best of 2021" by NPR Radio.

Lukas Purm's recent credits
include winning the hit comedy
show @StoryStoryLie in 2022;
appearances at the Taiwan
Festival, Paris Fringe Festival, and
the Vancouver Fringe Festival.



TCC MASTERCLASS The Cheese Lover's Guide to Pairing!

FRIDAY, JUNE 28

6 – 7:15 p.m.

\$125 plus tax & service charge

Calling all fromage fanatics!
Based on just a few basic
ingredients cheese production
pre-dates recorded history and
there are now a staggering
2,000 types made around the
world. Join Director of Wine
DJ Kearney (not only a self-
confessed cheese zealot, but a
classically trained cook!) for an
illuminating session of cheese
tasting and pairing.

You'll learn about the main
styles of cheese from a tempting
global sampling and savour
interactions with fine wines,
whisky, beer, and aged tea.



SECOND TUESDAY OF EVERY MONTH

Let's Do Lunch!

TUESDAY, MAY 14

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.

Member-led SOCIALS

TWO FRIDAYS PER MONTH

Member Mingle

FRIDAY, MAY 10 & 31

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 emailing reserve@tcclub.com

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!



ZAJAC NIGHTS | SATURDAY, JUNE 1

Zajac Nights is an annual charitable gala in support of Zajac Ranch for Children, an organization that provides transformative summer camp experiences for children and young adults with chronic, life-threatening and/or debilitating conditions.

Guests will be treated to inspiring stories, live musical performances and DJ sets, engaging casino-like experiences, and so much more! All this, while enjoying unlimited cocktails, beer, and wine along with the exquisite culinary delights crafted by the TCC culinary team. Lastly, guests will have the opportunity to bid on a number of incredible silent auction items. For more information, or to purchase tickets, visit zajacnights.com.

Hosted AT THE CLUB

Interested in hosting with us?

Now taking bookings for patio season and beyond...

catering@tcclub.com

VANCOUVER PIANO SOCIETY GALA FUNDRAISING NIGHT | SUNDAY, JUNE 9

Vancouver Piano Sessions is dedicated to deepening the understanding and appreciation of classical piano music.

This fundraiser features a welcome reception, concert featuring local young artists and a special performance by Bob Barker and Eagle Song Dancers from the Squamish Nation, plus a buffet dinner with silent and live auction. Proceeds from this event go toward the VPS scholarship fund, which provides a tuition-free festival for all students. The financial situation of a student should not preclude them from achieving and realizing their potential as pianists. Music is universal and should be for everyone. For more information, or to purchase tickets, visit vancouverpianosessions.com/product/gala-fundraiser

Liquid Assets

CURATED BY DJ KEARNEY

Wines for May and Mum!

The weather is warming up, patio umbrellas are popping and Mum has her special day in this month, named for the Goddess Maia.

❶ GRGICH HILLS ESTATE CHARDONNAY 2020 NAPA VALLEY, CALIFORNIA \$130

Back in 1976 there was an epic showdown that pitted wines from California against the best of France. The stunning results of the 'Judgment of Paris' changed the wine world forever, when Cali won first place for both red and white. Mike Grgich made the winning chardonnay (for Chateau Montelena), and this glorious bottle channels his genius. Organic, intense, full-bodied and rich with a graceful gloss of oak coating extravagant fruit. Spot prawn season is here!

❷ SAGE-HAYWARD ROSÉ 2022 GULF ISLANDS, BC \$48

This new family enterprise on Saturna Island is making wines that are turning heads everywhere. Reviving a neglected vineyard, planting new sites, opening a restaurant and herding wild goats has kept the Sage Haywards busy, but hiring consultant Michael Bartier (of Bartier Bros.) to get them started was their best move. Fresh, crisp, dry with crunchy red berried fruit and frisky acidity, there's also a distinct salt tang of the nearby Salish Sea!

❸ GIANT STEPS APPLEJACK VINEYARD PINOT NOIR 2021 YARRA VALLEY, AUSTRALIA \$109

It's no secret that Australia produces utterly thrilling pinot noir wines. The cool-climate regions are the best of course, like the Yarra Valley, home of this 95-point stunner. Applejack Vineyard is located on a dramatic slope planted with top Burgundian clones and fastidiously farmed. Succulent cranberry and strawberry fruit laced with white pepper, florals, and subtle oak spice. Precise and pure with tannins that are so gentle and silky, they beg for first-of-the-season halibut.

❹ FATTORIA LE PUPILLE MORELLINO DI SCANSANO RISERVA 2019 TUSCANY, ITALY \$88

This elegant thoroughbred features the sangiovese grape (with 10% cab splashed in) from the coast of Tuscany. Made by one of the most dynamic winemakers anywhere, Elisabetta Geppetti manages her vineyards and wines organically. Smoothed for 15 months in large Slavonian oak vats adds a layer of subtle spice to ripe red and black berry flavours. One of the true food reds of Italy, spring pasta with Rosa sauce (tomatoes, herbs, cheese and decadent cream!) is a worthy pairing.

Email wine@tcclub.com
to secure your bottles!

UPCOMING EVENTS

Wednesday, May 15

Members' Wine Tasting

Thursday, May 23

Quarterly Wine Club Tasting

Friday, June 28

The Cheese Lovers' Guide to Pairing!



❶



❷



❸

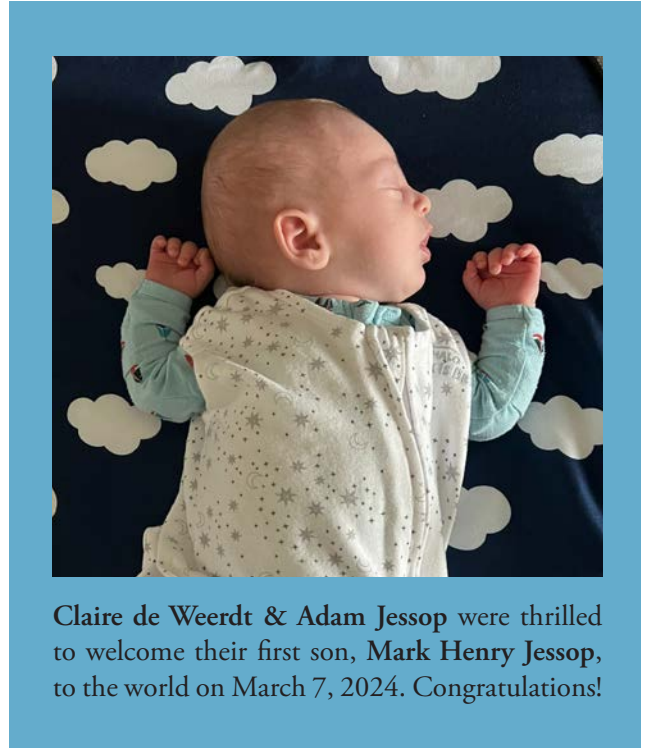


❹

Have You Heard? CLUB NEWS



Congratulations to Nick Williams (Culinary) for winning **Employee of the Quarter!** Nick is a valued and integral member of our kitchen who keeps our entire team of 200 fed and fuelled, day in and day out. He consistently puts significant care and attention into ensuring that every meal is not just good, but great. Thank you, Nick!



Claire de Weerd & Adam Jessop were thrilled to welcome their first son, **Mark Henry Jessop**, to the world on March 7, 2024. Congratulations!



Taufiq Rahim recently published a new book, *Middle East in Crisis & Conflict: A Primer*, which seeks to distill the information, insights, and implications needed to navigate ongoing developments in the region. Drawing on a background working across many of the countries affected and in different spheres — humanitarian, political, and business — **Taufiq** highlights the main facts, stakeholders, and historical moments in one highly readable volume.



Our Board and Management wrapping up a successful planning day at beautiful Capilano Golf and Country Club.

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.

Member of the Month

Alena Levitz

In 2022, Alena Levitz received a curious and unexpected call from a friend at Terminal City Club: “Levitz,” he said, “I found your next job.”

At the time, Alena wasn’t looking for a next job. For more than 11 years, she had been the Executive Director and legal counsel for the British Columbia Unclaimed Property Society. It was a job she loved and wasn’t planning to leave. “I thanked him” she recalls, “but said I was happy doing what I was doing.” Her friend persisted: “Just have a lunch or a coffee and talk with them about the opportunity.”

The opportunity was Executive Director of the Lotte and John Hecht Memorial Foundation, a 66-year-old charity that funds numerous philanthropic objectives, including “innovative and disruptive” medical research, supporting classical liberal ideas, heritage preservation, and helping those battling poverty. She agreed to the lunch and, soon after, accepted the august position.

As Executive Director, Alena is primarily responsible for guiding the strategic direction of the foundation. “It’s a foundation that reflects the values of its now-deceased founders. It keeps a low-key profile, believing the work it does speaks for itself.”

Alena graduated with a law degree from Queen’s University in 2000. “After graduation, I articulated for a year at one of Vancouver’s oldest law firms, I liked the work, but I didn’t see myself staying in private practice.” In 2006, she was hired into the Estate Administration department of the Public Guardian and Trustee of British Columbia. Her work, in the broadest sense, was to safeguard the interests of citizens who lack the legal capacity to care for themselves. Another key facet of her role in the department was to manage estates for people who pass away with no will and no known family members.

In 2011, she started her role at the BC Unclaimed Property Society. “The BC unclaimed property program is a wonderful framework — a well-administered intersection of innovation, good law, public policy, and philanthropy.” Alena thinks of Unclaimed Property as a lost and found. If there is money owed to you, such as a pension you forgot about or a bank account you never closed and has been accruing interest for decades, all you do is put your name into the website’s search engine and find what might be yours. “It’s a really nice public service ... A lot of people who find money donate it to charity.”

Alena says her new position with the Lotte and John Hecht Memorial Foundation helps her fully appreciate how important a philanthropic culture is to a healthy, thriving democracy and culture.



“My parents were immigrants. I was born in Soviet Union, and we left in 1979. There was no giving during Soviet times. Under the communist regime, public well-being was considered the sole responsibility of the state, so the Soviet Union did not permit organized charity or philanthropy.”

Alena lives in Vancouver with her husband, who is also a lawyer, and their daughter. When everyone’s work and school schedules align, carving out time to get away is a priority. “That may sound trite, but I really believe it’s important to disconnect, enjoy a change of scenery, and spend quality time with each other. We are very protective of this part of our lives ... Getting away can be right here in B.C. or somewhere more exotic. Travel is my guilty pleasure. Probably my favourite destination would be the Greek Islands. The sights, the smells, the history — I can get lost there and would be OK if no one bothered looking for me.”

Alena is also a voracious reader. Her Kindle is loaded with old books, new books, biographies, as well as The Bard. Shakespeare has been her passion since the days of her undergraduate studies in English literature. “His plays are now part of my daughter’s syllabus, so I am enjoying helping with her studies.”

Alena joined TCC in 2016. “I first came here as a guest of [TCC General Manager] Peter Jackman, and the experience immediately turned into, ‘I would be happy to do everything here.’ So many significant milestones in my life have been celebrated here since I joined. I can’t count the number of parties, luncheons, meetings, and roundtables I’ve enjoyed at the Club. It really is an oasis in the city.”

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)

FAMILY NIGHT OUT
AT THE
CIRCUS

*Step right up —
We're bringing the big top to TCC!*



MORE INFO &
REGISTRATION

SATURDAY, JUNE 29
4 — 7 p.m.
PREPARE TO BE AMAZED!

Adults: \$75 plus tax & service charge
Kids 4 — 12: \$60 plus tax & service charge