

TERMINAL CITY TIMES

SUMMER 2024 • VOL. 31 NO. 7 & 8



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

Upcoming Events

- JULY 4** **TCC SALON**
Existential Angst, All-Pervasive Suffering, and Psychedelics
- JULY 9** **LET'S DO LUNCH!**
Member-Led Social
- JULY 11** **RIVIERA**
Long Table Dinner Al Fresco
- JULY 15** **MEDITATION**
For Self-Confidence
- JULY 17** **MEMBERS' WINE TASTING**
Member Favourite
- JULY 18** **MEMBERS' NETWORKING LUNCH**
- JULY 23** **POP-UP**
Taco Takeover
- JULY 26** **CLASSIC SEAFOOD BUFFET**
A Member Favourite
- JULY 27** **KIDS POOL PARTY**
A Family Favourite
- AUG 7** **POP-UP**
Tropical Paradise
- AUG 9** **KIDS SCIENCE & MOVIE NIGHT**
- AUG 13** **TCC SALON**
Walking El Camino
- AUG 15** **CENA IN BIANCO**
TCC Signature White Dinner
- AUG 15** **MEMBERS' NETWORKING LUNCH**
- AUG 21** **SAVOUR SUMMER**
Wine Tasting & Chef's Bites
- AUG 24** **STEAM SCIENCE FUN**
For Kids!
- SEP 12** **WINE MASTERCLASS**
Super Tuscans
- SEP 21** **DUELLING PIANOS**
TCC Signature Event
- OCT 4** **WINE MASTERCLASS**
Oregon, Burgundy's Cousin
- NOV 2** **ANNUAL GALA**
Save the date!




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
text 604 200 2279
web TCCLUB.COM

 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 8625
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

MINK

Monday – Friday 7:30 a.m. – 6 p.m.
Saturday & Sunday 9 a.m. – 6 p.m.

TERMINAL CITY CLUB



President's Letter SUMMER 2024

DEAR FELLOW MEMBERS,

We've made it through June with flying colours, and I must admit, I won't mind if July brings the opportunity for a short breather – what a year it has been so far!

In the past month alone, we've brought Mink Chocolate Café into the TCC family (what a wonderful, delicious addition!); expanded our real estate holdings in the Terminal City Tower (stay tuned to see how this will enhance our member experience in the future); and received City permits to begin work on the soon-to-be-amazing speakeasy in a secret-ish location. All while continuing to run our "business as usual," including a full calendar of events and a steadily growing roster of members. A tip of the hat to TCC's very hardworking staff, and also to you – our members – who keep the positive energy flowing and act as terrific ambassadors for the Club.

That great energy is what inspires our management and staff to continue taking on positive new initiatives. A new-and-improved TCC app is launching soon, to help you take advantage of all the Club has to offer. And also, keep an eye out for the TCC Membership Survey in your email. This year's survey has a focus on fitness, with the goal of understanding what improvements we could make to help you stay fit, healthy, and happy.

With so many beautiful views and outdoor patio spaces, summer is a wonderful time to share your TCC experience with friends, family, and colleagues. A bright fresh breakfast, an after-work cocktail, or a lingering evening are all great excuses to get together. If your guests would like a tour of the Club, Alison Magill and Amanda Jun on our Membership team are happy to oblige – you can reach them both at joinus@tcclub.com. Strong membership, strong Club.

I thoroughly enjoyed June's Summer Social, and I'm looking forward to more dog days on the patio. This year, we are featuring amazing special events like the Riviera longtable dinner on Thursday, July 11, and of course Cena in Bianco – TCC's signature white dinner, on Thursday, August 15. Don't miss these dining experiences, executed by the Club's top chefs. I hope I'll see you there and watch for details on our annual gala Saturday, November 2!

Sincerely,

Nate Kube
Terminal City Club President

Stay informed

CLUB NEWS

holiday hours

The Club is closed on **Monday, July 1** for Canada Day. The Lions Pub will be open from 11 a.m. to 11 p.m. and Mink Chocolate Café will be open from 9 a.m. to 6 p.m.

The Club will be closed on **Monday, August 5** for BC Day. The Lions Pub will be open from 11 a.m. to 11 p.m. and Mink Chocolate Café will be open from 9 a.m. to 6 p.m.



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. Lise Amber | Mr. AJ Raj |
| Mr. Scott Barker | Mrs. Dhooleka Raj |
| Ms. Gas Gill | Ms. Rachael Radford |
| Ms. Olga Gorstenko | Ms. Shauna Towriss |
| Dr. Jeff Hou | Ms. Liezl Van Wyk |
| Ms. Susan Martyn | Mr. Dale Webb |
| Mr. Josh Paterson | Mr. John Zioulas |



tcc membership administrator

Congratulations to **Maisha Maliha** on her new role as Membership Administrator, covering for Ripal Pandya during her Maternity Leave.

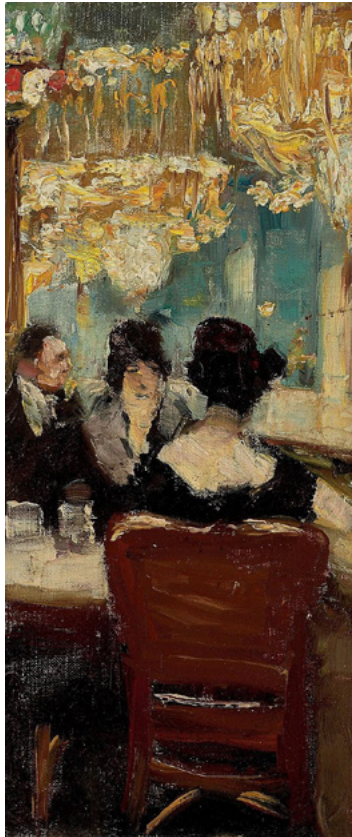
Maisha has been a valued member of our Member Services team since May 2023 and looks forward to continuing to assist members with their accounts in her new role. She can be reached at members@tcclub.com or 604-488-8607.



important parkade update

The parkade gate arms will be removed in July to provide easier access and departure. Your license plate will need to be registered to continue accessing complimentary parking hours and to pay between 9 a.m. and 4 p.m. during the week. Please keep an eye on your inbox for email communications with full details. Following the removal of the gates, please see Member Services.

Summer EVENTS



LONGTABLE DINNER AL FRESCO

Riviera

THURSDAY, JULY 11

6 p.m. Reception; 6:45 p.m. Dinner

Four course dinner: \$140 plus tax & service charge

Four course dinner + pairings: \$185 plus tax & service charge

**Shared seating via longtable or rounds, depending on attendance*

Join us for a night to remember on the Terrace patio. Savour an exquisite four-course dinner executed by TCC's top chefs and paired with divine wines. Bring your dancing shoes!

HORS D'OEUVRES

Sun-dried Tomato & Olive Panisse, basil pistou

Warm Potato Pissaladière, onion, white anchovy, nicoise olives, thyme

Garlic & Olive Oil Poached Mussel, saffron aioli

Maison Antech Blanquette de Limoux Cuvée Tradition Brut NV - Southern Rhône, France
Riviera Sangria

I

Albacore Tuna Niçoise, pickled quail egg, fava beans, fingerling potato, olives, anchovy aioli
Forjas de Salnés Albariño Leirana 2021 - Rias Baixas, Spain

II

Sablefish & Side Stripe Shrimp Provençal, Côte d'Azur oyster velouté, parsley émulsion, piquillo pepper
Domaines de Triennes Rosé Méditerranée 2020 - Languedoc, France
Rimauresq Classique Côtes de Provence Cru Classé 2023 - Provence, France

III

Herbes de Provence Lamb Sirloin, ratatouille, fried potato, rosemary chimichurri
Clos de l'Oratoire des Papes Châteauneuf-du-Pape 2019 - Southern Rhône Valley, France

IV

Tarte Tropézienne, orange
Domaine de Coyeux Muscat de Beaumes de Venise Elegans 2021 - Southern Rhône, France

Dress code: Mediterranean glamour

Think: flowing dresses, crisp white shirts, elegant linens, nautical-inspired outfits, and chic accessories.

**Best dressed wins a ticket to the August 15 white dinner, Cena in Bianco!*

MEMBER-LED SOCIAL

Let's Do Lunch!

TUESDAY, JULY 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.

Summer EVENTS



FIND YOUR CENTRE

Meditation for Self-Confidence

MONDAY, JULY 15

5:30 – 6:30 p.m.

\$15 plus gst

With the sun glowing brightly at this time of year, it shines a light on our solar plexus, the seat of our confidence, strength, and courage. Enjoy an uplifting yet relaxing meditation that focuses on unblocking and healing this Chakra, along with the sounds of a steel tongue drum to enhance your journey.

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.



A TCC FAVOURITE Members' Wine Tasting

WEDNESDAY, JUNE 19
5 – 7 p.m.

*\$10 plus tax & service charge
*Registration is mandatory as
space is limited*

Join us for our monthly Members' Wine Tasting!

Sample a suite of special wines and enjoy live music. Bring a friend or fly solo and enjoy this wonderful opportunity to meet and mingle with other members and guests.



MEMBERS' ONLY Members' Networking Lunch

THURSDAY, JULY 18 &
THURSDAY, AUGUST 15
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.



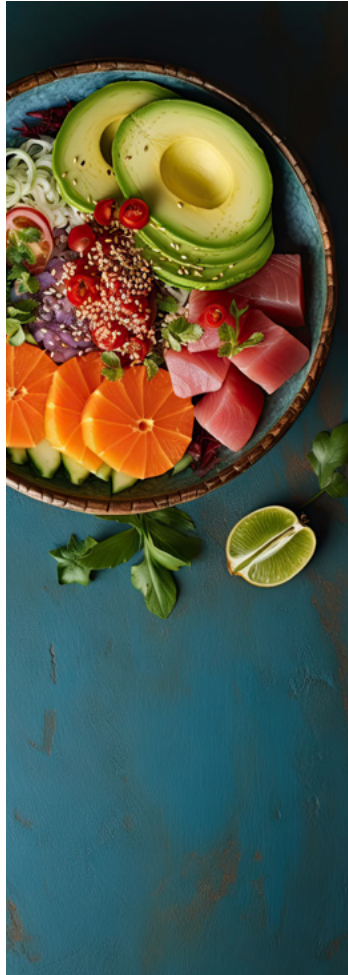
THEMED SOCIAL Pop-Up: Taco Takeover

TUESDAY, JULY 23
5 – 7 p.m.

*\$32 plus tax & service charge
(includes a welcome drink and
tacos)*

Your favourite summer patio pop-up is back! Make this Tuesday all about you with customizable tacos, a selection of refreshing beverages and chill summer beats.

Summer EVENTS



SEASONAL FAVOURITE
**TCC Classic Seafood
Dinner Buffet**

FRIDAY, JULY 26
Seatings at 6, 6:30 & 7 p.m.
Hot food from 6 – 8 p.m.

Adults: \$125 plus tax & service charge (includes welcome beverage and extensive seafood buffet)

Children (aged 4–12): \$50 plus tax & service charge

Our most popular summer buffet is back and even better. There will be plenty of all your favourite seafood options to enjoy, plus some satisfying beverages to quench your thirst.

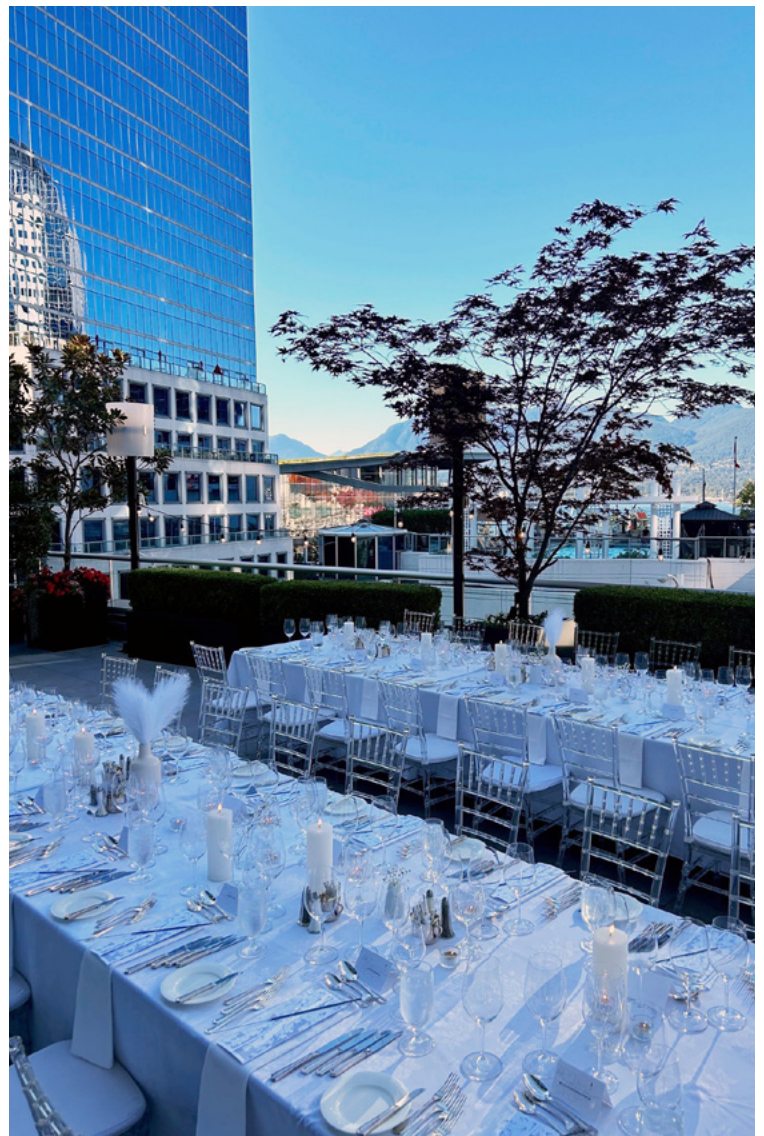
Book early to get a spot on the patio! Menu to come.

THEMED SOCIAL
**Pop-Up:
Tropical Paradise**

TUESDAY, AUGUST 7
5 – 7 p.m.

\$32 plus tax & service charge (includes a welcome drink and build-your-own buddha bowl)

Your favourite summer patio pop-up is back! Make this Tuesday all about you with customizable buddha bowl, a selection of refreshing beverages and chill summer beats.



LONGTABLE DINNER IN WHITE
Cena in Bianco

THURSDAY, AUGUST 15
6 p.m. Reception, 6:45 p.m. Dinner

*\$140 plus tax & service charge - four course dinner
\$185 plus tax & service charge - four course dinner + pairings
Shared seating via longtable or rounds, depending on attendance

Did you miss our signature white dinner last year? Don't make the same mistake! Dress in your finest whites (think linens, silks, dresses and sophisticated suits) for Cena in Bianco, TCC's second annual Dinner in White on the Terrace patio.

Our Executive Chef Dan Creyke and TCC Director of Wine DJ Kearney are curating a four course menu and wine pairings that will transport guests to a divine Italian summer evening. After dinner, continue the festivities with a dance party under the stars! Bring yourself and a guest, we will take care of the rest.

Menu to come! Pro tip: **Best-dressed attendees at our Riviera Longtable Dinner on July 11 will win two tickets to Cena in Bianco...**

Summer SALONS

TCC SALON

Existential Angst, All-Pervasive Suffering, and Psychedelics

THURSDAY, JULY 4

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte from the Grill

**A \$20 late cancellation fee will be applied to cancellations made less than 72 hours prior*

Suffering, like taxes and death, is unavoidable. There is a subtle, all-pervasive type of suffering, a low-key barely discernible sense of dissatisfaction that underlies all of our existence. It is hard to recognize; even seemingly neutral or pleasant experiences have the potential to cause future suffering. For most of us, there is a general background of anxiety and insecurity that colours even our happiest moments.

Alan Clements, a prolific author of over a dozen books, ranging from spiritual awakening to fighting for freedom and justice, is currently working on a documentary—an in-depth and very personal exploration of existential suffering, one mediated by psychedelics. He will lead a dinner salon on the topic, to explore how to cultivate a deeper sense of peace and contentment that is not dependent on external circumstances or fleeting pleasures.

TCC SALON

Walking the Camino

TUESDAY, AUGUST 13

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte from the Grill

**A \$20 late cancellation fee will be applied to cancellations made less than 72 hours prior*

On one level Santiago de Compostela is considered, within the Catholic faith, the most important pilgrimage after Jerusalem and Rome. And it is wildly popular today. Since the end of the pandemic, the number of people walking the Camino surpasses those of the 11th century!

Walking the El Camino is a paradox: a disconnection with one's normal life routines and habits can create a connectedness with nature and within oneself. For many peregrinos, the Camino naturally cultivates a profound experience or even transformation, just by walking the pilgrimage. The art, architecture, folklore and traditions accessible to anyone walking El Camino is amazingly rich and it is fair to say that irrespective of the profundity of the spiritual experience, it can be a rich outdoor adventure, melding nature with history and culture.

Bill and Sharon Vipond, members of the Club, recently spend a month in Spain and two weeks along El Camino.



register now!

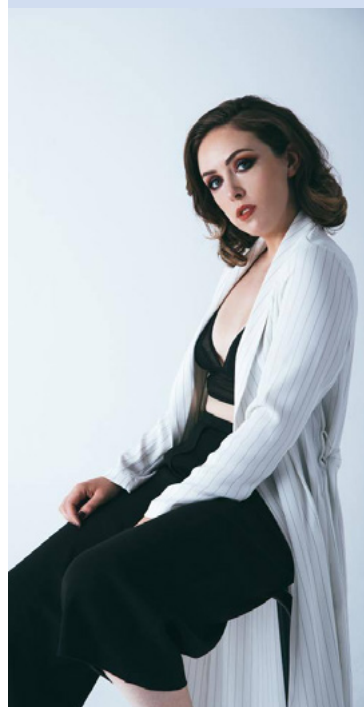
DUELLING PIANOS



SEPTEMBER 21 • 7–11p.m.

July Live MUSIC

on the
grill patio
weather permitting
6 – 9 p.m.



Thursday 4 Cassandra Maze

Friday 5 Olaf De Shield

Saturday 6 Goby Catt

Friday 12 DJ

Saturday 13 David Capper

Thursday 18 David Capper

Friday 19 DJ

Saturday 20 Colin Sankey

Thursday 25 Neal Ryan

Friday 26 DJ

Saturday 27 Goby Catt



Family Pool Party

SATURDAY, JULY 27

10 a.m. – 12 noon: Pool games & activities

12 noon – 2 p.m.: Lunch buffet on the fitness patio

*Registration is mandatory as space is limited

Adults & Kids: \$32 plus tax & service charge

Grab your parents and some sunscreen, and dive into the annual TCC family pool party!

Parents are invited to join in or lounge poolside to take in the sunshine, while kids can enjoy pool games and activities. Afterwards, refuel with a family friendly lunch buffet. Remember to arrive on time as the fun starts promptly at 10 a.m.!



FRIDAY, AUGUST 9
ZOOM ZOOM ZOOM
 Science & Movie Night!

SATURDAY, AUGUST 24
STEAM SCIENCE FUN
 For Kids!

Upcoming EVENTS



image credit: Edward Gorey

• *calling all souls, all spirits, all ghouls, all seers* •

• *calling all souls, all spirits, all ghouls, all seers* •

• *calling all souls, all spirits, all ghouls, all seers* •

Beyond the Veil

to the
TCC Annual Gala

SAVE THE DATE

• *Saturday, November 2* •



SUMMER PARTY PACKAGE

Receive one complimentary drink per person for bookings scheduled July & August 2024.

**Offer valid on new bookings only.*

HAPPY HOUR

\$52 summer promotion!
\$57 PER PERSON PLUS TAX, MINIMUM 20 PEOPLE

- Passed Hors d'Oeuvres**
chef's choice (3 selections)
- Cheese & Charcuterie Platter**
with breads & lavash
- Market Fresh Vegetable Crudités**
house ranch dip
- Fried Artichokes**
sweet chili sauce
- Turmeric Roast Cauliflower**
hummus, feta, caramelized onions, raisins, pepitas, crispy kale

INTERESTED IN A MORE EXPANSIVE BARBECUE FEAST?
EMAIL CATERING@TCCLUB.COM
FOR MORE INFO!



A UNIQUE OFFER OF RELAXATION, EXCLUSIVELY FOR MEMBERS...

TCC members are eligible to receive:

- 10% discount on all treatments, excluding packages
- 10% discount on all retail (cannot be combined with any other promotions)
- An exclusive TCC package:
 Sole Revival Service Restore
 60 minutes, from \$199

Soothe your soles with an intuitive aromatherapy foot treatment performed in our luxury lounge. Begin with a detoxifying foot soak and scrub followed by a grounding foot mask and heated booties. A rejuvenating massage using nourishing shea butter focuses on tension points in the arms, hands, lower legs and feet. A scalp massage followed by hot stones on legs and feet takes you to another level of pampering. Includes one complimentary beverage of choice and a retail gift (same brand used in treatment) at checkout.

To book your experience, contact Fairmont Spa directly at VPR.WillowStream@fairmont.com / 604 695 5550 and let them know you're a **TCC member**.



FAIRMONT SPA

Have You Heard?

NEW AFFILIATE CLUBS



BUSINESS CLUB HAMBURG

HAMBURG, GERMANY

The Villa in Heine Park, or Plangesche Villa, at Elbchaussee 43 near Altonaer Balkon and Altona Town Hall, offers panoramic views from the Hamburg harbor to the Köhlbrand Bridge. Home to the Business Club Hamburg, this historic 1913 building combines tradition with modern comfort. Restored between 2007 and 2009, it features parquet floors, ornate plasterwork, a restaurant, and a bar. Accessible by a central elevator, the ground floor includes spacious areas, a conservatory, and a fireplace room echoing English club traditions.

THE PENN CLUB NEW YORK

NEW YORK CITY, USA

The Penn Club of New York is a top-ranked city club in the U.S., recognized as a Platinum Club of America and the World, and housed in a landmarked building at 30 West 44th Street. It offers 39 discounted hotel rooms, a fitness center, massage services, and off-site squash court access. The club features five banquet rooms, a business center with free high-speed internet, and dining options including the Kite & Key Bar, Main Dining Room, and Grill Room.



12 HAY HILL

LONDON, UNITED KINGDOM

HAY HILL, established in 2015 in a stunning five-storey Mayfair building, is a private members' club offering a luxurious environment for business people to meet, entertain, and conduct business. Combining exceptional leisure spaces and five-star services with top-tier serviced offices, it stands out in central London. Beyond business, the club hosts social events like wine and spirit masterclasses, themed dinners, and art exhibitions, fostering a hub of inspiration where great ideas thrive, deals are made, and businesses flourish.

Have You Heard? MEMBER NEWS

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.**



Congratulations to **Mr. Marvin Storrow** on his recent appointment to the Order of Canada! Mr. Storrow is a revered lawyer who, over six decades, has argued at all levels of the provincial and federal court systems, including the Supreme Court of Canada. His expertise covers many areas, but Aboriginal law is where his efforts have had the biggest impact. During the 1980s and '90s, he successfully

litigated several groundbreaking cases on constitutional rights and land titles. Three of them have been ranked by a body of Canadian legal scholars as among the top 15 most important cases in the history of Canada. An esteemed mentor to many members of the legal profession, he is admired for his advocacy of human rights and pro bono work.



Congratulations to **Ms. Sheila Biggers** on her new appointment as the new president and CEO of St. Paul's Foundation! With over 25 years of experience fostering growth and prosperity in the non-profit and public sectors. Sheila is an impressive leader with an extensive track record of growing organizations to amplify their impact.

Ms. Diana Chang has joined the Minerva team in the role of Business Development Manager. Minerva provides leadership programs for women, girls, and their partners to help advance gender parity and leadership diversity in BC. With over a decade of experience in student recruitment, admissions, and alumni relations, Diana will be using her skills and knowledge to foster relationships with corporate and sector partners as the team continue to grow Minerva's leadership programs.



Outside of work, Diana is a passionate squash player, currently captaining her team, TCC's Legs Miserables. She also serves on Squash BC's Board of Directors. She completed her YTT 200 yoga training in Bali and loves exploring new yoga retreats across Thailand and Costa Rica. Congratulations on your new role, Diana!



The TCC Legs Miserables squash crew hosted their annual BBQ gathering weekend with family and friends to celebrate a season of growth, grit, and friendship.

If you're interested in playing, please get in touch with us at squash@tcclub.com!

Liquid Assets

CURATED BY DJ KEARNEY

Summer Wines

❶ CHÂTEAU D'ESCLANS GARRUS ROSÉ 2020 CÔTES DE PROVENCE, FRANCE \$282

The most exclusive, coveted rosé in the world! Made at Château d'Esclans, Garrus is the top wine – many quality steps up from their smash hit Whispering Angel. Made from a single vineyard of nearly 100 year-old vines, Garrus (Latin for "bear") is made like fine white Burgundy with barrel ageing and lees stirring. Optimal with 4–5 years of age, this masterful rosé will pair with rich fish, pork or a very mature hard cheese. Yes, it's pricey, but it is truly magisterial.

❷ MARCO FELLUGA MARALBA COLLIO RIBOLLA GIALLA 2021 FRIULI VENEZIE-GUILIA, ITALY \$66

Ribolla Gialla is an historic grape in the Collio regio of north eastern Italy. Pronounced "ree-bohl-lah jahl-lah" (means "boil" "yellow" referring to colour and the rolling fermentation it gets into) and has been in the Collio hills since the 1200s. Pale yellow with notes of exotic fruits, pomegranate, apple, and magnolia, it is bone dry and unoaked. Grilled prawns with garlic aioli is a perfect pairing.

❸ JEAN-CLAUDE LAPALU VIEILLES VIGNES BROUILLY 2022 BEAUJOLAIS, FRANCE \$89

A third generation winemaker, Jean-Claude Lapalu set up his domaine in 1996 and farms his venerable vineyards organically. This cru from the village of Brouilly is from vines Claude's grandfather reports were old when he began farming in 1940. Rich and invigorating, this is textbook gamay with dark red fruits, succulent acidity and a long minerally finish. Modest tannins make it a ringer with grilled salmon.

❹ THÖRLE SPÄTBURGUNDER TROCKEN 2019 RHEINHESSEN, GERMANY \$49

Did you know that Germany has the third biggest pinot noir plantings in the world (behind France and the USA)? Likely first introduced in the 4th century, pinot loves northern Germany's chilly climate. Weingut Thörle (say Turl-lah) is a superb old estate, founded in historic Rheinhessen in 1517, and consistently ranked as one of the region's very best producers. Fresh and juicy, this organic pinot from a terrific vintage sports charming aromas and flavours of berries, herbs, and earth - specifically raspberries, dill, thyme, and pungent freshly turned earth. A succulent grilled sausage in a bun or smoky mushroom burger would be fitting.



❶



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Wednesday, July 17 • **Members' Wine Tasting**

Wednesday, August 21 • **Savour Summer**

Thursday, August 22 • **TCC Wine Club – August Collections Tasting**

Thursday, September 12 • **Super Tuscan Masterclass**

Friday, October 4 • **Organdy: A Pinot Noir Masterclass from Burgundy's cousin, Oregon**

5 RADIO-COTEAU LA NEBLINA PINOT NOIR 2021
SONOMA COAST, CALIFORNIA \$164

Spanish for “fog,” la neblina rolls in from the Pacific Ocean to blanket and cool the coastal vineyards of western Sonoma County, making it a prime place for pinot. This is Radio-Coteau’s flagship wine (always a cellar favourite) showing florals, ripe red cherry, fresh herbs and a refined tannic structure. Medium bodied and juicy it was aged in tight grained mostly neutral oak. This pure and thrilling pinot deserves your best grilled rack of lamb.

6 SELBACH-OSTER PINOT BRUT 2017
MOSEL, GERMANY \$66

To taste this fizz is to understand why Germans lead the bubble drinking stats. Made from the pinot family (noir, gris and blanc!) grown on a steep Mosel slope and made just like champagne. A toasty richness has flourished in this über-stylish bargain. Delicate red berried fruit, a fine bead and dry finish distinguish this vintage dated Brut. Try with salmon burgers.

7 TWO PADDOCKS PINOT NOIR 2020
CENTRAL OTAGO, NEW ZEALAND \$90

The charismatic proprietor of Two Paddocks is none other than actor Sam Neill (Jurassic Park, Peaky Blinders, Dead Calm). Sam planted vines on the family farm in 1993 and quickly netted high scores ((like 95 points and 5 stars for this vintage) with authentic terroir wines. The wine is 46% whole-bunch fermented with wild yeast and matured in 1-4 year old French oak barriques for 10 months, only 18% of which are new. A classic pinot mix of herbal notes with vivid red berries and earthy flair, splendidly crowned by a hint of gamey complexity. It’s more delicate than Oregon or California, so pair with simple grilled halibut.

8 COATES + SEELY BRUT RESERVE NV
HAMPSHIRE, ENGLAND \$95

Grown on the same chalk shared with the champagne region, this is the real deal from the new frontier of sparkling wine. This top drawer traditional method bubbly from England meshes 40% chardonnay, 50% pinot noir, 10% pinot meunier into a bone dry and very, very toasty and nutty beauty. This particular bottling won the Best In Show Trophy at the 2022 Decanter World Wine Awards!

Email wine@tcclub.com
to secure your bottles!



Super Tuscan Masterclass
THURSDAY, SEPTEMBER 12

6 – 7:15 p.m.

\$125 per person plus tax & service charge

Join us for an insightful masterclass decoding the modern wines of Tuscany, often referred to as ‘Super Tuscans’.

Over the last few decades, these wines and their maverick estates have challenged long-held winemaking traditions in the region, causing a stir with their desire to break with convention. Among Italy’s most revolutionary and desirable wines, we’ll explore the origins of Super Tuscans and taste some standouts. Executive Chef Dan Creyke will create Super Snacks to pair, of course!

Member of the Month

Rachel Goddard

Rachel Goddard grew up in Cairns, a tropical paradise in the northeast corner of Australia renowned as the gateway to the Great Barrier Reef. “Mum and Dad met there,” she says. “Mum was a flight attendant and Dad frequently flew the Brisbane-Cairns route which Mum was scheduled on. I was the second of six children — five of them girls. It was an easy place to have a big family, if for no other reason than you didn’t have to buy winter clothes.”

A stellar student in secondary school, Rachel was invited to enrol at the Australian National University of Canberra where she graduated with an economics degree, specializing in accounting. After graduation, while working at a large accounting firm in Sydney, she met her husband-to-be, Tim. “Tim’s father was a partner in the firm, so I sort of married the boss’s son,” she says with a laugh.

Immediately following a honeymoon in Malaysia, Rachel and Tim then did the most Australian thing two young Australians in love could do — they found jobs in Hong Kong and took a walkabout. “Tim (also an economics graduate) was assigned to a large firm that must have had 100 expats, mainly from the U.K. The transition wasn’t quite so easy for me. There were few other expats at my work. So, whilst the local employees were delightful, I was somewhat regarded as a curiosity, like the vegemite sandwich I would bring for lunch every day.”

The couple lived in Hong Kong for what Rachel calls “two amazing years,” then left for work in England. “Two of our closest friends were also posted to London, so our time there, from ‘86 to ‘89, was non-stop fun.”

When Rachel and Tim returned to Sydney after London, the couple was expecting



PHOTO: Rachel & Tim Goddard with their daughter, Sophie, at her wedding in March.

their first child. “I can remember thinking at the time: ‘Isn’t this old-fashioned. I am going to have a baby and may never work (in accounting) again.’ But before their first child, Laura, was even born, Rachel started running her own practice from home. “I couldn’t stand doing nothing, so I found my own clients and did my own thing.” Laura was the first of three daughters — followed next by Emma and then by Sophie.

As for accounting work, when she wasn’t running the home office, her services were always in high demand. She became a specialist in expatriate taxation and built an impressive resume that included key management positions with a dizzying array of heavy hitters like the World Wildlife Fund, PriceWaterhouseCoopers,

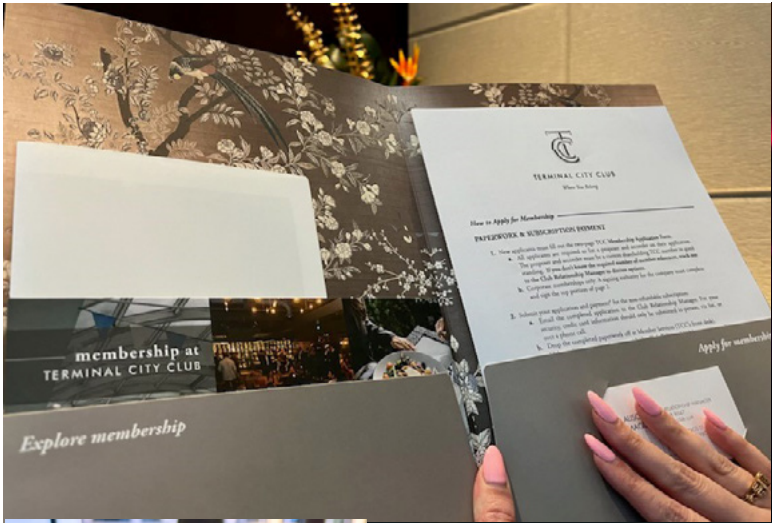
IBM, KPMG, Deloitte, and American Express. In 2013, Rachel left American Express to work solely from home on her own. Then Vancouver happened.

In May of 2019, on his 60th birthday, Tim was offered an executive finance role with Ledcor. Rachel transferred her clients to other practitioners, packed up the practice, sold the house, said goodbye to friends and family, and left.

“We were open to living overseas one more time. Opportunities to move to Asia and the United States had come up over the years, but not eventuated. The challenge of going somewhere new and meeting new people is thrilling. When we got to Vancouver, I had no plans to work again. I’d had enough.” So, instead of working, Rachel enriched her leisure time by playing more golf and bridge and indulging her love of cooking. “On the day we arrived, I joined the Vancouver Bridge Club. I have so many friends there now.”

Rachel and Tim have both been members at the TCC since 2019. They initially joined for the fitness facility. “I’m a swimmer, and when I saw that pool, I thought, ‘Being able to swim in such a fantastic place all year round will be amazing.’ We were never members of a city club in Australia, but we thought joining would help us make new friends, and it has. Plus, everyone on staff here is very welcoming.”

Vancouver may be home today for the Goddards, but Rachel knows the time will come to return Down Under. “We do love the city, but Australia is home. We’ll go back eventually. We miss the girls, and now we have grandchildren. In the meanwhile, as Tim says, ‘It’s not exactly a hardship posting.’”



Have you seen our brand new membership information & application packages?

Referring your colleagues and friends has never been easier! Our new package outlines all the benefits of membership and includes a step-by-step guide to the process.

MEMBER REFERRAL: Did you know? You are eligible to receive a \$250 account credit for every Resident or Corporate member who joins the Club following your advice. *The referral must be made in writing prior to submission of the application or clearly indicated on the application form.

Pssst...are you thinking about joining the Club? Ask our membership team about our Summer Incentive, on until September 12, 2024.

Focus ON FITNESS

SWIM

99 KM SWIM CHALLENGE

Can you swim 99 kilometres (1,980 laps) over three months? You won't know until you try! The challenge begins in August. Sign-up at the Fitness Centre front desk.

SWIM COACHING

John Ryan has helped beginners, Masters, and triathlete-swimmers reach their goals over his 20+ years of coaching. Private lessons are a structured (but fun) program that anyone—regardless of skill level—can benefit from. 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

Saturday, July 6, 13 & 20

For this summer program, all lessons, (private and group), are non-refundable after sign-up.

\$82.50 plus GST (three sessions)

10:00 – 10:40 a.m. 3 – 5 years

10:40 – 11:20 p.m. 6 – 7 years

11:20 – 12:00 p.m. 8 – 9 years

9:00 – 10:00 a.m. Private Lessons

12:15 – 2:15 p.m. Private Lessons

The final schedule depends on the interest received. Children will be grouped based on age but may be moved to a different group if their ability requires it. To take part in the group lessons, children must have some experience in the water and be comfortable in the pool environment. For more information, please email Doreen at john@swimminginancouverbc.com.

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, or 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. Teaching is her passion, helping every BODY from the inside out!

Inquire at the Fitness Centre Front Desk for more information.

SQUASH

SQUASH LESSONS

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).

Coach **Barry Gifford** is a seasoned squash professional (2022 60+ National Champion). Email squash@tcclub.com for more information.

FREE BEGINNERS' CLINIC

Wednesday, July 10 & August 14

Learn the basics of squash in a fun environment! To register, call the Fitness Centre front desk prior to 6 p.m. on Monday, June 10.

FALL JUNIOR SQUASH

Saturdays,

September 7 – December 14

13 weeks (no class October 13)

\$220 plus GST, charged to your account upon registration

1:00–1:45 p.m. 6 – 9 year old

1:45–2:30 p.m. 10 – 15 year old

SQUASH SOCIAL

Thursdays | 4 – 6 p.m.

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

SQUASH DRILLS

Wednesdays | 4 – 5 p.m. | \$25

Saturdays | 11 a.m. – 12 noon | \$25

These drills are for intermediate/advanced VSL players. To register, contact Barry at squash@tcclub.com for placement by 6 p.m., the previous day.



GROUP CLASSES

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.

MAT PILATES: STRENGTHEN 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. Emphasis on strengthening the back, shoulders and arms.

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.

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)

HOURS

WEEKDAYS

6 a.m. – 10 p.m.

WEEKENDS

7 a.m. – 8 p.m.

MONDAY, JULY 1

Club Closed for Canada Day

MONDAY, AUGUST 5

Club Closed for BC Day

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.



Hello Sunshine... let's take a bite out of summer.

July 11 • Longtable Dinner
RIVIERA

July 23 • Pop-Up
TACO TAKEOVER

July 26 • Buffet
CLASSIC SEAFOOD DINNER

August 7 • Pop-Up
TROPICAL PARADISE

August 15 • Longtable White Dinner
CENA IN BIANCO

August 21 • Wine Tasting & Chef's Bites
SAVOUR SUMMER

event registration

SAVE YOUR SPOT!

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