



TERMINAL CITY TIMES

DECEMBER 2020 • VOL. 27 NO.9

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



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Vancouver, British Columbia
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CANADA

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tcclub.com

terminalcityclub
 @tcclub
 Terminal City Club

CONTACT US

Billing : 604 488 8607
Catering : 604 488 8640
Weddings : 604 488 8605
Lions Pub : 604 488 8602
Fitness Centre : 604 488 8622
Member Services : 604 681 4121
Membership Sales : 604 488 8647

CLUB HOURS

MEMBER SERVICES (FRONT DESK)
Monday – Friday : 5 a.m. – 10:15 p.m.
Saturday & Sunday : 7 a.m. – 8 p.m.

FITNESS CENTRE

Monday – Friday : 5 a.m. – 11 p.m.
Saturday & Sunday : 7 a.m. – 8 p.m.

THE GRILL

Monday – Friday :
7 a.m. – 10:30 a.m. breakfast
11:30 a.m. – 9 p.m. all day
Saturday & Sunday :
8 a.m. – 9 p.m. coffee
9 a.m. – 2:30 p.m. brunch
3:30 p.m. – 9 p.m. dinner

MEMBERS' LOUNGE

Monday – Sunday : 7 a.m. – 10 p.m.

CUVÉE & 1892
Temporarily closed

LIONS PUB

Monday – Friday : 11 a.m. – 10 p.m.
Saturday : 12 noon – 10 p.m.
Full Menu : available until 8:30 p.m.
Evening Happy Hour Menu : starts at 8 p.m.
Sunday : closed

NEW MEMBERS

Welcome to our new members!

Rumee Ahmed
Rita Binzer
Ayesha Chaudhry
Kevin Hamaoka
Wilson Hu
Amber Johnston-Billings
Tony Kairouz
Kyle Rasode
Benjamin Salas
Owain Samuel
Jaclyn Thast
Shannon Thiessen
Mark Thomson
Michele Thomson

CLUB FUND

Thank you, sincerely, to all members who have made a contribution to the Club Fund over the past week. Contributing to the Club Fund is the best way to support our team, including front-of-house, culinary, housekeeping, and maintenance staff. If you are interested in making an individual contribution to the Club Fund simply email gm@tcclub.com before 4 p.m. on Wednesday, December 2. Contributions will be added to your member statement.



HOLIDAY HOURS

All areas of the Club and Pub will be closed on December 24, 25, 26 & 31 and on January 1 for the holidays.

NEW YEAR'S EVE HOURS

The Grill: 7 a.m. – 9 p.m.
Members' Lounge: 7 a.m. – 10 p.m.
Fitness Centre: 5 a.m. – 9 p.m.
Pub: closed

NOTICE OF AGM

The Annual General Meeting will be held virtually on **Monday, December 14 at 10 a.m.** Thanks to those Members that have RSVP'd following the Notice of AGM. You'll be receiving your link to the Meeting in the first week of December. If you have any questions you'd like to have answered during our AGM, please forward all inquiries to gm@tcclub.com

SECURITY REMINDER

Don't make life easy for opportunistic thieves! Keep your vehicle doors locked and your Christmas shopping and personal belongings out of sight this holiday season.

NEW GYM EQUIPMENT

Please note: the gym (exercise room only) will be closed on **Wednesday, December 9** for the installation of new equipment!

MINIMUM FOOD REMINDER

The end of the quarter is coming! Log in to Member Central and click on "Statements" to view your unspent minimum. Make quick work of your remaining spend with a Christmas Carry Out order, or by treating your family to our Holiday brunch or dinner events.

TCC @ HOME

Did you know? A suite of videos are available on Member Central so you can catch up on a wine session you may have missed, keep up your fitness routine with a virtual class, find a moment of peace with meditation, or learn how to make one of our signature cocktails.

IT'S NOT
TOO MUCH
TO MASK





PRESIDENT'S LETTER

DEAR FELLOW MEMBERS,

It has been a pleasure serving as your President for the roller coaster that has been 2020. What a strange and unusual year it's been, certainly not what I anticipated when I took on the role last December. It's been a difficult year, but I'm grateful for the work our Board has done to adapt and face the challenges head on. I thank them for their leadership over the past year.

You may have seen my note a couple weeks ago about contributing to our Club Fund to support the TCC staff. Since we've put the call out, over 70 members have stepped up and contributed. A sincere thank you to all who have given! Your collective generosity will go a long way in helping out our staff over the holidays. This is definitely a "cherry on top" moment for my last few months as President. Online Contributions can be made up until 4 p.m. on Wednesday, December 2, if you are interested in supporting the team this Christmas.

I want to thank all of our members for adjusting to the new protocols and for supporting the community we've created at the Club despite the restrictions. It's

been great to see members connecting at our virtual events, maintaining a fitness regimen at the Club or from home via our online classes, and finding a safe refuge in the Members' Lounge. Down in the Pub, Christmas has arrived early; enjoy happy hour all day, all month long, this December.

Special kudos goes out to the work done by the TCC staff throughout the year. We're blessed to have a dedicated crew that ensures our experience at the Club is a positive one, no matter what conditions they're faced with, I've enjoyed working with them over the past year.

This will be a year of firsts; first virtual AGM, first short term Club closure and the first time masks have been mandatory inside the Club. Our award for Club of the Year by the Canadian Society of Club Managers was also another notable highlight. I have no doubt that all of this will make our Club a better place as we move forward.

We'll be playing it by ear with respect to the current public health orders, and restrictions on events and gatherings, but

tcc2go.com is always available if you need a change of menu at home. Masks remain mandatory in all areas of the Club while not seated; masks are also mandatory in the Fitness Centre unless swimming or exerting yourself on the squash court or on the gym floor. Please see page 13 for more specific detail.

Look forward to seeing you at the AGM if you are free at 10 a.m. on December 14; shareholding members, please register with Member Services. I wish all our members and your family a safe and happy holidays, regardless of how our celebrations will look. Let's continue to be grateful; what's the worst that could happen in 2021?

Sincerely,

Joe Corea
Terminal City Club President



CSCM
The Canadian Society
of Club Managers

Club of the Year 2020

Upcoming Events

What's on at the Club

TUESDAY, DECEMBER 1

**TCC Discussion Group: US Election -
What's Next?** 

WEDNESDAY, DECEMBER 2

Farmer Fizz 

THURSDAY, DECEMBER 3

Meditation Class 

TUESDAY, DECEMBER 8

TCC Book Club: *American Dirt* 

WEDNESDAY, DECEMBER 9

**Holiday 3-Course Lunch
Holiday 4-Course Dinner
Wine & Cheese Pairing** 

THURSDAY, DECEMBER 10

Meditation Class 

FRIDAY, DECEMBER 11

**Festive Gourmet Dinner - *wait list only!*
Holiday 3-Course Lunch**

SATURDAY, DECEMBER 12

Festive Gourmet Dinner - *wait list only!*

SUNDAY, DECEMBER 13

**Festive Family Brunch
Festive Family Dinner**

WEDNESDAY, DECEMBER 16

2020 Wine Round-up 

THURSDAY, DECEMBER 17

**Festive Family-Style Luncheon
Festive Family-Style Feast
Meditation Class** 

FRIDAY, DECEMBER 18

**Festive Family-Style Luncheon
Festive Family-Style Feast**

SUNDAY, DECEMBER 20

**Festive Family Brunch
Festive Family Dinner**

THURSDAY, JANUARY 7

Meditation Class 

TUESDAY, JANUARY 12

TCC Book Club: *The Ride of a Lifetime* 

THURSDAY, JANUARY 14

**TCC Salon: Social Isolation &
Mental Health
Meditation Class** 

FRIDAY, JANUARY 15

TCC Lunch Exchange 

THURSDAY, JANUARY 21

**Members' Networking Lunch
Meditation Class** 

TUESDAY, JANUARY 26

**TCC Discussion Group:
The Role of Courts in Policy-Making** 

THURSDAY, JANUARY 28

Meditation Class 

VIRTUAL EVENT - LIVE ON ZOOM 



drink features

NOVEMBER 30 – DECEMBER 4: SCOTCH WEEK

Try a couple of new selections gracing our list:

- Arran 10 Year
- Old Pulteney 12 Year

DECEMBER 7 – 11: HOLIDAY COCKTAILS

There's nothing better than a holiday cocktail to get you in the mood for Christmas. One of our many talented bartenders will be featuring their favourites this week.

DECEMBER 14 – 18: WINTER WARMERS

Stay out of the cold and warm up with a hot beverage:

- Warm Old-Fashioned
- Spanish Coffee

DECEMBER 21 – 23: CHRISTMAS CHEERS

What better way than bubbles?

- Vaporetto Prosecco
- Veuve Clicquot



CHRISTMAS CAME EARLY! ENJOY ALL-DAY HAPPY HOUR AT LIONS PUB FOR THE MONTH OF DECEMBER.

Our super successful Fresh Sheet continues through December with seasonally inspired dishes.

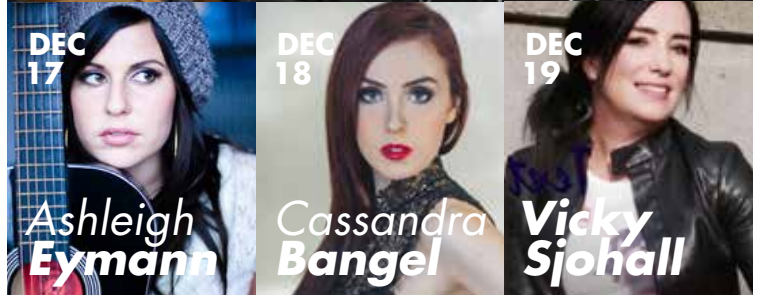
Check out Monday and Thursday Night Football in the Pub and enjoy our \$20 Burger/Beer special.

We continue to offer great craft beer options. Check out our rotating Craft Stout and Sour options. Try something new!

LIVE MUSIC

5:30 – 8:30 P.M.

THURSDAYS
FRIDAYS
SATURDAYS



DECEMBER EVENTS

01 TCC DISCUSSION GROUP: US ELECTION - WHAT'S NEXT?

Tuesday, December 1

7:15 – 10:30 p.m.

Complimentary event

The US election has come to a close; what exactly happened, and what is next? Dr. Richard Johnston, one of the most widely cited sources on new methods for analyzing elections, will lead this month's Discussion Group.

02 FARMER FIZZ

Wednesday, December 2

5:30 – 6:30 p.m.

Complimentary event

What are Grower Champagnes, and why do they matter? See page 8 for full details.

03 MEDITATION CLASS

Thursday, December 3

5:30 – 6:30 p.m.

Complimentary event

Meditation can reduce stress and instill peace and calm, especially in times like these. These individual classes will equip you with a few easy and effective meditation techniques. Enjoy from the comfort of your own home.

08 TCC BOOK CLUB: AMERICAN DIRT

Tuesday, December 8

5 – 7 p.m.

Complimentary event

American Dirt by Jeanine Cummins, is about the ordeal of a Mexican woman who is forced to leave behind her life and escape as an undocumented immigrant to the United States with her son.

09 WINE & CHEESE PAIRING

Wednesday, December 9

5:30 – 6:30 p.m.

Complimentary event

Learn how to pair the right cheese with the best wine. See page 8 for full details.

10 MEDITATION CLASS

Thursday, December 10

5:30 – 6:30 p.m.

Complimentary event

See December 3 description for full details.

16 2020 WINE ROUND-UP

Wednesday, December 16

5:30 – 6:30 p.m.

Complimentary event

Join Director of Wine, DJ for a spirited look at the wine trends of 2020. See page 8 for full details.

17 MEDITATION CLASS

Thursday, December 17

5:30 – 6:30 p.m.

Complimentary event

See December 3 description for full details.

HOLIDAYS AT THE CLUB


For a full list of our holiday events, please visit page 9.





VIRTUAL EVENT – LIVE ON ZOOM 

To ensure physical distancing is possible, registration is currently required for all Club events. As capacity is limited, please cancel if you are unable to attend. Refunds, if applicable, will only be processed for cancellations made 72 hours prior to the event's start date/time.


JANUARY EVENTS

07 **MEDITATION CLASS** 
Thursday, January 7
5:30 – 6:30 p.m.
Complimentary event
See December 3 description for full details.


12 **TCC BOOK CLUB:
THE RIDE OF A LIFETIME** 
Tuesday, January 12
5 – 7 p.m.
Complimentary event
In *The Ride of a Lifetime*, Robert Iger shares the lessons he learned while running Disney as CEO and leading its 220,000-plus employees; he explores the principles that are necessary for true leadership, including optimism.


14 **MEDITATION CLASS** 
Thursday, January 14
5:30 – 6:30 p.m.
Complimentary event
See December 3 description for full details.


14 **TCC SALON: SOCIAL ISOLATION
AND MENTAL HEALTH**
Thursday, January 14
6 – 9 p.m.
Complimentary event with the purchase of dinner
Kevin McCort, CEO of Vancouver Foundation will lead a Salon discussion about social isolation and mental health in the age of COVID-19.

15 **TCC LUNCH EXCHANGE** 
Friday, January 15
12 noon – 1:30 p.m.
Complimentary event at the Club (food & beverage available through The Grill) or live - on Zoom
Join other members for a power lunch! The Lunch Exchange is a member-led discussion series with a different focus each month. Topic to be confirmed.

21 **MEMBERS' NETWORKING LUNCH**
Thursday, January 21
12 noon – 1:30 p.m.
Complimentary event; food & beverage available through The Grill
Kick off 2021! Join the city's entrepreneurs, executives, and business and community leaders over a power lunch every third Thursday. This is a terrific opportunity to connect with other members representing diverse industries.

21 **MEDITATION CLASS** 
Thursday, January 21
5:30 – 6:30 p.m.
Complimentary event
See December 3 description for full details.

26 **TCC DISCUSSION GROUP: THE ROLE
OF COURTS IN POLICY-MAKING** 
Tuesday, January 26
7:15 – 10:30 p.m.
Complimentary event
Dr. Brian Bird (UBC School of Law) will speak about the role of courts in making policy – as the Americans would say, “originalist vs. activist” – especially with respect to the appointment of Amy Coney Barrett to the U.S. Supreme Court, which results in the Court having more conservative than liberal justices.

28 **MEDITATION CLASS** 
Thursday, January 28
5:30 – 6:30 p.m.
Complimentary event
See December 3 description for full details.

To ensure physical distancing is possible, registration is currently required for all Club events. As capacity is limited, please cancel if you are unable to attend. Refunds, if applicable, will only be processed for cancellations made 72 hours prior to the event's start date/time.

LIQUID ASSETS

FARMER FIZZ

Wednesday, December 2

5:30 – 6:30 p.m.

Complimentary event

What is this and why should I want to drink it? Learn all about Grower Champagnes, and why they matter, from Director of Wine, DJ Kearney. From the vineyard-to-glass story, the artisan growers, and how to pair with food, we will cover all the excitement behind this colossal movement. And yes, we have Farmer Fizz on our TCC wine list!

WINE & CHEESE PAIRING

Wednesday, December 9

5:30 – 6:30 p.m.

Complimentary event

Two of life's greatest pleasures are wine and cheese. Both are fermented, both are often aged, and both taste magical together! Learn how to put the right cheese with the best wine (red or white, fortified or sparkling) with many surprises, tips, and new cheese discoveries.

VIRTUAL EVENT – LIVE ON ZOOM 

2020 WINE ROUND-UP

Wednesday, December 16

5:30 – 6:30 p.m.

Complimentary event

Join DJ for a spirited, 'edutaining' look at 2020 – the trends, people, places, and yes, even COVID-19 and how it impacted the wine world. You'll get a peak behind the curtain about what's ahead, what's passé and a special list of the hippest wines of 2020.

FROM THE CELLAR

It's no secret that the events and catering business came to a virtual stand-still over the spring and summer. As a result, there is a larger-than-usual surplus of beautiful TCC wine in our cellars from the Loire Valley in France that was ordered in the fall of 2018.

Priced at *\$39 a bottle (\$468 per case)*, for a limited time the corkage fee will be waived so members can purchase mixed cases of 12 for just *\$300 plus tax*. Now that's a great deal! We only have 28 cases available. If you are interested, please email wine@tccclub.com to arrange pick-up.

TCC Private Label Sauvignon Blanc 2017, France

TCC Private Label Pinot Noir 2016, France

TCC Private Label Pinot Noir Rosé 2017, France



Holiday Meal Kits and Entertainment Kits

Home cooking has never been easier.

Visit: tcc2go.com to order.

Holidays at the Club

The holidays look a little different this year. Still, we have everything you need to brighten the season. Menus will be posted on Member Central when available.

FESTIVE FAMILY BRUNCH

December 13 & 20

10:30 a.m., 11 a.m. & 11:45 a.m.

\$75 plus tax & service charge

\$38 for children ages 4 – 12

Brunch is a family tradition at TCC. Dig in to this year's festive brunch, served **family-style**, featuring both savory and sweet options.

FESTIVE FAMILY DINNER

December 13 & 20

5:30 p.m., 6 p.m. & 6:30 p.m.

\$95 plus tax & service charge

\$48 for children ages 4 – 12

Come hungry; we've taken care of the rest. Enjoy a delicious three-course dinner served **family-style**.

HOLIDAY 3-COURSE LUNCH

December 9 & 11

11:45 a.m., 12 noon & 12:30 p.m.

\$65 plus tax & service charge

Our culinary team has designed a special **three-course choice menu** for the occasion.

HOLIDAY 4-COURSE DINNER

Wednesday, December 9

6 p.m., 6:30 p.m. & 7 p.m.

\$80 plus tax & service charge

Savour a **four-course choice menu** to celebrate the season.

FESTIVE GOURMET DINNER

December 11 & 12 - wait list only!

6 p.m.

\$90 plus tax & service charge

This special holiday edition of our Gourmet Dinner Series features a festive four-course dinner.

FESTIVE FAMILY-STYLE LUNCHEON

December 17 & 18

11:45 a.m., 12 noon & 12:30 p.m.

\$80 plus tax & service charge

Take a long lunch! Treat your team to a three-course luncheon served **family-style**.

FESTIVE FAMILY-STYLE FEAST

December 17 & 18

6 p.m., 6:30 p.m. & 7 p.m.

\$100 plus tax & service charge

Celebrate the holidays with your nearest and dearest; come together over this four-course dinner served **family-style**.

Register online at Member Central, or by contacting Member Services: conciierge@tcclub.com / 604-681-4121 (call) / 604-200-2279 (text).

Holiday Gift Guide

CHRISTMAS CARRY OUT

Show your appreciation to family, colleagues, clients, and friends this holiday season with TCC's Christmas Carry Out! We're thrilled to offer a fresh new selection of Christmas gift boxes, handpicked for you with quality ingredients so that you can bask in the limelight of Saint Nicholas himself! Order forms are available at Member Services and the Fitness Centre until 12 noon, Friday, December 18. See the back cover of the newsletter for more information.

**Christmas Carry Out (with the exception of wine orders) go toward your quarterly minimum food spend.*

TCC WINE SET

TCC's red, white, and rosé are the perfect gift or virtual party companion this holiday season. Looking for something else? Contact wine@tcclub.com for special recommendations.

MEMBER WALL PLAQUES

Leave a legacy at your home-away-from-home. Make a gift in your loved one's name with a personalized Member Wall plaque; all proceeds are used to enhance your Club's facilities. A limited number of plaques remain so secure your spot today! Contact Director of Membership, Jennifer Silver at jsilver@tcclub.com or 604 488 8611.

SPOUSAL MEMBERSHIP

Share your love of the Club! Give the gift of membership. Spousal and Intermediate memberships are available to your immediate family members. To learn more, contact Amanda Jun at joinus@tcclub.com or 604 488 8647.



HAVE YOU HEARD



UPCOMING GRILL RENOVATION

The Grill will be undergoing an extensive transformation in the new year. Our designers are hard at work to give you an eye-catching, functional space to enjoy family dinners, catch up with friends, or meet clients over lunch. You'll see some big changes. Here's a preview of the inspiration for the renovation so far. We'll keep you informed of any progress updates and construction notices along the way.

Congratulations to **Dr. Damon Ramsey**, CEO and Co-Founder, of InputHealth, a digital health company that has just been named one of Canada's Top 50 Companies to Watch by Deloitte. InputHealth is charting new courses in healthcare by connecting patients and providers through the Collaborative Health Record (CHR), a cloud-based platform that has transformed the traditional medical record into a vehicle for patient engagement and practice automation. InputHealth's impressive client portfolio includes the Mayo Clinic, the Universities of British Columbia and Ottawa, the Canadian Mental Health Association, and clinics across Canada, the U.S., New Zealand, and Australia



Congratulations to the following members who were recently recognized on *Vancouver Magazine's* annual Power 50 list:

Chris Gardner

President, Independent Contractors and Business Association

Jimmy Pattison

Chairman & CEO, Jim Pattison Group

Terry Hui

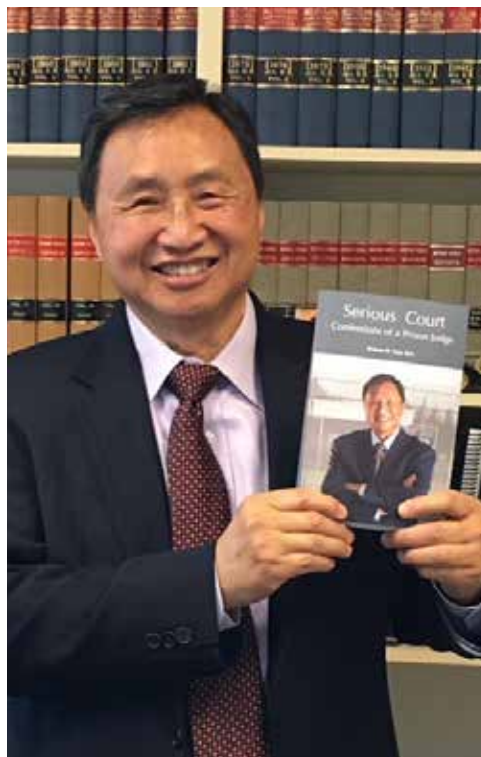
CEO, Concord Pacific

Santa Ono

President, UBC

Gerri Sinclair

BC Innovation Commissioner



Congratulations to **Nelson M. Tsui, QC**, on the publication of *Serious Court: Confessions of a Prison Judge*. His book provides insight into the world of prison inmates and the disciplinary court (officially known as Serious Court) within the Canadian federal penitentiaries. It contains real stories of prisoners – many are hilarious, most are heartbreaking, and all are unique. In his early life, Nelson worked at the Correctional Service of Canada before pursuing a private law practice. He also contributed regularly to *Sing Tao Daily*, winning the 1996 Global Professional Chinese Writers' Competition – political commentary category – awarded by the government of Taiwan. In 2002, he was appointed a disciplinary prison judge in federal penitentiaries, and continued service for 15 years. The Queen's Golden Jubilee Medal was awarded to Nelson in 2002 for his community contributions.

STEWART MARSHALL

MEMBER OF THE MONTH

It can be said that Stewart Marshall's grand journey at Terminal City Club began with a meal – a great meal, a meal befitting the remarkable adventure ahead. That was 50-plus years ago. At the time, Stewart was a West Vancouver elementary school student; his father was a TCC member in high standing.

“My dad brought me here as a kid,” he recalls. “And what I remember most fondly was the seafood smorgasbord and the clam chowder.”

Of course, it was a different club back then. In those days, TCC was almost exclusively a refuge for businessmen – an escape from the office where work was conducted often over the course of a few drinks and much laughter.

“Dad was in finance,” Stewart says. “He was an accountant by profession, who went into consulting and eventually found himself working for Jimmy Pattison in the late 60s.”

When it came time to forge his own path, Stewart chose to walk in his father's footsteps, as young men so often do. He went to UBC, earned his Bachelor of Commerce, then set out to build a career in investment management – a career that, by every measure, was triumphant.

For 23 years, he worked at Phillips, Hager & North Investment Management. His expertise was in managing portfolios for institutional clients, such as pension plans and endowment funds. Stewart was a partner when Royal Bank stepped in and purchased the smaller firm.

“We thought we were pretty big at PH&N, but when you begin working for something the size of RBC you have a different perspective on what big means,” he says with a smile. “I hung around for five years following the sale, fulfilled all my commitments, then was able to retire about seven years ago.”

Today he's 61, so, doing the math, he beat “freedom 55” by a year. His two boys, Adam



and Charlie, are young men now, and his wife, Sunny, sees more of him than ever.

“I'd be lying if I said I didn't have some trepidation about going into retirement. I had been getting up at 5 a.m. for 35 years, working for a driven company, and now I am just going to shut it off. The thought of that alarmed me a little. What was I going to replace it with? My worries were all for not. I've found the adjustment easy and richly enjoyable. I feel so fortunate.”

Stewart hasn't remained idle by any means. He continues to work at his fitness with the ferocity of a man half his age. Not surprising, since it was fitness that first attracted him to joining TCC – his dad's old club, the business place with the great clam chowder.

“This Club, the place where we now stand, hadn't been built yet when I saw a model for the proposed facility in the old Metropolitan Building. It was being built a few minutes from my office and there were plans for this stunning gymnasium complete with squash courts. I was an avid squash player and my former club was getting ready to close, so joining TCC was an easy decision.”

These days, Stewart plays a lot of golf, hikes the old growth forest trails of the North Shore and focusses much of his activities on cross-training. And then there is squash, which he still loves and still plays.

“There is so much more to that game than just bashing the ball,” he says, explaining how a match requires, strategy, strength and stamina. “There are just so many cool things that factor into a game.”

Stewart has also kept busy through his “retirement” doing work on three boards: GOLFTEC, the UBC Institute of Mental Health and Terminal City Club. In the new year – pending formal appointment – he will ascend to the highest position on the TCC board, taking over the presidency from Joe Corea who did amazing work steering the board through the difficult months of living Covidly.

“The Club has changed so dramatically over the years,” Stewart says. “The Club I knew when my dad was a member was prestigious but stuffy. At least that's how it struck me. When I joined, I was attracted to the gym, but surprised myself how much I used it for business. Today, it's very much a place to socialize and participate in activities.”

But it was the stuff bred in the bones of this Club that, in time, he grew to deeply respect and cherish – the community of membership.

“I've been on the board for eight years and we are always asking: ‘What must the Club look like going forward?’ Everywhere all over the world, business clubs are struggling. We knew we have to always change, to always be something more to members. Anyone who has been here for the past decade will attest the place has become almost unrecognizable from where it was. In a good way.”

Getting the Club through the trials of a pandemic will be Stewart's top priority when he is appointed President. After that, it will be back to the business of change and growth.

COPEMAN CORNER

THE ROLE OF NUTRITION IN SUPPORTING A STRONG IMMUNE SYSTEM

Linda Cuda

Our immune system is a complex and integrated system that protects from bacteria, viruses and toxins, as well as safeguards us against many chronic diseases. Nutrition is vital to building and supporting a strong immune system, something we want to maintain in optimal condition during the COVID-19 pandemic.

How nutrition supports optimal immune function

The immune system is supported by nutrients, and a steady stream of nutrients supports many important immune-related functions. For example:

- Proteins provide the building blocks for the immune system, and glutamine, a major fuel source for immune cells
- Healthy fats dampen inflammation and help absorb fat-soluble vitamins
- Carbohydrates help minimize the risk of upper respiratory tract infections after prolonged, intense exercise

8 nutritional strategies to help support your immune system:

1. Feast on a variety of fibre-rich plant foods, especially colourful fruits and vegetables
2. Ditch processed inflammatory “food-like” products
3. Incorporate healthy fats such as olive oil, nuts, seeds and fatty fish into meals and snacks
4. Drink lots of water, moderate alcohol consumption, and think twice about reaching for that pop or energy drink
5. Avoid restrictive diets if you can
6. Eat until you are 80% full—well nourished, yet not overfed
7. Keep your gut healthy and enjoy prebiotic-rich foods such as avocados, asparagus, bananas, radicchios, leeks, garlic, and probiotic-rich foods such as cheese, kimchi, sauerkraut and yogurt
8. Try to avoid supplements by eating a well-balanced diet, however,

9. If food alone can't offer enough nutrition, consider tailored nutrient supplementation with your doctor and dietitian



For more information about Copeman Healthcare please visit copemanhealthcare.com or contact Tia Young at 604 889 8343 or tyoung@copemanhealthcare.com.

**Do you know
anyone interested
in membership?**

Connect your interested friends and colleagues
with your membership team:

Amanda Jun & Jennifer Silver
joinus@tcclub.com or **604 488 8647**



**TEMPORARY CLOSURE – EXERCISE ROOM ONLY (NEW GYM EQUIPMENT INSTALLATION):
WEDNESDAY, DECEMBER 9 • HOLIDAY CLOSURE: DECEMBER 24, 25, 26 & JANUARY 1**

POLICIES

COVID-19 SPECIAL RESTRICTIONS

At this time, a **reservation is required** to use the Fitness Centre (gym, pool, squash). Please contact Member Services to make your bookings.

Members may book up to three time slots a week; time slots are one-hour during peak hours and 90-minutes during off-peak hours.

SAUNA & STEAM ROOM POLICY

Mandatory full body showers are required before entering the sauna and the steam-room. There may only be one person at a time unless joined by a second person from the same household (maximum of 2 people in the steam-room or sauna at a time). Member must inform the Fitness Centre staff prior to using either room (to ensure the room is sanitized before next use).

EXERCISE ROOM POLICY

There is a maximum of 12 people in the gym at one time. Each reservation will be 60 or 90 minutes (inclusive of changing, exercising and showering).

AS A COURTESY TO OTHER MEMBERS, IF YOU ARE UNABLE TO MAKE YOUR BOOKING, PLEASE REMEMBER TO CANCEL.

The guest policy has also been amended temporarily; members may only bring their spouse and children under 19 (i.e. same household) to use the Fitness Centre with them. Please do not bring food or drinks other than water to the gym.

SQUASH COURT POLICY

Sanitize the door handles before entering and after completing play. Please play solo unless joined by a second person from the same household.

SWIMMING POOL & HOT TUB POLICY

Full body showers are mandatory before entering the swimming pool and hot tub. Only one person may use the hot tub at a time unless the member is joined by a second person from the same household. Only one person per lane unless the member is joined by a second person from same household (maximum of 2 people per lane at a time). Only two lanes can be shared. There should be a maximum of 6 people in the pool at one time. Members may book one lane for 60 or 90 minutes slot.

You will be able to place your reservation in the following way:

- Email concierge@tcclub.com
- Via phone at 604 681 4121
- Via text at 604-200-2279

Please indicate your preferred date and time of day (morning, afternoon, night) and we will respond with available options.

MASKS ARE MANDATORY IN THE FITNESS CENTRE

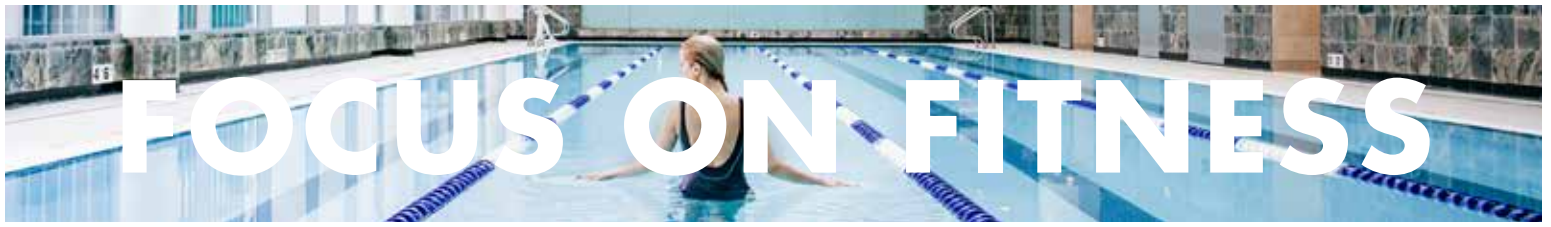
Locker-room: Masks are mandatory unless showering, using the sauna or steam-room.

Swimming Pool Area: Masks are mandatory unless entering the swimming pool or hot tub.

Squash Courts: Masks are mandatory until players enter the court and the door is closed.

Exercise Room: Masks are mandatory when moving around the exercise floor; members may only remove their mask when performing strenuous exercises on a cardio machine or on a selectorized/free weight area. Masks must be worn when moving from one equipment to another or on a stretch mat.





**TEMPORARY CLOSURE – EXERCISE ROOM ONLY (NEW GYM EQUIPMENT INSTALLATION):
WEDNESDAY, DECEMBER 9 • HOLIDAY CLOSURE: DECEMBER 24, 25, 26 & JANUARY 1**

FITNESS

ZOOM CLASSES

F.I.T. WITH RACHEL

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, 7 – 8 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.

CARDIO & CORE WITH LEILA

Tuesdays, 1:15 – 2:15 p.m.

Stand straighter, walk taller, and move better when you commit to this class! Full-body cardio sculpting moves are followed by a variety of exercises that improve strength and stability.

MAT PILATES WITH ZORICA

Wednesdays, 6:30 – 7:30 a.m.

Zorica Jovic is a BASI®-certified Pilates Instructor and an award-winning gymnast. Pilates hits both large and small muscle groups, giving added strength and improved mobility. *Private classes with Zorica are also available.*

CARDIO KICKBOXING WITH LEILA

Wednesdays, 12 noon – 1 p.m.

Kick off fall with this fun, non-contact workout engaging every muscle group in your body. This high-energy class combines boxing skills and drills; 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, flexibility, and balance, all at once!

SCULPT & STRETCH WITH LEILA

Thursdays, 12 noon – 1 p.m.

This low-intensity class utilizes non-impact body weight movements. This class is perfect if you are nursing an injury, tight from your sport, or just sore from being active.

PURE CORE WITH LEILA

Fridays, 12 noon – 1 p.m.

Strengthen and tone your entire midsection. Pure Core exercises focus on improving back strength, spine stability, enhancing abdominal definition, and leaning your waistline.

F.I.T. WITH STRENGTH WITH LEILA

Saturdays, 9 – 10 a.m.

Start your weekend right with this high energy full-body intensity training class. Increase strength, improve endurance and burn calories. You will be able to incorporate added resistance to any of the exercises or simply use your own body weight.



Register for virtual fitness classes online at Member Central





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SWIM

SWIM LESSONS

Private swim lessons with John Ryan are a structured but fun program that anyone can benefit from. Improve your technique, try new strokes, increase stamina, or just gain confidence being in the water. Inquire at the Fitness Centre front desk.



TRAINING

PERSONAL TRAINING WITH MILFIT

MilFit personal training is a private one-on-one session designed to focus attention 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 customize on-going personalized exercise programs that will be specific towards achieving your best possible health, fitness and well-being.

Contact Milwina Guzman for more information at milwina@milfit.com.

FITNESS SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|--------------------|--------------------------|------------------------------|-----------------------------|----------------------|---------------------------|
| 6:30 a.m. | | | Mat Pilates with Zorica | | | |
| 7 a.m. | | Vinyasa Yoga with Clare | | Power Flow Yoga with Rachel | | |
| 7:15 a.m. | | | | | | |
| 7:30 a.m. | | | | | | |
| 8 a.m. | | | | | | |
| 9 a.m. | | | | | | F.I.T Strength with Leila |
| 9:15 a.m. | | | | | | |
| 9:30 a.m. | | | | | | |
| 12 p.m. | F.I.T. with Rachel | | Cardio Kickboxing with Leila | Sculpt & Stretch with Leila | Pure Core with Leila | |
| 12:15 p.m. | | | | | | |
| 12:30 p.m. | | | | | | |
| 1 p.m. | | | | | | |
| 1:15 p.m. | | Cardio & Core with Leila | | | | |
| 1:30 p.m. | | | | | | |
| 1:45 p.m. | | | | | | |
| 2 p.m. | | | | | | |
| 2:15 p.m. | | | | | | |

SQUASH

RACQUET STRINGING AVAILABLE

Have you had a racquet restringing in the past year? If not, your game may be affected. Strings tend to lose tension over a period of six to eight months; and with a new restringing, your shots will have more control and spring in them. Please see the attached restringing prices sheet for details, or the Fitness Centre front desk.



CHRISTMAS CARRY OUT

Limited quantities available – order early!

Display boxes are available for viewing at Member Services

CLUB EXCLUSIVES

great for giving

Wonderland Gift Box – \$99

Add red or white wine – \$129

Including: Ouro d’Oliva cold pressed extra virgin olive oil, Cucina Amore Balsilico pasta sauce, Fattoria 6 year aged balsamic, Quillo truffle chips, Fossier Sable biscuits with caramel.

TCC Wine & Cheese – \$90

Includes red or white wine

Spread holiday cheer with this hand-picked selection of TCC private label wine paired with Salt Spring Island Blue Juliette, Island Brie, port-soaked Stilton, Queen City gluten-free crackers, orange candied hazelnuts, and dried fruit.

Terminal City Club Private Label Wine

3-Bottle Gift Pack – \$90

*White, Rosé, Red
Sparkling, White, Red
Sparkling, Rosé, Red*

SAVORY OFFERINGS

christmas classics to enjoy

Marinated Raw Turkey Breast – \$50

Confit Turkey Leg – \$40

Apple Walnut Stuffing – \$20

Charred Brussels Sprouts – \$18

Maple Butter Carrots – \$18

Potato Asiago Gratin – \$22

Turkey Gold Gravy (1L) – \$20

Cranberry Orange Chutney (500mL) – \$13

Marinated Raw Oven Ready 2-Bone

Prime Rib Roast (2.5kg) – \$110

Oven Ready Raw Salmon Fillet (2lb), Maple Mustard Glaze – \$45

Traditional Tourtière, San Marzano

Spiced Tomato Jam – \$45

HOLIDAY MEAL KITS

for the home cook

Prime Rib Meal Kit – \$295

serves 4 – 6 people

Pretzel rolls & butter, butternut squash soup, 2-bone oven-ready Prime Rib Roast (2.5kg), Yorkshire pudding, asiago potato au gratin, maple carrots, charred Brussels sprouts, red wine jus, horseradish.

Turkey Dinner Meal Kit – \$275

serves 4 – 6 people

Butternut squash soup, oven-ready marinated turkey breast, confit turkey leg, apple walnut stuffing, asiago potato au gratin, maple carrots, charred Brussels sprouts, turkey gold gravy, and cranberry orange chutney.

Vegan Meal Kit – \$100

serves 2 – 4 people

Celeriac soup, apple walnut stuffed roast butternut squash, savory cauliflower chickpea hot cakes, maple caramelized yams & roasted red onions, harissa carrots, charred Brussels sprouts, mushroom jus.

SWEET OFFERINGS

fresh from the kitchen

Christmas Pudding (1kg) – \$45

Mincemeat Tarts (dozen) – \$35

Shortbread Cookies (dozen) – \$30

Sticky Toffee Pudding – \$40

Rum & Eggnog Cheesecake – \$45

Vegan Apple Pie – \$45

Christmas Selection Box – \$65

2 dozen assorted treats, including mincemeat tarts, shortbread, gingerbread men, and thumbprint jam cookies.

ENTERTAINMENT KITS

take the hassle out of hosting

Artisan Cheese & Charcuterie Kit – \$110

serves 4 – 6 people

Selection of 4 artisan cheeses (100g each), selection of 3 types of charcuterie (100g each, sliced), house-made country pork terrine (150g), duck rillettes (150g), marcona almonds, spiced mixed olives, cornichons, apple butter, organic baguette, crackers.

Chilled Seafood Kit – \$125

serves 4 – 6 people

Citrus poached prawns (1lb, 21/25), scallop ceviche (300g), cold smoked sockeye salmon (250g), maple smoked salmon (250g), ahi tuna tataki (250g), spicy yuzu aioli, cocktail sauce, pickled onions, lemons.

Breads & Spreads Kit – \$90

serves 4 – 6 people

Carrot chickpea hummus, turmeric roasted cauliflower platter (beets, caramelized onions, edamame, baby kale, goat cheese, sunflower seeds, cashew dukkah, lemon), Lions Pub spinach & artichoke dip, smoked salmon cream cheese & dill spread, 2 organic traditional baguettes, tortilla chips

***Pick up your order form at
Member Services or at the
Fitness Centre desk.***

Prices are exclusive of tax. Orders are processed Monday to Friday 9 a.m. – 4 p.m. The final deadline for orders is noon on Friday, December 18. All orders must be picked up by noon, Wednesday, December 23. Please allow 48 hours for delivery or pickup.

*Holiday Meal Kits are also available at
tcc2go.com.*