

TERMINAL CITY TIMES




FEBRUARY 2021 • VOL. 28 NO. 2

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



837 West Hastings Street
Vancouver, BC
V6C 1B6
Canada

Call : 604 681 4121
Text : 604 200 2279
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 – Wednesday : 11 a.m. – 8 p.m.
Thursday – Friday : 11 a.m. – 10 p.m.
Saturday & Sunday : closed

HOLIDAY CLOSURE

Please note that all areas of the Club, including Lions Pub, will be closed on Monday, February 15 for Family Day.

NEW MEMBERS

Welcome to our new members!

Megan Dalton	Hilary Meredith
Sean Flynn	Vincent Nguyen
Mary Gallop	Gary Parmar
Maria Huynh	Bruna Rampon
Karissa Kelln	Cassandra Schwiede
Al McCullough	Lisa Stout
Roya Momeni	Jane Talbot
Mecca Menard	

CANCELLATION POLICY

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.



Meal Kits & more

Home cooking has never been easier.

tcc2go.com



share the love

Give the gift of membership this Valentine's Day!

Terminal City Club offers a truly amazing Spousal subscription of \$950, with annual dues of only \$585, and no quarterly minimum food spend.

Invite your partner to enjoy all the benefits our Club has to offer.

joinus@tcclub.com
604 488 8647

TERMINAL CITY CLUB



IT'S NOT TOO MUCH TO MASK



CSCM

The Canadian Society of Club Managers

Club of the Year 2020

PRESIDENT'S LETTER



DEAR FELLOW MEMBERS,

I'm tired of COVID-19. Thank goodness there's football.

I love the NFL playoffs. We've seen some spectacular football the last few weeks, but often overlook the basics: blocking and tackling. You're probably wondering "How does this relate to the Terminal City Club?" Well, COVID-19 has devastated many businesses in Vancouver, in Canada, and around the world. Fortunately, our Club is weathering the storm relatively well (emphasis on relatively).

It helps that we entered pre-pandemic 2020 in a strong financial position, achieved through a sustained effort over the past several years to grow our business. The financial crisis of 2008/09 exposed weaknesses in our game plan that have since been corrected. Basic things, blocking and tackling. These included:

- Paying down long term debt by \$2.6 million between 2015-2020. Long term debt now stands at \$6.5 million. We have also reduced the average weighted interest rate on our three loans to 4.38%.
- In 2012 the Board established a Capital Reserve Fund, that fund has paid out \$2.4 million since inception and has a value of \$1.9 million today – this money is set aside to repair and upgrade the building's infrastructure as well as things that we take for granted like the roofs, parking lot repairs, plumbing and elevators.

- Crawling out from under the financial burden of the Club's pension plan, which was wound up between 2013 and 2017.
- Shedding the management of hotel operations in 2014, which freed the Club from an arrangement that had required a great deal of work in return for very little monetary gain.

These efforts – and others outlined in our Strategic Plans – have paid off, with TCC's membership showing a net gain of about 64 Shareholding members per year since 2015, and revenue numbers steadily increasing over the past five years. Our success was highlighted this past Fall, when Terminal City Club was announced as the winner of the CSCM's "Club of the Year" for 2020.

The financial steps outlined above prepared us well for an economic downturn, although nothing in our planning could have prepared us for the challenges of COVID-19. Government programs and wage support helped the Club to defer and/or minimize the blow to our employees. Management were forced to pivot our various lines of business on a dime. Back to basics, blocking and tackling.

The Terminal City Club is on a more stable financial footing than many in our industry, but it is hardly a time to relax. Necessary public health measures dealt a blow to food and beverage revenues, reducing them over 70%

year-over-year March to December. The pandemic has significantly decreased revenue from the TCC parking lot and the Lions Pub. Businesses that rent space around the perimeter of the building are struggling, and need our understanding and patience. While TCC membership numbers have seen a small net increase since March 2020 (a remarkable feat in itself), many of our previously very active members are (understandably) spending less time, and therefore money, at the Club.

All this to say that 2020 and 2021 will likely go down as two of the most challenging years in the Club's 128-year history. Nonetheless, your Board is up to the challenge. Terminal City Club will survive this challenge and thrive in the years to come, as it has done emerging from other crisis periods of the past.

Like any team, we are only as strong as our members, so let me thank you again for your understanding, support, and loyalty. It makes a world of difference to our success.

I hope you are able to take some time out to enjoy the Super Bowl, but don't get caught offside – make a plan for Valentine's Day, just around the corner!

Sincerely,

Stewart Marshall
Terminal City Club President

WHAT'S ON AT THE CLUB

FEBRUARY //

WEDNESDAY, FEBRUARY 3	📺 Beer 101: How to Tell an Ale from a Lager
THURSDAY, FEBRUARY 4	📺 Meditation Class
SUNDAY, FEBRUARY 7	Super Bowl LV
MONDAY, FEBRUARY 8	📺 Travel Group: Exploring Local
TUESDAY, FEBRUARY 9	📺 Book Club: <i>Talking to Strangers</i>
WEDNESDAY, FEBRUARY 10	📺 Wine:30 - Wine's F-Word - Fortified Wines
THURSDAY, FEBRUARY 11	📺 Meditation Class
FRIDAY, FEBRUARY 12	Lunar New Year (Year of the Ox)
SATURDAY, FEBRUARY 13	Valentine's Day Dinner in 1892
SUNDAY, FEBRUARY 14	Valentine's Day
MONDAY, FEBRUARY 15	Family Day - Club Closed
WEDNESDAY, FEBRUARY 17	📺 Wine:30 - Undiscovered Gems from France
THURSDAY, FEBRUARY 18	Members' Networking Lunch 📺 Meditation Class
FRIDAY, FEBRUARY 19	📺 Lunch Exchange: Social Media Censorship
TUESDAY, FEBRUARY 23	📺 Discussion Group: Love - Ask an Economist
WEDNESDAY, FEBRUARY 24	📺 Wine:30 - Insider's Guide to Oregon
THURSDAY, FEBRUARY 25	📺 Meditation Class
FRIDAY, FEBRUARY 26	Gourmet Dinner

TO REGISTER

For more information, contact us!

ONLINE: at Member Central

CALL: 604 681 4121

EMAIL: concierge@tcclub.com

TEXT: 604 200 2279

📺 Virtual event - Live on Zoom



drink features

FEATURE BEERS: \$3

Because, beer.

FEATURE WINES: \$6 FOR 6 OZ. / \$9 FOR 9 OZ.

A dollar an ounce!

BARTENDER'S CHOICE COCKTAILS: \$12

Spice it up and try the weekly Bartender's Choice feature.

Feb. 01–06 • Bee's Knees

A classic Prohibition-era cocktail made with gin, lemon, and honey.

Feb. 07–13 • Bijou

A crisp and rich vintage classic.

Feb. 14–20 • Enzoni

Think: Negroni, but with citrus freshness and grapefruitiness.

Feb. 20–27 • Campden Cocktail

A resurrected treasure from The Savoy Cocktail Book.

LIVE MUSIC

5:30 – 8:30 P.M.

THURSDAYS • FRIDAYS • SATURDAYS

02 • 04 - Paul Filek
02 • 05 - Rob Eller
02 • 06 - Melanie Dekker
02 • 11 - Dave Martone
02 • 12 - Cassandra Bangel
02 • 13 - Adam Thomas

02 • 18 - David Capper
02 • 19 - Adam Thomas
02 • 20 - Rob Eller
02 • 25 - Dave Martone
02 • 26 - Vicky Sjahall
02 • 27 - Neal Ryan

*02 • 14 - Cassandra Bangel

**Valentine's Day special*

LIQUID ASSETS

BEER 101: HOW TO TELL AN ALE FROM A LAGER

Wednesday, February 3

5:30 – 6:30 p.m.


 Complimentary event

Beer was brewed long before wine was made. Join TCC Wine Director DJ Kearney for a beginner's guide to beer and learn how to tell your ales from lagers, bitters from lambics, and who brews the best beer. If you love wine, you'll learn about styles of beer that are surprisingly wine-like, and how to pair them with food. Winemakers love beer, frequently declaring that it takes a lot of beer to make good wine!

WINE:30 - WINE'S F WORD - THE WORLD OF FORTIFIED WINES

Wednesday, February 10

5:30 – 6:30 p.m.

 Complimentary event

For centuries, fortified wines dominated the world. Port, Sherry. Madeira and Marsala are famous and historic styles of wines that are strengthened by added spirit. Fortifieds were the most consumed wines until the 1960s in North America and have long been revered in Europe. Extraordinarily diverse and complex, join DJ for a spirited look how fortified wines are made, how to creatively pair them, and how they are cycling back into fashion.

WINE:30 - UNDISCOVERED GEMS FROM FRANCE

Wednesday, February 17

5:30 – 6:30 p.m.

 Complimentary event

Burgundy, Bordeaux, and Champagne steal all the thunder when it comes to French vinous fame, but there are many secret regions that are home to esoteric grapes and thrilling wines. Wine's greatest strength is diversity, and life's too short to drink the same old, same old! Expand your French wine horizons and learn where the gems, bargains, and insider wines grow.

WINE: 30 - INSIDER'S GUIDE TO OREGON

Wednesday, February 24

5:30 – 6:30 p.m.

 Complimentary event

We might as well call it "Orgundy." This Pacific Northwest state is Pinot Noir's second spiritual home, but did you know Oregon is also home to riveting Riesling, plush Pinot Gris, and charming Chardonnay? DJ will tour you around this Cascadian state from north to south, and introduce you to the up-and-coming estates, as well as the ones who helped forge Oregon's stratospheric wine reputation.

 VIRTUAL EVENT – LIVE ON ZOOM

New Wines

Drink like Dionysus! We are launching two Greek wines that celebrate native grapes and the Aegean sun. **1 Gai'a Thalassitis** (say Yay-ya) is made from Assyrtiko grapes grown on Santorini's wild volcanic slopes. It's bone-dry and full-bodied with racy acidity and lengthy saline finish. It's like Chablis from Greece. Try **2 Gai'a Agiorgitiko** (Ah-yohr-YEE-tee koh), a suave, gently oaked red that tastes a little like ripe Merlot or Malbec.

If you're in the mood for Chef Dan's Grilled Scallops and Pork Belly or a seafood salad, you'll love our new Albariño called **3 La Marimorena** from coastal Spain. Dry and snappy with pear and zingy lemon flavours, the label is just as eye-catching.



4 Lacerta Cuvée X was a crowd favourite at our Romanian wine tasting in the fall. Lush and elegant, it blends French and local grapes. We also have a chic new Sauvignon Blanc that's made **5 Château de Tracy** famous since 1396.

Emmolo is part of the illustrious Caymus wine family, and their **6 Napa Merlot** is made by Jenny Wagner, who's following in the footsteps of her famous dad, Chuck.

Magisterial **Amarone** is meant for savouring with a prime steak, so we tempt you with a bottle of biodynamic and stylish **7 Musella Riserva 2012**, or structured **8 Speri 2015** – our two newest gems from the Amarone zone. Both are from sensational vintages, and both are splendid antidotes to February's chilly weather.

February Events




MEDITATION CLASS

Thursdays

February 4, 11, 18, 25

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.



SUPER BOWL LV

Sunday, February 7

3:30 p.m.

Reservations strongly recommended

**Please note: current public health restrictions will apply*

Catch the Super Bowl in the Members' Lounge (sold out!), Skidmore Room, or Lions Pub! We'll be offering sweet drink specials and a themed menu for the occasion.



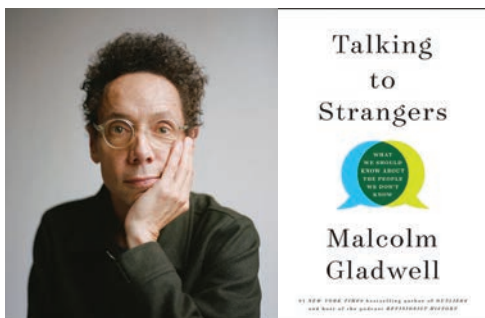
TRAVEL GROUP: EXPLORING LOCAL

Monday, February 8

5 – 6:30 p.m.

 Complimentary event

Though international travel still looks to be in the distant future, we're hoping restrictions will relax enough to allow some local adventuring this summer. What's on your BC bucket list, when it's safe to travel? Join the group for an open and casual conversation, and see where the evening takes you!



BOOK CLUB: TALKING TO STRANGERS

Tuesday, February 9

5 – 7 p.m.

 Complimentary event


Malcolm Gladwell argues that something is very wrong with the tools and strategies we use to make sense of people we don't know. And because we don't know how to talk to strangers, we are inviting conflict and misunderstanding in ways that have a profound effect on our lives and our world.

**Get a head start on the March 9 selection: Demi Moore: Inside Out.*

WINE:30

WITH DIRECTOR OF WINE, DJ KEARNEY

Wednesdays, 5:30 – 6:30 p.m.

 Complimentary events

Turn to Liquid Assets on page 5 for the full roster of wine events and offerings.

 Virtual event - live on Zoom

February Events



VALENTINE'S DAY DINNER IN 1892

Saturday, February 13

Reservations available from 6–7 p.m.

*Only 30 seats available.

\$65 plus tax & service charge

Treat your sweetheart to a relaxed, yet elegant evening at the Club. Make the night extra special with a bouquet and a chilled bottle of Champagne, tableside. See page 8 for the three-course menu and curated wine list, as well as additional weekend offerings available in the Grill.



MEMBERS' NETWORKING LUNCH

Thursday, February 18*

12 noon – 1:30 p.m.

*Event will run if public health orders allow.

Complimentary event with the purchase of lunch à la carte from the Grill; registration required

Join the city's entrepreneurs, executives, and community leaders over a power lunch every third Thursday. This is a terrific opportunity to connect with other members representing diverse industries.



LUNCH EXCHANGE: SOCIAL MEDIA CENSORSHIP

Friday, February 19

12 noon – 1:30 p.m.

 *Complimentary event*

*Event will also be offered at the Club if public health orders allow.

After Twitter, Facebook, and Instagram removed various individual accounts and chat groups there's now a debate as to whether social media giants are censoring and preventing various freedoms of speech and expression. Are we on a "slippery slope" as some critics argued? Join the discussion on censorship at this month's edition of the Lunch Exchange.



DISCUSSION GROUP: LOVE - ASK AN ECONOMIST

Tuesday, February 23

7:15 p.m.

 *Complimentary event*

Love – the purview of philosophers, poets, romantics – or so you thought – how about economists? For the month of romance, Dr. Marina Adshade (Vancouver School of Economics) will lead a discussion on how economics can explain a lot about sex and love. If you're keen, pick up a copy of her book, *Dollars and Sex: How Economics Influences Sex and Love*.



GOURMET DINNER

Friday, February 26

6 – 9 p.m.

\$90 plus tax & service charge; optional wine pairings available

TCC's Gourmet Dinner Series is a member favourite. Enjoy a beautiful four-course menu in elegant 1892. Make a reservation and leave the rest to us. Save your seat early; this dining experience always sells out!

To register for an event, contact Member Services at 604 681 4121 (call), 604 200 2279 (text), concierge@tcclub.com, or book online at tcclub.com.



3-COURSE DINNER IN 1892

Saturday, February 13

Reservations from 6–7 p.m.

\$65 plus tax & service charge

Make the night extra special with a bouquet and a chilled bottle of Champagne, tableside.

FIRST

Octopus Carpaccio

*orange anise vinaigrette, garlic chips,
shaved fennel, spring onions*

or

Roasted Beet Salad

*caramelized yoghurt, candied almonds,
picked mint, grated feta*

SECOND

Roasted Duck Breast and Lobster Tail

*half duck breast, porcini powder, beet and tamari jus,
aburi-style lobster, potato pavé*

or

Smoked Japanese Eggplant

*saffron squash puree, san marzano sauce,
picked dill, edamame*

THIRD

Pistachio Raspberry Opera

or

Milk Chocolate Bavaois

CUPID'S CELLAR

Pre-order a bottle of bubbly from this curated list and we'll have it chilled and ready for your Valentine's Day reservation. If you're staying in this year, consider a bottle to go. Or, slip a couple of these gems into your wine locker for a special occasion. You'll thank yourself later! Contact wine@tcclub.com for more information.

Vintage Champagne

2015 Marie Courtin Résonance Extra Brut	98
2013 Larmandier-Bernier Terre de Vertus Premier Cru Brut Nature	168
2008 Pol Roger Sir Winston Churchill Brut	355

Non Vintage

Veuve Clicquot Brut	110
Veuve Clicquot Brut Rosé	141
Charles Heidsieck Brut Réserve	111
Taittinger Brut Rosé	160
Egly-Ouriet Brut Rosé	194
Krug Brut Grande Cuvée	377

Sparkling

Vaporetto Prosecco Extra Seco, Italy	39
L'Ormarins Brut Classique, Western Cape, South Africa	58
Fita Preta Sexy Blanc de Blanc Brut, Portugal	62
Gusbourne Brut Reserve, England	104

VALENTINE'S WEEKEND IN THE GRILL

Saturday, February 13 & Sunday, February 14

seafood pasta feature • decadent dessert • live music

Enjoy a relaxed Valentine's Day in the Grill! Consider trying one of our new wines alongside dinner. See page 5 for Wine Director DJ Kearney's expert insight. Don't forget our member favourite Prime Rib offering is also available on Sundays!





ALL DAY HAPPY HOUR

Celebrate the end of Dry January with All Day Happy Hour through February! Enjoy \$5.50 pints of Red Truck, Parallel 49, and Russell beers plus House Red and White Wines.

MEMBERS' FOOD DISCOUNT

Don't forget! Place charges to your member account and receive 10% off on food. Be sure to check out our Fresh Sheet, featuring seasonally inspired dishes.

CANUCKS BURGER & BEER SPECIAL

Hockey is back! Catch all your Vancouver Canucks action in the Pub. Settle in for the game with our Canucks Burger & Beer Special for \$20.

SUPER BOWL LV

Have you made a reservation? Contact lionspub@tcclub.com or call 604 488 8602.

CRAFT BEERS

Try something new! We've got a great selection of craft beer on tap. Check out our rotating craft stout and sour options.

Meal Kits & More

tcc2go.com

Home cooking has never been easier.

Check out some of our brand new offerings:

Say aloha to the **Hawaiian Box**
*the original mauui beef short rib, coconut butterfly shrimp,
mahi-mahi, tuna poke and shoyu sauce*

Classic Caesar Kit
*crispy romaine & radicchio, croutons, parmesan,
house-made creamy caesar dressing, lemon,
option to add chicken breast or salmon

Savoury Pies
Chicken, Mushroom, and Tarragon
Beef Short Rib Rosemary and Cheese
TCC Lions Pub Famous Cottage Pie

SUPER BOWL 2021

AT THE CLUB

Sunday, February 7
3:30 p.m.

Watch the Kansas City Chiefs take on the Tampa Bay Buccaneers at Super Bowl LV in Tampa.

MEMBERS' LOUNGE (19+)

Sold out!

Dig into our Game Day menu and sweet drink specials!

SKIDMORE ROOM (ALL AGES)

Reservations strongly recommended

In response to demand, we'll be converting the Skidmore Room into a viewing lounge, with the game projected on our large drop-down screen.

LIONS PUB (ALL AGES)

Reservations strongly recommended

Themed menu, drink specials, and prizes. Need we say more?



TCC HOME

SUBSCRIBE TO TCC'S YOUTUBE CHANNEL

EAT & DRINK @ HOME



We're all spending a lot more time at home these days. Use the downtime to hone your skills in the kitchen or behind the bar; our team will show you how.

MAKE A FRENCH 75

with Megan Powell, Director of Catering

DECANT WHITE WINE

guided by DJ Kearney, Director of Wine

SHUCK AN OYSTER

with Iain Fletcher, Restaurants Manager

KNIFE SKILLS

with Executive Chef Dan Creyke

...AND MORE!



HEALTH & WELLNESS @ HOME



It's never been more important to maintain a fitness program. If you're new to fitness, there's no better time to start than in the comfort of your own home.

LIVE FITNESS CLASSES

see page 14-15 for the schedule

YOGA, ANYTIME

*with certified international yoga teacher
and lululemon ambassador Matt Corker*

KEEP CONNECTED @ HOME

Many of our member events have moved online and continue to keep our members connected and engaged:

LIQUID LEARNING

Wine:30 with DJ Kearney, Director of Wine

MEMBER-LED DISCUSSION GROUPS

Lunch Exchange, Discussion Group

MEMBER INTEREST GROUPS

Book Club, Travel Group

...AND MORE!

Log on to Member Central to access exclusive new content and archived recordings of select offerings. Keep your eye on our weekly e-blasts and follow us on social for updates!

 terminalcityclub  @tccclub  Terminal City Club

FABIAN DAWSON

MEMBER OF THE MONTH

Fabian Dawson joined the TCC four years ago, though his relationship with the Club extends well beyond that time.

This affable, gregarious gentleman spent most of a stellar career in journalism at *The Province*, the newsroom across the street from our Lions Pub. At the end of his formal workday, Fabian would often relocate to his second office, a seat at the Lions where he would regularly entertain doctors, lawyers, forensic accountants, judges, police chiefs, politicians, diplomats, business executives, entrepreneurs, saints, angels and astronauts.

One key measure of a great journalist is the size of their Rolodex. Fabian's Rolodex has always been without equal. Everyone knows Fabian; Fabian knows everyone. Through these contacts that he nurtured nightly over a beer or two, Fabian was able to find the news that put bad people behind bars and good people on pedestals.

Proper recognition of his exemplary career came in 2019 when the Jack Webster Foundation (recognizing excellence in British Columbia journalism) awarded Fabian its most prestigious honour: The Bruce Hutchinson Lifetime Achievement Award.

"When I left *The Province* in 2016, I would have considered winning 'the Hutch' something of a longshot," he says. "It was a delightful surprise – a profound honour and a highlight of my career."

It was shortly after leaving *The Province* Fabian decided to join the TCC. "I was still spending time in the pub, so it just seemed like the logical thing to do," he says with a laugh. "Though, seriously, I knew it was the best way to stay connected with the kind of people I wanted to associate with as I forged



a new path for myself. "I networked quite successfully in the Lions, but I knew even greater networking could be accomplished as a member of TCC."

Today, Fabian continues to dabble in journalism. He is a regular contributor to a number of news publications, most frequently with *SeaWestNews* and the *Asian Pacific Post*. Fabian grew up in Malaysia and loves finding news that connects Canada to his homeland.

However, most of his work these days is outside journalism. Of late, he's been something of a matchmaker. "I work with a lot of corporate interests in Europe and the Asian Pacific region, and, of course, I'm familiar with the business interests of many Canadian companies. What I do a lot of lately is align the interests of my European and Asian Pacific contacts with the interests of my Canadian contacts in order to have both sides benefit mutually from the relationship.

"Some of this work I do from my home in Coal Harbour, but most of it is done here at TCC."

In fact, since the sudden and stunning onset of the COVID-19 pandemic, most of Fabian's life has been spent from the Club to his home and his home to the Club. "I feel safe in the bubble, here at TCC. They've done a great job attending to the well-being of the staff and the membership. And this new room – the Members' Lounge – is such an elevated and functional place to do business. The turnaround in this space is nothing short of remarkable. I mean, look at it. It used to be a room where old pool tables went to die, now it's alive and buzzing from the moment the doors open until closing time."

Fabian's affections for TCC are abundant and obvious. The result of his infectious fondness has been a steady stream of new members he's brought to the Club. As TCC General Manager Peter Jackman jokes: "It's like Fabian has decided, all by himself, he's going to keep the Club booming through the pandemic."

Hearing this, Fabian chuckles, and in his usual modest way, states clearly: "It's a pretty easy sell."

Like all of us, Fabian and his partner Samantha are anxiously awaiting a return to normal so they can get on with resuming the life they had, a life of frequent travel throughout Europe and Asia. When asked if he'll be taking the vaccine when it is made available, Fabian laughingly says: "I am thinking of getting a tattoo on my arm that says, 'insert vaccine here'."

Until that time, life remains a contented, safe and productive beeline between his Coal Harbour home and his second home, Terminal City Club. 🍷

MENTAL HEALTH IN ORGANIZATIONS: HOW ARE YOUR PEOPLE DOING?

Stress has become an all too familiar feeling for many of us during the COVID-19 pandemic. Previously, mental health in the workplace was seen in a more global way. Some organizations, who may have been looking at this question of wellness with a certain stigma, or on a fairly basic level, are now looking at it in a much nuanced, tailored way.

“Workplaces are realizing that they have a large role in good mental health. Especially through COVID-19, organizations are thinking more thoroughly about the mental health of their team members,” states Dr. Dominik Nowak, faculty member at the University of Toronto and Chair of the TELUS Medical Advisory Council. “As a society, it is important for us to break down the friction between people thinking we need help, and actually reaching out for professional support.”

What if an integrated approach to mental health, combining best-in-class virtual services, could help us all?

The advantages of virtual care solutions

1. Breaking down barriers and stigma against mental health

Conversations about mental health issues in organisations are becoming more common, and more normalized.

2. Helping people to connect with relationship-based care

We know that people who are able to regularly see a trusted health professional end up having higher quality care. And people may be more responsive to care recommendations because they are tailored and come from a place of trust.

3. Increasing access

People living in rural, remote, or northern communities are often left without the same access to care. Every Canadian deserves high quality care.

4. Saving time

Not only do we avoid having to book time off work to seek care, but we save that precious time for ourselves and our loved ones.

5. Being proactive

“If seeing a health professional is made easier, we know that people tend to consult more quickly for mental health concerns,” says Dr. Nowak. “As a result, we are able to be proactive.”

To learn more about virtual care at TELUS Health Care Centres, visit telushealth.com/carecentres

KIDS CLUB

Sign-up for Kids Club today!

MEMBERSHIP INCLUDES:

- personalized membership card
- stamp card
- exclusive Kids Club events

Every time you visit the Club, visit Member Services for a Stamp!

Collect: **10 stamps**
and get any dessert from
The Grill for **FREE!**

**FOR MORE INFORMATION
OR TO SIGN UP, CONTACT:**

KIDS CLUB CAPTAIN
604 681 4121
joinus@tcclub.com

FAMILY PRIME RIB DINNER

Every Sunday in The Grill

5 – 9 p.m.

\$34 plus tax & service charge

Our family dinner night is a longstanding favourite! Enjoy slow roasted prime rib au jus, seasonal vegetables, creamy whipped potato, and Yorkshire pudding.

Kids Menu (aged 10 & under)

\$14 plus tax & service charge

Fresh fruit cup or vegetable sticks with ranch dip, thin sliced prime rib stuffed in a Yorkshire pudding, seasonal vegetables and creamy whipped potato, and vanilla ice cream with chocolate or caramel sauce.

Make a reservation online on OpenTable or by contacting Member Services.

SWEET KITS

Kids love our sugar cookie and cupcake decorating kits! Visit tcc2go.com.





**HOLIDAY CLOSURE:
MONDAY, FEBRUARY 15 FOR FAMILY DAY**

POLICIES

COVID-19 SPECIAL RESTRICTIONS

At this time, a **reservation is required** to use the Fitness Centre (gym, pool, squash). Members may reserve up to three time slots a week; duration will vary depending on peak or off-peak times.

Gym: 60 or 90 minutes

Squash: 90 minutes

Pool: 60 or 75 minutes

Each booking is inclusive of changing, exercising, and showering, so please plan your time accordingly.

To make a Fitness Centre reservation, contact Member Services. Indicate your preferred date and time of day (morning, afternoon, night) and we will respond with available options.

- Email concierge@tcclub.com
- Call 604 681 4121
- Text 604 200 2279

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

GUEST POLICY

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.

EXERCISE ROOM POLICY

A maximum of 12 people are permitted in the gym at a time.

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 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. A maximum of 6 people are permitted in the pool at any given time. Only one person may use the hot tub at a time unless the member is joined by a second person from the same household.

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). Members must inform the Fitness Centre staff prior to using either room (to ensure the room is sanitized before next use).

MASKS ARE MANDATORY IN THE FITNESS CENTRE

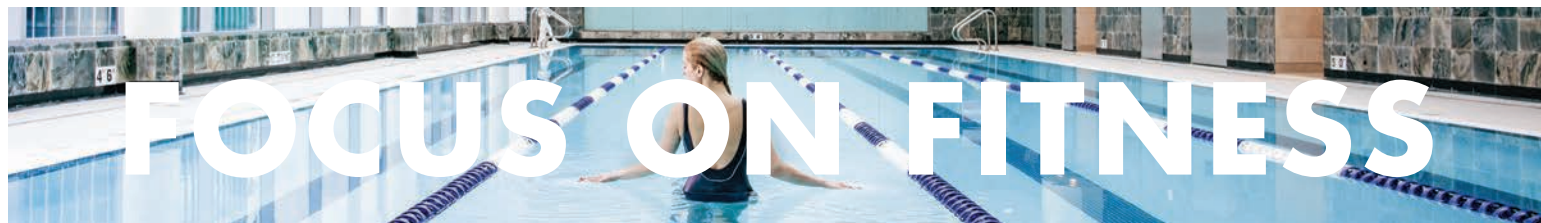
Locker-room : Masks are mandatory unless showering, using the sauna or steam-room.

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.





**HOLIDAY CLOSURE:
MONDAY, FEBRUARY 15 FOR FAMILY DAY**

FITNESS

VIRTUAL 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 the new year 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, strength, flexibility, and balance, all at once. Get ready to sweat!

SCULPT & STRETCH WITH LEILA

Thursdays, 12 noon – 1 p.m.

This low-intensity class utilizes controlled, non-impact body weight movements focusing on posture, alignment, flexibility, and mobility. Sculpt & Stretch 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 (F.I.T.) 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.**



Did you know?
Pre-recorded complimentary fitness classes are also available on TCC's private YouTube channel. See page 9 for more information.



FITNESS

AUXILIARY CARDIO ROOM NOW OPEN!

The Auxiliary Cardio Room (ACR) in the Walker/Ceperley rooms will hold treadmills, bikes, and elliptical trainers spaced to allow generous physical distancing. Hand towels, water, and limited fitness equipment (mats, exercise balls) will also be available.

Access : drop-in (no reservations required)

Time limit : none

Capacity : 7 people

***Members using the ACR will not have access to the Fitness Centre – including lockers or change rooms – as this area remains reservation only.**

The ACR is a temporary set-up. We hope it will relieve some of the pressure on the Fitness Centre and allow more members to access a safe indoor space for exercise. When public health regulations allow and a return to regular business is possible, the ACR will be discontinued and the equipment will be offered for sale.



PERSONAL TRAINING

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.

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.

KIDS SWIM

Kids group swim lessons will resume when it is safe. In the meantime, consider booking private lessons over the weekend. Availability is limited. To learn more, contact the Fitness Centre front desk at 604 488 8622 or email Sergio Hsia at shsia@tcclub.com.

ONLINE BOOKINGS - COMING SOON!

Stay tuned for more information about how to book swim time via a new online scheduling system.



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.



Membership for your family household bubble.

Spousal Membership

Subscription (one-time): \$950

Annual dues: \$585 + 5% tax

Quarterly minimum food spend: Nil

Intermediate Membership

Available to children between the ages of 19-24 of TCC members.

Subscription: Nil

Monthly dues: \$143.50

Quarterly Minimum Food Spend: Nil

Immediate Family Offer

A discounted subscription is available to children 25 and over of TCC members.



**To learn more, contact your
membership team:**

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