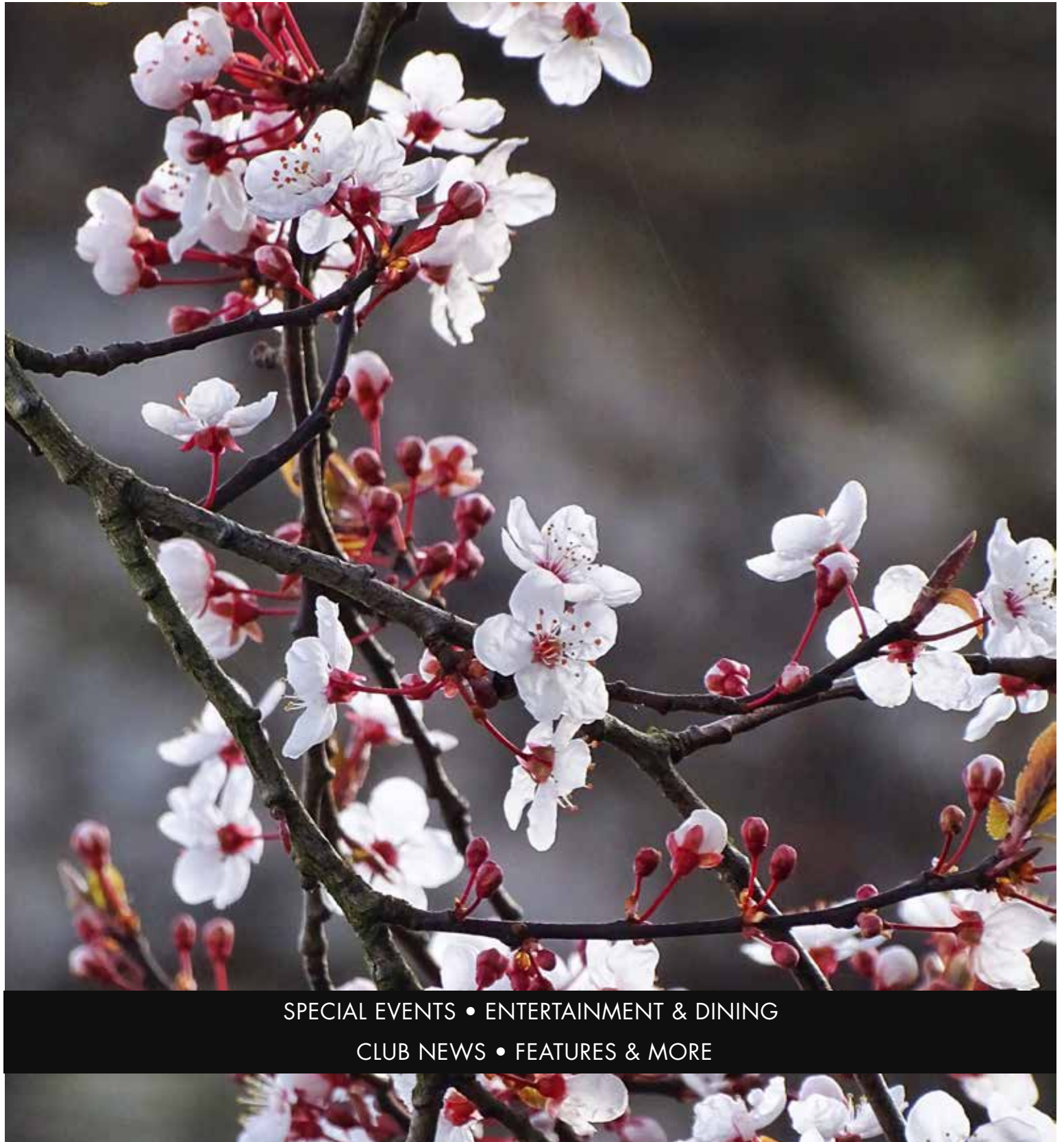


# TERMINAL CITY TIMES

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APRIL 2021 • VOL. 28 NO. 4



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

**As per the March 29  
Public Health Order,  
indoor dining has been  
suspended until April 19.**

**The Grill Patio will be open  
daily 10 a.m. – 8 p.m.**

MEMBERS' LOUNGE

**Closed until April 19**

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

## EASTER CLUB HOURS

**Good Friday, April 2:**  
Club and Pub closed

**Easter Sunday, April 4:**  
Club open; Lions Pub closed

**Easter Monday, April 5:**  
Club open; Lions Pub closed

## POOL – TEMPORARY CLOSURE APRIL 13

The pool will be closed temporarily on Tuesday, April 13 from 8:30 a.m. to allow for a water pump replacement. The pool is scheduled to reopen the following day, Wednesday, April 14 at 5 a.m. Thank you for your patience while we complete this necessary maintenance.

## NEW BC SALES TAX

The Government of B.C. has updated the provincial sales tax. Effective April 1, 2021, 7% PST will apply to all retail sales of soda beverages.

## MONTHLY PARKING

Random Monthly .....	\$247
Reserved 24hrs .....	\$347
Premium (P1) Reserved 24hrs .....	\$392
Service Level 24hrs .....	\$457

*\*Prices exclusive of tax.*

For more information,  
or to secure your spot,  
please contact Member  
Services Manager

Cory Gibson at [cgibson@tcclub.com](mailto:cgibson@tcclub.com)  
or **604 488 8643**.



## SECURITY REMINDER

Don't make life easy for opportunistic thieves! When parked in our public parkade, keep your windows up, vehicle doors locked, and all personal belongings out of sight. Shopping bags, tools, spare change, electronics, and briefcases can all tempt a thief.

## NEW MEMBERS

Welcome to our new members!

Brad Eshleman	Kieu Law
Talia Harris	Laura Newell
Baljinder Johal	Hannah Wolverton
Randeep Johal	William Mooney

## IN MEMORIAM

It is with great sadness that we announce the passing of Ms. Dorothy Joplin, Mr. Henry Jung, Mr. Mark Mees, and Mr. Deryk Smith.

**Dorothy Joplin** is remembered as an outgoing, kind neighbour and friend who enriched the lives of others with her flamboyant personality and her *joie de vivre*. Some of her involvements included the opera, PR for the Empress Hotel, and a fundraiser who supported many causes. Dorothy was a TCC member for 17 years.

Upon graduating with a business degree from the UBC, **Henry Jung** went on to become a successful accountant, businessman, and entrepreneur. He was a visionary leader and pioneer in the renewable energy industry in Ontario and the United States. Henry was a TCC member for 31 years.

**Mark Mees** was born in Montreal but moved to the Netherlands with his family where he lived through the German occupation, severe food shortages, and the loss of his father in a Nazi concentration camp. The Netherlands was liberated by the Canadians in 1945 and shortly thereafter, Mark moved back to his birth country and joined the Canadian Armed Forces. Following his honourable discharge, he joined the Bank of Commerce in Toronto, then United Dominions. Mark was an avid gardener and reader, and a proud TCC member of 51 years.

**Deryk Smith** was a TCC member for 54 years and will be missed.

IT'S NOT  
TOO MUCH  
TO MASK





# PRESIDENT'S LETTER

DEAR FELLOW MEMBERS,

We are now officially one year and counting into the pandemic. A year ago your board held a series of extraordinary meetings to plan our response to COVID-19. Uppermost in our minds was the health and safety of our members and employees. Beyond that, we aimed to operate the Club as efficiently and as fully open as possible under the circumstances, while maintaining not only the premises, but the Club's solid financial position. The vaccine roll-out gives us hope for the end of widespread restrictions. We remain grateful for your patience and continued support.

Operationally, we are holding our own this fiscal year and seeing steady improvement each month. The government wage subsidy has been an enormous help. Revenue is way down but so are expenses, so we are more or less breaking even. We view that as a victory because our goal is never more than a modest profit that we can then use to reinvest in the Club's facilities. You can help the Club by dining, working out and parking here. If you are concerned about safety, try our take-out menu. It's terrific! If you're hungry, I recommend the tacos.

It is noteworthy that we were never required to close our Fitness Centre after reopening with rigorous safety procedures in May, even though most gyms around the country were required to do so. I chalk this up to the extreme cleaning protocols management put in place. Our facility has seen such demand that we not only added cardio equipment on the outside patio, but also in the main Ballroom downstairs. A classier gym room you will never see.

In spite of new government COVID-19 related rules and regulations, TCC has had the privilege of increasing our total membership over the past year. I find that as impressive as I do surprising (the Club also thrived during WWII due to the wartime economy, so you just never know). Many of our new members are the result of referrals made by current TCC members. To recognize those members who helped us grow, an Appreciation Wall will be installed outside the Members' Lounge. Members who successfully referred two or more new members over the last year will have their names displayed. Thank you to everyone who has referred a friend or colleague.

I've had the pleasure of celebrating many memorable occasions at Terminal City Club over the years – Mother's and Father's Days, Christmas, Easter, retirement parties and birthday parties – but recently I attended a TCC event in which I am less seasoned – a Gourmet Dinner with Executive Chef Dan Creyke, Executive Sous Chef Malcolm Gibb, Wine Director DJ Kearney, and our service team. The theme was Japanese Flair, and it was really an exceptional culinary experience. The TCC Gourmet Dinners are scheduled in limited numbers at the end of each month and require some planning (i.e. making reservations), but it's worth the effort. I encourage you to explore this benefit of your membership.

Looking forward to spring coming any day now, all the patio furniture has been taken out of storage timing well with Provincial Health Officers most recent notice of take out and outdoor dining only. Now we just

need the weather to cooperate. As it was last summer, the Lions Pub patio will be extended into the street area to allow for physical distancing while maintaining a similar number of outdoor seats. Kudos to the City of Vancouver Street Activities Group and the Downtown Vancouver Business Improvement Association (DVBIA) for helping to support local businesses. More than 400 restaurants and coffee shops have activated patios on the streets in front of their businesses, and it has changed the look and feel of downtown Vancouver for the better.

Remember, not only is the Pub a fabulous patio spot, but TCC members receive 10% off food. Simply provide your TCC member number to your server when you order, and the discount will apply to any food ordered. The Pub also has gift cards available – they make a great birthday, thank you, or recognition gift. And finally, you can order your Pub food to go if you prefer. Just call ahead if you'd like to pick up, or access the menu through Uber Eats or Skip the Dishes for delivery.

Sincerely,

Stewart Marshall  
Terminal City Club President




**CSCM**  
The Canadian Society  
of Club Managers

**Club of the Year 2020**



# WHAT'S ON AT THE CLUB

APRIL //

- THURSDAY, APRIL 1  Meditation
- FRIDAY, APRIL 2 Good Friday - Club closed
- SATURDAY, APRIL 3 Easter Brunch  
Easter Dinner *Cancelled (March 29 Public Health Order)*
- SUNDAY, APRIL 4 Easter Brunch
- WEDNESDAY, APRIL 7  All for Armagnac
- THURSDAY, APRIL 8  Meditation
- TUESDAY, APRIL 13  Book Club: *A Time for Mercy*
- WEDNESDAY, APRIL 14  Wine:30 - BTG Makeover
- THURSDAY, APRIL 15  Meditation
- FRIDAY, APRIL 16  The Macallan Masterclass
- WEDNESDAY, APRIL 21  Wine:30 - Heavenly Match:  
Chardonnay & Oak
- THURSDAY, APRIL 22  Meditation
- FRIDAY, APRIL 23  Lunch Exchange: Difficult  
Conversations  
 TCC Bub Brut Launch
- TUESDAY, APRIL 27  Discussion Group
- WEDNESDAY, APRIL 28  Wine:30 - Rosé-Rama
- THURSDAY, APRIL 29  Meditation
- FRIDAY, APRIL 30 Gourmet Dinner: North Arm  
Farm Pork & Produce
- SATURDAY, MAY 1 Gourmet Dinner: North Arm  
Farm Pork & Produce

## TO REGISTER


For more information, contact us!

ONLINE: at Member Central

EMAIL: [concierge@tcclub.com](mailto:concierge@tcclub.com)

CALL: 604 681 4121

TEXT: 604 200 2279

 Virtual event - Live on Zoom

## drink features

### FEATURE BEERS

\$5 FOR 330ML

Corona Extra

White Claw

### FEATURE WINES

\$6 FOR 6 OZ. / \$9 FOR 9 OZ.

**White:** CedarCreek Pinot Gris Okanagan, BC

**Rosé of the Day:** Ask your server/bartender

**Red:** Orofino Gamay Noir Okanagan, BC

### FEATURE SPRING COCKTAILS

\$12 FOR 2 OZ.

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

NEW

**OUTDOOR  
DINING HOURS**

10 AM – 8 PM

**LIVE MUSIC**

**WEATHER DEPENDENT**

**6 – 9 P.M.**

**THURSDAYS • FRIDAYS • SATURDAYS**

# LIONS PUB

## PATIO SEASON IS COMING!

Come down and enjoy a cold beverage in the sunshine on one of our two patios!

## MEMBERS' FOOD DISCOUNT

Place charges to your member account and receive 10% off on food. Purchases will also go toward your quarterly minimum food spend.

## NEW MENU & FRESH SHEET

Stay tuned for a brand new spring/summer menu to be unveiled in early April. Also: more creative greatness from our culinary team will be on display – this month's Fresh Sheet launches April 5.

## CRAFT BEERS

Lots of changes coming to our draft list. Stop in and see what's new.



# HELLO PATIO SEASON

Our patios are set  
and ready for you!

Limited seating is available. Please make a reservation with Member Services or by using our **private OpenTable link** via the QR code below to secure your spot outside.



Don't forget: the Lions Pub patio and extended street side patio will also be open as soon as the weather permits.



## Meal Kits & More

[tcc2go.com](http://tcc2go.com)

Home cooking has never been easier.

### SURF N' TURF | 90

Cook all it up in one go or serve two strip steaks alongside your bacon-wrapped scallops one night, and the next weekend serve the steaks with your lobster tails.

**Ocean Wise Bacon-Wrapped  
Wild Atlantic Scallops (14 oz.)**

**2 x Canadian Lobster Tails (4 oz. each)**

**4 x CAB New York Strip Steaks  
Cali-Cut (6 oz. each)**

*\*Items in this bundle are frozen.*



### TACO KIT | 80

This is a member favourite! Serves 4.

Tortilla Chips  
Chunky Tomato Salsa  
8 x Soft Flour Tortillas  
Slow Cooked Pork Carnitas  
Chipotle-braised Eggplant Lentils  
Cabbage & Romaine Slaw  
Pico de Gallo  
Cilantro Lime Crema  
Pickled Onions  
Jalapeños  
Avocados  
Cheddar cheese  
Limes

# April Events




## MEDITATION CLASSES

Thursdays

April 1, 8, 15, 22, 29

5:30 – 6:30 p.m.

 Complimentary event

Take time out of your day for an hour of relaxation and calm. After a series of relaxing, deep breathing exercises to help move into the present moment, enjoy the peace and tranquility of visualization techniques and a guided meditation led by fellow member Denise Levine. Enjoy from the comfort of your own home.



## EASTER BRUNCH

Saturday, April 3

Sunday, April 4

Seatings at 10:30, 11:15, 12 noon

Adults: \$75 plus tax & service charge

Kids (aged 4–12): \$58 plus tax & service charge

Dig in to a beautiful three-course brunch served family-style, with a sweet start, savory middle, and dessert, of course! The full menu is available online at Member Central.

**CANCELLED DUE TO  
MARCH 29 PUBLIC HEALTH ORDER**



## EASTER DINNER

Saturday, April 3

Seatings at 6 & 6:30 p.m.

Adults: \$95 plus tax & service charge

Kids (aged 4–12): \$48 plus tax & service charge

Treat you and your family to a three-course dinner served family-style, with salad and delicious seafood starters, savoury entrées – including a lovely lamb roast, early season BC halibut, and a beet & red onion tarte tatin – and dessert. View the full menu online at Member Central.

**CANCELLED DUE TO  
MARCH 29 PUBLIC HEALTH ORDER**



## BOOK CLUB: A TIME FOR MERCY

Tuesday, April 13

5 – 7 p.m.

 Complimentary event

Bursting with all the courthouse scheming, small-town intrigue, and stunning plot twists that have become the hallmarks of the master of the legal thriller, *A Time for Mercy* is John Grisham's most powerful courtroom drama yet. The result is a richly rewarding novel that is both timely and timeless, full of wit, drama, and heart.

\*Get a head start on the May 11 selection: *A Woman Makes a Plan* by Mayne Musk.

**WINE • SPIRITS • BEER**

## LIQUID LEARNING

WITH DIRECTOR OF WINE, DJ KEARNEY

Wednesdays, 5:30 – 6:30 p.m.

Turn to Liquid Assets on page 8 for the full roster of wine events and offerings.

 Virtual event - live on Zoom



# April Events



## LUNCH EXCHANGE: DIFFICULT CONVERSATIONS

Friday, April 16

12 noon – 1:30 p.m.

 Complimentary event

The next few Lunch Exchanges will explore *Difficult Conversations: How to Discuss What Matters Most* by Douglas Stone, one chapter each month. The goal in our readings and discussions is to equip and empower us to communicate better. If you can, please read the introduction and Chapter 1 before the meeting.

**POSTPONED  
BY HOST**




EST. 1824

## THE MACALLAN MASTERCLASS

Friday, April 16

7 – 9 p.m.

 \$75 plus tax & service charge (includes tasting kit of four whiskies)

Optional appetizer kit: \$35 plus tax & service charge


The Macallan Rare Cask Brand Ambassador Jeffrey Meyers will guide us through a virtual tasting of four whiskies from this iconic Speyside distillery. See page 9 for full event details.



## TCC BUB BRUT LAUNCH

Friday, April 23

6:30 – 7:15 p.m.

 \$53 plus tax & service charge (includes one bottle of the TCC Bub Brut 2017)

Optional appetizers for two: \$22 plus tax & service charge

We're bursting with excitement to introduce you to our new bespoke bubbly, made in partnership with one of BC's premier wineries, Okanagan Crush Pad. See page 9 for full event details.



## DISCUSSION GROUP

Tuesday, April 27

7:15 p.m.

 Complimentary event

Join the TCC Discussion Group – for members, run by members – for an evening of dialogue and camaraderie. The group meets on the last Tuesday of each month; discussions are enlightening, thoughtful, and engaging. \*To join the email list, please contact TCC member and host John McCarter at [john@triadforestproducts.com](mailto:john@triadforestproducts.com).



## GOURMET DINNER: NORTH ARM FARM PORK & PRODUCE

Friday, April 30

Saturday, May 1

6 – 9 p.m.

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

Our culinary team are excited to present an inspired menu featuring pork and fresh, seasonal produce supplied by our partners at North Arm Farm.

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

# LIQUID ASSETS

## ALL FOR ARMAGNAC

Wednesday, April 7

5:30 – 6:30 p.m.

📺 Complimentary event - live on Zoom

*Enhance your experience: tasting kit available for purchase*

Join Director of Wine DJ Kearney to examine the world of Armagnac, immortalized by d'Artagnan in Alexandre Dumas' celebrated novel *The Three Musketeers*. This region – so famous for foie gras and many gourmet duck preparations (as well as musketeers) – is also home to one of the world's most secretive spirits. Armagnac (like its more famous northern neighbour, Cognac) is French brandy, distilled from wine and cask aged to mellow. We will savour a few sips of exceptional vintage Armagnac, learn how it differs from Cognac, and why it is so beloved by connoisseurs.

## WINE:30 - BTG MAKEOVER

Wednesday, April 14

5:30 – 6:30 p.m.

📺 Complimentary event - live on Zoom

*Enhance your experience: tasting kit available for purchase*

BTG is industry speak for 'By The Glass' and DJ & Owen are set to launch a bevy of new and exciting selections. A diverse BTG program allows you to sample divergent styles, match wines to your mood and occasion, or pair a different sip from appetizers to dessert. Join us for a sneak preview to meet the people and places behind our new pours, and to get ready for warmer weather and patio prime time! Do not miss out on our tasting kit.

## WINE:30 - HEAVENLY MATCH: CHARDONNAY & OAK

Wednesday, April 21

5:30 – 6:30 p.m.

📺 Complimentary event - live on Zoom

*Enhance your experience: tasting kit available for purchase*

Few topics in wine are as polarizing as the discussion of oaked chardonnay! Yes, there has been abuse and overuse. But make no mistake: when the union of oak and Burgundy's noble white grape is artful and seamless, balance and harmony will prevail. Your taste buds will know it, and so will the prawns or crab or halibut you will enjoy with it. Join DJ (especially if you avoid oaked chard!) for an eye-opening session – and be sure to reserve a sample kit to taste along.

## WINE: 30 - ROSÉ-RAMA

Wednesday, April 28

5:30 – 6:30 p.m.

📺 Complimentary event - live on Zoom

Pink wines have been around for millennia and are finally getting the respect and plaudits they deserve. Usually made from red grapes, the best rosés harness the freshness of a white wine to the structure and weight of a red. Prime yourself for spring and summer sipping, learn how to pair pinks to perfection, and taste the newest additions to our list.

## New Wines

### ❶ White Rose The Convivial Feast Pinot Noir 2016 – Willamette Valley, Oregon

Old vines, top Burgundian clones, low yields, and a golden vintage imbue this pinot with potency and grace. Stem inclusion gives a firm structure, but oak is restrained allowing fruit to shine brightly.



1

### ❷ Pedro Parra Cinsault Monk 2019 – Itata, Chile

This single vineyard Cinsault “Monk” 2019 pays homage to jazz legend Thelonious Monk. Jazz-obsessed Pedro Parra is the world's foremost wine geologist/terroir hunter and though he consults around the world (including here in BC for our Club Bub Brut), he has discovered wonderful old Cinsault vineyards in his native Chile. Muscular and minerally, it's jazz in wine form.



2

### ❸ Mission Hill Oculus 2017 – Okanagan Valley, BC

Mission Hill's flagship red is styled in the shape of a Right Bank Bordeaux blend, with plush, plummy Merlot and rich black fruit from the Cabernets. Glossy and sleek with spicy French oak, it bears the savoury Okanagan signature of black sage. Age for another decade easily or decant and see how blissfully it pairs with dinner.



3

## COCKTAIL KITS

### Highland Park Old Fashioned - \$70

*only 12 available!*

Everything you need to make 6-8 cocktails, plus one glass and one ice cube mold.

### Luck of the Irish - \$60

*only 24 available!*

Everything you need to make 4 Irish Gold cocktails and 2 Irish Mule cocktails.

Stop by Member Services for the full kit list. Questions? Contact Owen Stuart at [wine@tcclub.com](mailto:wine@tcclub.com).



# *The* **MACALLAN®** **MASTERCLASS**

**Friday, April 16 • 7 – 9 p.m.**

*\$75 plus tax & service charge (includes tasting kit of four whiskies)*

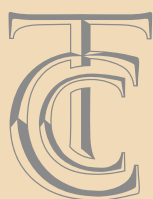
*Optional appetizer kit: \$35 plus tax & service charge*

***Partial proceeds support the TCC Foundation***



We are so pleased to welcome the Macallan's spirited **brand ambassador Jeffrey Meyers** for a virtual tasting of whiskies from this iconic Speyside distillery. The Macallan have curated 12, 15, and 18-year-old drams for us, as well as the luxurious Rare Cask 2020. **Kirsteen Campbell**, one of the industry's great palates and minds was appointed first master whisky maker in 2019, a milestone for the Macallan.

Only 50 tasting kits are available, plus delicious appetizers to complement, courtesy of our whisky-loving TCC chefs. Don't miss this special opportunity!



**TERMINAL CITY CLUB**

## *Bub Brut*

**OFFICIAL LAUNCH**

**Friday, April 23**

**6:30 – 7:15 p.m.**

*\$53 plus tax & service charge (includes one bottle of the TCC Bub Brut 2017)*

*Optional appetizer kit for two: \$22 plus tax & service charge*

*\*Buy three bottles of the TCC Bub Brut 2017 and we'll include appetizers for two!*

We're bursting with excitement to introduce you to our new bespoke bubbly, made in partnership with one of BC's premier wineries, Okanagan Crush Pad.

Join a cocktail-hour Zoom tasting to meet winery owner **Christine Coletta** and winemaker **Matt Dumayne** as we pop the Bub's new-age crown cap and toast life and better times ahead. Director of Wine DJ Kearney and our talented TCC chefs have dreamed up a selection of appetizers to complement this fresh, snappy, complex, bottle-fermented beauty.



# 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*

**FILLET A SALMON**  
*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*

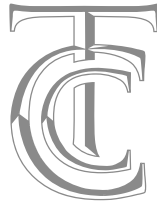
**MEMBER-LED DISCUSSION GROUPS**  
*Lunch Exchange, Discussion Group*

**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



## TCC STAFF PROFILES

# OWEN STUART

## Beverage Manager

Owen Stuart cut his teeth in the service industry on the bottom rung of the ladder: dishwasher. It is a testament to his intelligence and work ethic that, today, the rung he occupies is way up at the top: Beverage Manager at Terminal City Club.

Those dishwasher days go back some 20 years. He was with White Spot then. It was gruelling work, but he stuck with it, and, in time, got promoted to line cook.

“The White Spot manager left the company to become Banquet Manager here at the TCC. He was looking for a houseman. He knew my work and offered me the job.”

Essentially, housemen set up the banquet centre — moving furniture, laying out the linen and cutlery, etc. Owen had worked as houseman for about a year, when the bar manager at the time asked if he wanted to serve banquets.

“It was coming up to Christmas and she needed a couple extra bartenders, so I was happy to give it a go. I was just kind of learning on the job from the manager and the other bartenders. After that, when the lounge needed help, I would volunteer bussing tables. That’s how I got into the beverage side of the business.”



Today, as the Club’s beverage manager, he works closely with the lounge, restaurant and banquet teams, as well as the Club’s wine expert and Director of Wine DJ Kearney.

With a background that included washing dishes, bussing tables and doing any work to help the team, when COVID-19 hit, the affable beverage manager naturally did what he does best — he helped the team.

“When we first opened its doors after lockdown, some of us manned the desk at the Fitness Centre. And as different

areas in the Club re-opened, we all did whatever we could to support one another.

“Fortunately, for me and the Club, even during COVID-19 times, people drink, so many parts of my job came back quickly. But there were new challenges, of course. One of the things we did right away was launch a take-me-home site for food and beverage. Plus, people would contact me to stock wine fridges at home.”

As a positive and forward-thinking individual, Owen recognizes the upsides of the last year — how crisis has brought the staff and members at the TCC closer together.

“I have to believe people have a tendency to watch out for each other during hard times. So many people on staff couldn’t see their regular friends, so, your new closest friends became your colleagues inside the bubble.

“And the relationship between staff and members, while it was always strong, it seems to have strengthened and become more substantial.

“COVID-19 has been a challenge, but we will make it through stronger than ever.” 🍷



# TELUS HEALTH CARE COLUMN

## THE TRUTH ABOUT ALCOHOL AND WOMEN

As we continue to understand the enormous physical, economic and emotional outcomes of the COVID-19 pandemic, we're learning more about the increased use of alcohol as a coping mechanism.

Studies show that women in particular have increased their consumption of alcohol by up to 50 per cent.

For many women, this may look like having a single glass of wine on most nights, or drinking more heavily just once weekly. But women have a lower threshold for safe consumption of alcohol than men: Canadian guidelines recommend consuming a maximum of 10, and ideally less than seven, drinks per week for women.

### The long-term effects are wide-reaching.

Several cancers such as colon, liver, esophageal, mouth and certain types of breast are associated with increased alcohol consumption. There is also an

increased risk of liver failure, heart disease, osteoporosis and menopausal symptoms in women who over-consume alcohol.

### Alcohol consumption is often an indicator of mental health.

Women are facing higher levels of anxiety and loneliness than men during the COVID-19 pandemic, and many of the women I see in practice are reaching for alcohol to self-medicate for anxiety, sleep disorders and for depressed mood.

Paradoxically, alcohol is a depressant that actually lowers mood and causes more sleep interruption. The vicious cycle of anxiety, low mood and poor sleep – followed by alcohol consumption – is the current pattern for many.

### How can we help break the cycle?

- Try to limit alcohol consumption to weekends, or at least initially skipping a few days mid-week.
- Make a rule to never drink alone.

- Keep a schedule every day, even if work does not require one or if you are not working.
- Exercise every day.
- Go outside everyday.
- Try some quiet relaxation that takes you offline, like meditation, reading, painting or listening to music.

It's important that you do not delay your healthcare during the pandemic, and that you get a full picture of the current state of your health and wellness.

—Dr. Kathee Andrews, MD, MCFP, NCMP, Physician, TELUS Health Care Centres



To learn more about virtual care at TELUS Health Care Centres, visit [telushealth.com/carecentres](https://telushealth.com/carecentres)

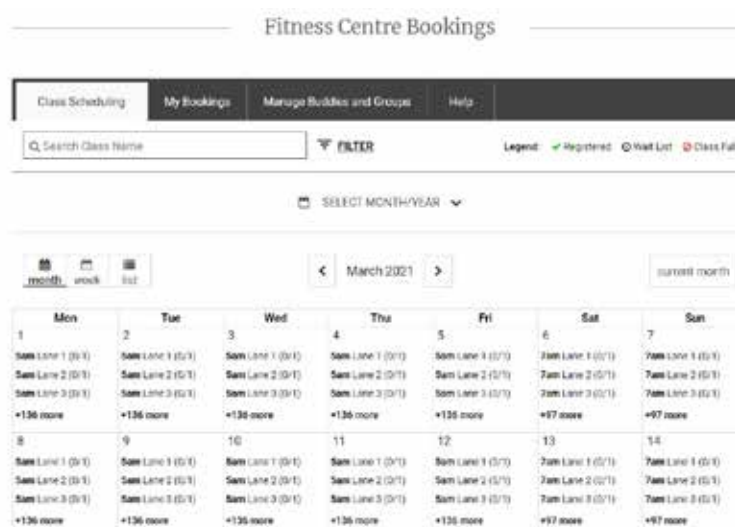
## Welcome to FITNESS CENTRE BOOKINGS ON MEMBER CENTRAL

### For pool and gym (exercise room) only.

To make a squash court booking, please contact Member Services.

Log on to your Member Central account from [tcclub.com](https://tcclub.com) to access Fitness Centre Bookings.

If you do not have a login or if you have forgotten your username or password, please contact Member Services at [concierge@tcclub.com](mailto:concierge@tcclub.com).



Instructions Guide





**WEEKDAYS: 5 AM – 11 PM**  
**WEEKENDS: 7 AM – 8 PM**

## POLICIES

### COVID-19 SPECIAL RESTRICTIONS

At this time, a **reservation is required** to use the Fitness Centre (gym, pool, squash). Reservations are not required to use the Auxiliary Cardio Room, and there is no time limit for the space; however there is no access to the Fitness Centre locker room and showers. See page 15 for details.

**Members may reserve up to three time slots a week;** duration will vary depending on peak or off-peak times.

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

### NEW! ONLINE BOOKINGS

**Online bookings are now available for the pool and gym (exercise room).** See page 12 for more information.

**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.





**SWIMMING POOL CLOSURE - WATER PUMP REPLACEMENT  
APRIL 13 FROM 8:30 A.M.; POOL REOPENS APRIL 14**

## 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, 12 noon – 1 p.m.\***

*\*new time starts April 6*

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, 7 – 8 a.m.\***

*\*new time starts April 7*

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.

#### CARDIO KICKBOXING WITH LEILA

**Wednesdays, 12 noon – 1 p.m.**

This fun, non-contact, high-energy workout engages every muscle group in your body. Increase your cardiovascular endurance, power, and stamina via boxing skills and drills. 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.**



#### Can't make a class?

TCC's Fitness Classes are recorded and uploaded to Member Central the following day, and will remain available for one week.





# FITNESS

## AUXILIARY CARDIO ROOM

The Auxiliary Cardio Room (ACR) in the Walker/Ceperley rooms holds 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 designed to 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](mailto:milwina@milfit.com).

# SWIM

## TEMPORARY CLOSURE - APRIL 13

The pool will be closed temporarily on Tuesday, April 13 from 8:30 a.m. to allow for a water pump replacement. The pool is scheduled to reopen the following day, Wednesday, April 14 at 5 a.m.

## 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.



## FITNESS SCHEDULE

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

\*NEW TIME! Starting April 6, Cardio & Core with Leila will be offered from 12 noon – 1 p.m.

\*\*NEW TIME! Starting April 7, Mat Pilates with Zorica will be offered from 7 – 8 a.m.

### Did you know?

Pre-recorded complimentary fitness classes are also available on TCC's private YouTube channel. See page 10 for more information.

# 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 Fitness Centre front desk for more information.



# 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](mailto:joinus@tcclub.com)**

**604 488 8647**