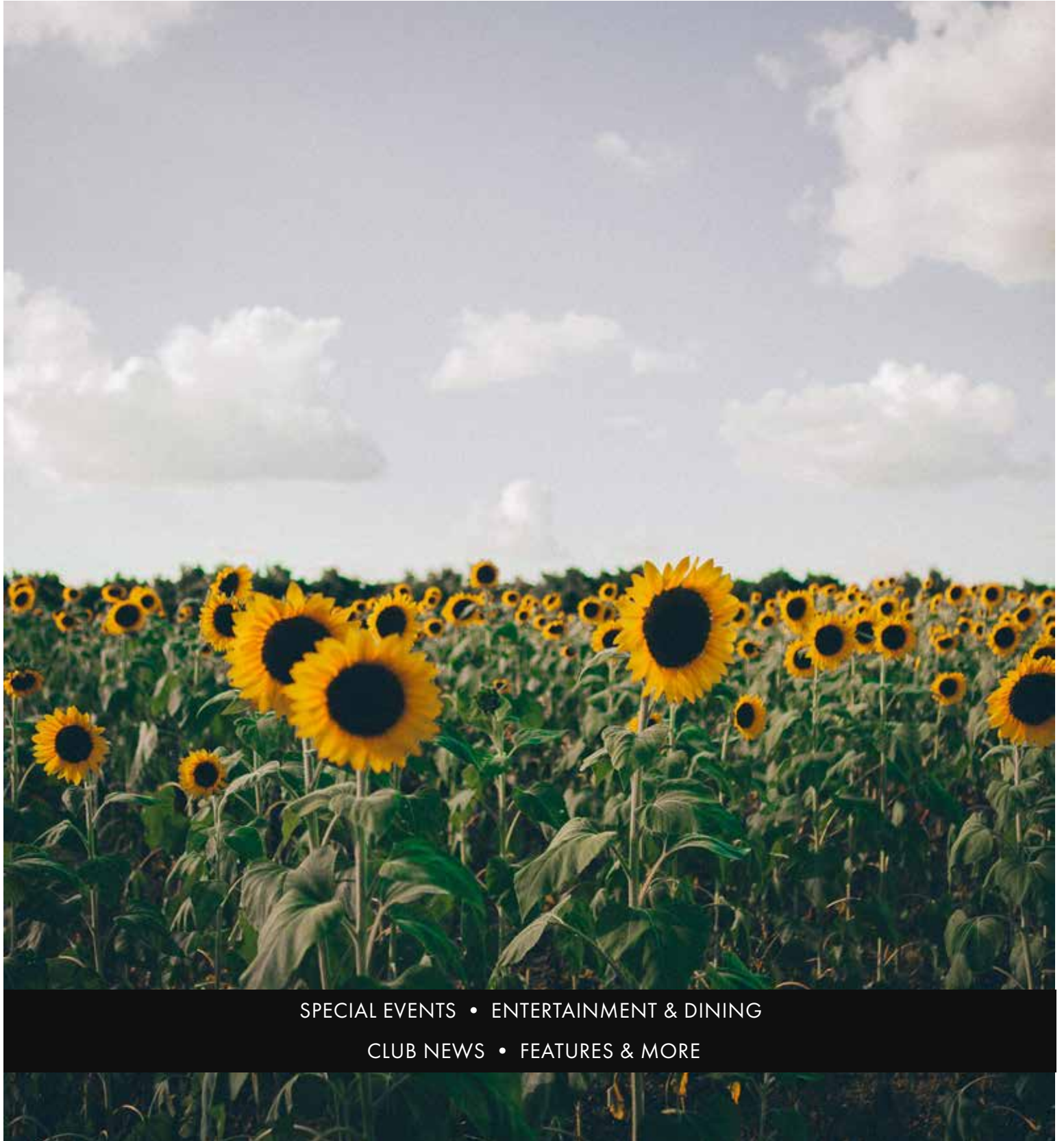


TERMINAL CITY TIMES

SEPTEMBER 2021 • VOL. 28 NO. 9






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 8605
Weddings : 604 488 8629
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 : 6 a.m. – 9 p.m.

Saturday & Sunday : 7 a.m. – 7:30 p.m.

FITNESS CENTRE

Monday – Friday : 5:45 a.m. – 10 p.m.

Saturday & Sunday : 7 a.m. – 8 p.m.

THE GRILL

Monday – Friday :

7 a.m. – 8 a.m. coffee

8 – 10:30 a.m. breakfast

11 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 p.m. – 9 p.m. dinner

MEMBERS' LOUNGE

Monday – Sunday :

 open from 9 a.m. with limited service -
(Grill patio open)

 9 a.m. – 10 p.m.

CUVÉE

open as temporary workspace only (no service)

Monday – Sunday : 7 a.m. – 10 p.m.

1892

Temporarily closed

LIONS PUB

Monday – Wednesday : 11 a.m. – 8 p.m.

Thursday – Saturday : 11 a.m. – 10 p.m.

Sunday : closed

HOLIDAY CLOSURE: BC DAY

The Club and Lions Pub will be closed on
Monday, September 6 for Labour Day.

NEW MEMBERS

Welcome to our new members!

Kenneth Armstrong	J. Todd Finlayson
Noushin Azizi	Jonathan Gilligan
Jason Billard	Peter Granata
James Christensen	David Haskins
Ben Daniell	Janice Haskins
Meagan Daniell	Jeffrey Magnusson
Helene deMonye	Nolan Marshall
Mourad Eldeeb	Robert Quinn

END OF QUARTER REMINDER

Don't let the end of the quarter slip by without visiting The Grill, Members' Lounge, or Lions Pub! Food orders from **tcc2go.com** also count toward your minimum food spend. You can view your unspent minimum online at **tcclub.com**.

THE MASK MANDATE IS BACK

As per the current PHO order, **masks must be worn in all indoor spaces by people 12 and older regardless of vaccination status.** This is a temporary order to be reassessed when the province implements the vaccine card requirement in the months ahead. Thank you for helping keep each other safe.



CALL AHEAD

Our Grill patio fills quickly on a sunny day. Call ahead or make a reservation on OpenTable to avoid disappointment.
- 604 681 4121 -

2021

HOLIDAY ENTERTAINING

**Have you booked your
holiday party yet?**

Save your date.
catering@tcclub.com
604 488 8605



IT'S NOT
TOO MUCH
TO MASK



Phone-friendly WORKSPACE - CUVÉE -

Cuvée has re-opened as temporary workspace. Talk all you want - phone calls and Zoom calls are permitted.

Please be respectful of other members and use earbuds or a headset when on Zoom calls.

Complimentary drip coffee will be offered from 7:30 – 11 a.m.
Self-serve flat and sparkling water will also be available.





PRESIDENT'S L E T T E R

DEAR FELLOW MEMBERS,

Summertime is coming to a close; I hope you all had the chance to experience the Club these past few months, whether it was during our heat wave, in our restaurants, our Fitness Centre, or meeting with a client for the first time in ages. It was nice to finally see a few more familiar faces around the Club.

Another thing that's coming to a close is our Club's fiscal year at the end of September. Our budget for the 2022 fiscal year is set to go, and we'll be sharing the Club's financials from 2020/2021 ahead of our AGM on December 13. As you know, 2021 was not without its challenges; our management and the Board will continue to be as thoughtful as possible in its decision making coming out of the pandemic.

The Club will be following the new Public Health Officer's order on proof of vaccination starting September 13. Our members and guests will be required to show proof of vaccine for our restaurants (indoor and patio dining), in our Fitness Centre, and for organized indoor events (such as conferences, meetings, weddings, and banquets). We will monitor the

specific details of the order as they become available, and keep the membership informed of how we'll be managing this.

Some of our member-led discussion and speaker events like the Discussion Group and Lunch Exchange will be returning to the Club this month. We're looking forward to a fuller events calendar this fall. Fingers crossed we can safely host some larger groups in the coming months.

Are you looking to expand your knowledge of wine? Our Wine Director and resident expert DJ Kearney will be offering WSET Level 1 in October and WSET Level 2 in November. The Wine and Spirit Education Trust (WSET) is one of the leading bodies of wine-education based out of London, England, and will help you channel your inner sommelier. See page 8 for more information, or email wine@tcclub.com to register.

Our Grill renovation is nearly underway. We are pleased to have BLT Construction Services on board as the General Contractor. Management aims to have as little interruption to our restaurant service as possible. Service will be available on

the main floor and Grill patio. We'll keep you updated as the project progresses. In a few months' time, we'll have a brand new restaurant to unveil!

The Nominating Committee is still in the process of selecting a new candidate for our Board of Directors. If you, or someone you know would fit the mold, please reach out to gm@tcclub.com for more details.

I hope everyone has a pleasant start this fall. Let's hope for some cool breeze and sunshine before the rain comes in. For all the parents, I hope the transition into the new school year is a seamless one. Take care of yourselves and be safe.


Sincerely,

Stewart Marshall
Terminal City Club President



WHAT'S ON AT THE CLUB

SEPTEMBER //

MONDAY, SEPTEMBER 6	Labour Day - Club Closed
TUESDAY, SEPTEMBER 14	 Book Club: <i>Wilful Blindness</i> by Sam Cooper
FRIDAY, SEPTEMBER 17	Lunch Exchange: Vaccination Passports
THURSDAY, SEPTEMBER 23	Members' Networking Lunch
FRIDAY, SEPTEMBER 24	Gourmet Dinner
TUESDAY, SEPTEMBER 28	Discussion Group Where is Vancouver Going?

BE RIGHT BACK

Stay tuned for the return of the **TCC Salon** hosted by Victor Chan this October.

TCC BOOK CLUB


Get a head start on a Book Club selection! The group meets on the first Tuesday of each month.

OCTOBER 12	<i>Fall of Giants</i> , Ken Follett
NOVEMBER 9	<i>The Power of Meaning</i> , Emily Smith
DECEMBER 14	<i>Blackwater</i> , Jeremy Scahill
JANUARY 11	<i>Nomadland</i> , Jessica Bruder
FEBRUARY 8	<i>Range</i> , David Epstein

TO REGISTER

For more information, contact us:

ONLINE: at Member Central EMAIL: concierge@tcclub.com
CALL: 604 681 4121 TEXT: 604 200 2279

 Virtual event - Live on Zoom

TCC HOME

SUBSCRIBE TO TCC'S YOUTUBE CHANNEL



EAT & DRINK @ HOME

Hone your skills in the kitchen or behind the bar; our team will show you how.

how to shuck an oyster • how to fillet a whole salmon
knife skills • cocktail lessons • how to decant white wine

...AND MORE!

HEALTH & WELLNESS @ HOME

It's never been more important to maintain a fitness program.

live and pre-recorded fitness classes • yoga, anytime

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

 [terminalcityclub](https://www.facebook.com/terminalcityclub)  [@tcclub](https://www.instagram.com/tcclub)  Terminal City Club

LIVE MUSIC



THE GRILL

6 - 9 P.M.

THURSDAYS
FRIDAYS
SATURDAYS

09 • 02 - Dave Martone
09 • 03 - Adam Thomas
09 • 04 - Carmina Rae
09 • 09 - David Capper
09 • 10 - Mike Bertini
09 • 11 - Rob Eller

09 • 16 - Dave Martone
09 • 17 - Adam Thomas
09 • 18 - Neal Ryan
09 • 23 - Paul Filek
09 • 24 - Cassandra Maze
09 • 25 - Melanie Dekker
09 • 30 - Rob Eller

Coming Soon

Grill Room & Kitchen Renovation



FRESH SPACES

Our Grill renovation is nearly underway.

The Grill is one of the Club's most well-used spaces; this contemporary refresh will deliver an elegant, eye-catching, and functional dining room to enjoy family dinners, catch up with friends, or impress clients over lunch. The floor plan and inspiration vibe photos here will give you a glimpse of what to look forward to.

Stay tuned for more information as we approach our start date.



SUNDAY PRIME RIB DINNER

The Grill • Sundays • 5 – 9 p.m.
\$34 plus tax & service charge

Our family dinner night has been a long-standing favourite. A kids' version is also available for ages 10 and under. Reservations strongly encouraged.

*slow-roasted prime rib, seasonal vegetables,
creamy whipped potato, Yorkshire pudding, au jus*

LIONS PUB

MEMBERS' FOOD DISCOUNT

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

HAPPY HOUR

Enjoy Happy Hour beverages for \$5.50 between 2–5 p.m. and 8–10 p.m. daily!

Beers: P49 Lager

P49 Trash Panda Hazy IPA

Phillips Blue Buck Ale

Phillips Dinosaur

Wine: House Red, White, and Rosé

On tap: Mule Muddler




September Events



BOOK CLUB: WILFUL BLINDNESS

Tuesday, September 14

5 – 6 p.m.

 Complimentary event - live on Zoom

The most important book on Canadian real estate you'll read this year isn't about demographics or interest rates. It's investigative journalist Sam Cooper's new book, *Wilful Blindness: How A Network of Narcos, Tycoons and CCP Agents Infiltrated The West*.

Get a head start on the October selection: *Fall of Giants* by Ken Follett.



LUNCH EXCHANGE: VACCINATION PASSPORTS

Friday, September 17

12 noon – 1 p.m.

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

BC was the second province to unveil plans to introduce vaccine cards. This documentation will be required to access some events, services, and businesses from September 13 until at least January 31, 2022, and subject to extension. What do you think about this recent requirement? Join fellow TCC members in conversation over this hot topic.



MEMBER'S NETWORKING LUNCH

Thursday, September 23

12 noon – 1:30 p.m.

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

We're thrilled to bring back our Members' Networking Lunch. Join the city's entrepreneurs, executives, and business and community leaders for conversation over a power lunch every month. This is a terrific opportunity to meet and mingle with other members representing diverse industries.



GOURMET DINNER

Friday, September 24

6 p.m.

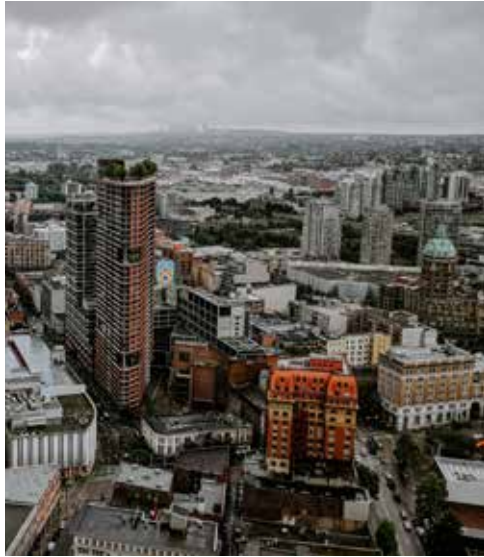
\$90 plus tax & service charge

\$38 optional wine & beverage pairings

TCC's Gourmet Dinner is a member favourite. This dining series is a four-course experience; we highly recommend enhancing your experience with the optional wine and beverage pairings specially selected by Wine Director DJ Kearney.

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.

September Events



DISCUSSION GROUP: WHERE IS VANCOUVER GOING?

Tuesday, September 28

7:15 p.m.

Complimentary event

In 2017, *The Telegraph* published “15 reasons why Vancouver is the greatest city on earth.” The article marvelled at our wonderful geography, diverse restaurants, and our architecture. Vancouverites on the other hand know the dark side of the city: the ever-increasing problems of homelessness, addictions, mental illness, and the indirect consequences of those issues (higher taxes, crime, unkempt public land), and what seems to be never-ending spending on the same issues with little to show. Is Vancouver lurching to becoming another Seattle or San Francisco, or is there hope on the horizon that our city is really addressing these issues?

The September Discussion Group will be a panel discussion lead by Kirk LaPointe (*Business in Vancouver*) with Mike Harcourt (past mayor of Vancouver and past premier of BC) and Daphne Bramham (*The Vancouver Sun*).

Meal Kits & More

tcc2go.com

Home cooking has never been easier.

STOCK YOUR FREEZER



BEEF BOLOGNESE | 20

BUTTER CHICKEN | 20

TCC PIES | 25

Chicken, Mushroom & Tarragon
Pork Pie
Lamb, Potato & Pea

ROAST CHICKEN MEAL KIT



serves 4 | 150

gruyère onion soup, brioche crouton

marinated whole chicken, chicken jus
cooked potato, crème fraîche
asparagus & carrots

almond brown butter cake, vanilla
rhubarb compote, nutmeg cream

TACO KIT



serves 4 | 80

tortilla chips
pico de gallo, cilantro lime crema
chunky tomato salsa
eight soft flour tortillas
slow-cooked pork carnitas
chipotle-braised eggplant lentils
cabbage & romaine slaw
pickled onions, jalapeños, limes,
avocados, cheddar cheese

LIQUID ASSETS

WSET Wine World Tour

Missing travel and adventure? Of course you are, so why not let wine take you on a journey filled with discovery, exotic destinations, and delicious sips?

Our Director of Wine DJ Kearney is a vastly experienced wine instructor with a special talent for bringing wine regions to life through pictures, words and, of course, the wines you will sip in the classroom. DJ's edu-taining lectures are crammed with photos that will help you escape to far-away places, all while you earn a professional wine designation from the Wine and Spirit Education Trust!

Until the world fully and safely re-opens, this might be your best bet to "travel," taste and learn.

WSET LEVEL 1

Level 1 is a foundation course that is ideal for beginners. Zero experience is ideal for this level. This course will help you understand the major grapes and wine styles, learn the essentials of food and wine pairing, and how to buy smarter. Taste more than a dozen wines and learn food and wine pairing chemistry.

Part 1: Sunday, October 24

Part 2: Sunday, October 31

10 – 3 p.m.

\$399 + GST

Registration deadline: October 8

To obtain your WSET 1 Certificate in Wine, there will be a 30-multiple choice test at the end of the October 31 session. 70% is required to pass; there is no blind wine tasting component.

WSET LEVEL 2

Level 2 examines how environmental factors, grapegrowing, winemaking, and maturation options influence the style and quality of wines made from eight principal grape varieties and 22 regional wines, as well as the world of sparkling and fortified wines. **WSET 1 is not a prerequisite.*

Four Sundays: November 7, 14, 21, 28

12 noon – 5:30 p.m.

\$1,150 + GST

cheese & charcuterie available for purchase

Registration deadline: October 29

To obtain your WSET 2 Certificate in Wine, there will be a 50-multiple choice test at the end of the November 28 session. 55% is required to pass; there is no blind wine tasting component.

DON'T FEEL LIKE SITTING THE EXAM, but want the knowledge?

Auditing the courses is just fine too!

WHAT MEMBERS ARE SAYING

“Amazing course! ... DJ Kearney is an exceptional teacher; her enthusiasm is both effervescent and contagious! The knowledge gained ... opened my mind, my taste buds, and my curiosity. I will be more willing and likely to choose a variety of different wines. The six selections each day were fantastic and served well to illustrate their purpose in the course content. Thank you TCC for a job well done!”

—Dr. Shirley Schwab



Please email wine@tcclub.com to register, or learn more about this special opportunity.

LIQUID ASSETS

Featured Wines

❶ **Domaine Amélie & Charles Sparr Légende Riesling Grand Cru Brand – Alsace, France (\$105)**

This tiny estate is lovingly farmed by Amélie and Charles following painstaking biodynamic practices. Charles is the 12th generation of the famous Sparr family; together he and Amélie nurture their own project of 12 hectares of vines, eight of which are in superb grand cru vineyards. Brand is a granitic site in the south of Alsace, renowned for firmly structured wines. Ridiculously low yields marked the frost-ravaged 2017 vintage, and you'll taste the extra fruit intensity in this bone-dry, minerally riesling. Graced with lemons, stone fruit and racy acidity, it's brilliant with white meat or to pair with an after-dinner cheese course.

❷ **BACA Double Dutch Dusi Vineyard Zinfandel 2016 – Paso Robles, California (\$95)**

Baca means berry in Latin and is the luxury line of Zinfandels that are part of the prestigious Hall Family of wines. Zinfandel is a European vinifera vine, but Californians have claimed it as their own heritage grape; BACA was created by Katherine Walt Hall to celebrate this pioneering hero. Dusi Vineyard sits in the rolling hills of blissfully warm Paso Robles AVA, ensuring that fruit is opulently ripe, but an extreme daily temperature swing brings chilly nights that keep acids bright and balancing. Made by two awesome women winemakers, this spirited Zin has swagger, style, and muscular body.

❸ **Dönnhoff Estate Riesling Nahe 2015 – Nahe, Germany (\$47)**

The most famous producer in the German region called Nahe (say Nah-huh), Dönnhoff wines are admired the world over for purity and precision. Situated at 50 degrees north, Nahe is a steep-sided valley with mild temperatures and an extraordinary range of soil types. Grown in a stony, weathered volcanic site, this riesling is confidently off-dry, meaning it has a glorious lingering honeyed finish that is impeccably offset by high-wire acidity. **A perfect appetizer wine to sip with Chef Dan's Vegetable Samosas or BBQ Duck Spring Rolls.**



1



2



3



WHITE, BY THE CASE

TCC Sauvignon Blanc 2017 Loire Valley, France

\$300

\$39 per bottle, or ~~\$468~~ per case of 12

Limited supply!

This should be your house white! Made for the Club by a renowned Loire Valley family with 500 years of wine history, this is juicy and zesty sauvignon blanc with a top French pedigree. Dry and aromatic, it's alive with gooseberries, snipped herbs, and grapefruit, with a lingering mineral finish. Loire whites show their best after a few years in the bottle, and this will pair well with goat's cheese salad, fish tacos or a sunny patio.

Contact Owen Stuart at wine@tccclub.com to secure your case, or to stock your wine locker or home cellar with any of the featured wines hand-picked by TCC Wine Director DJ Kearney.

Bespoke Dining Experiences

This summer, celebrate any special occasion with your nearest and dearest at the Club.

Our experienced team will help you curate an evening to remember.

Start your evening off with designer craft cocktails by Assistant Bar Manager Ray Yoon or a vintage Champagne selected by Director of Wine, DJ Kearney. Then, settle in for a culinary journey created by Executive Chef Dan Creyke just for you; each course is complemented by premium wine or spirit pairings.

Custom Menus

Whether you are craving sturgeon caviar, a vegan menu, or tomahawk steaks, Executive Chef Dan Creyke and his team will create a tailored menu addressing your desired theme and all your dining preferences.



Perfect Pairings

Our Wine Director DJ Kearney will select premium wine or spirit pairings based on your budget to complement each course.



Fine Dining

Our service team will organize an elevated set-up including custom printed menus – complete with wine tasting notes – as a keepsake. Need flowers? We can order those too.



What members are saying

Thank you for your creativity and accommodation which contributed to the total success of Rose's birthday celebration dinner. Our guests were all very impressed and had a great time seeing each other after such a difficult year. It is something that means a lot to us. This couldn't have happened without the entire team's efforts, as well as Chef Dan for creating the delicious dishes. The pastry team also did an outstanding job on the cake. —Marcus Xu

This was exactly what I was looking for my birthday celebration and beyond my expectations ... Thank you for all the work the staff put into making an amazing night for us. Please keep this Bespoke Dinner Experience available and continue the great work at the Club! —Konrad Shum

Ready to get started?

For more details, or to start planning your bespoke experience, contact:

reserve@tcclub.com

Restaurants Manager Iain Fletcher / Assistant Restaurants Manager Anna Iuritsyna

MEMBER OF THE MONTH

Dr. Ramesh Sahjpaul

Dr. Ramesh Sahjpaul lived his high school years in the challenging Toronto suburb of Jane and Finch, a “sketchy” neighborhood with lots of crime and lots of drugs.

“I was fortunate” he says. “I had a great cohort of friends. We were all studious and interested in university. Three of us went to medical school.”

Ramesh was born in the Punjab region of India. His family moved to Coventry, England when he was three, and then to Toronto when he was 12.

“My dad was a teacher in India, but he wanted a better life for his kids. Ours was a typical immigrant story. When we left, my father would take whatever work he could get – manual labour mostly. Sometimes he’d be working three jobs at a time.”

Ramesh had a knack for sciences in high school, but it wasn’t until his third year at the University of Toronto he decided to become a doctor. Years later, while doing surgical rotations at Kingston General Hospital he found his specialty.

“They had a small neurosurgical service in Kingston,” he recalls. “One of the two surgeons was this brilliant fellow, Fraser Saunders, who looked and talked like a California surf dude. I was sitting with Dr. Saunders when he met with a mother of a patient who had come in after a motor vehicle accident. When he told the mother he could not save her son, I was overwhelmed by the enormity of that responsibility and how he managed the moment with such heartfelt respect and care. A few days later, another young man with a serious head injury was in the hospital. His condition was treatable.

When he told the parents the good news, I considered how diametrically opposed these two scenarios were, and, in that moment, I knew I wanted to be a neurosurgeon.”

Wanting a more multicultural and active lifestyle, Ramesh and his family moved to Vancouver in 2001. The move west has been an incredible experience. “Vancouver is the longest I have ever lived any place.”

Ramesh works at Lions Gate and St. Paul’s hospitals, has served as the Head of the Department of Surgery, and is a faculty member at the University of British Columbia.

“Although medicine – neurosurgery in particular – can be all encompassing and absorbing, especially from a time commitment, my work has also provided me with a vehicle to travel, teach, and

lecture around the world. In this regard, I consider myself very fortunate.”

Ramesh joined Terminal City Club in 2017. As a single father of four mostly grown children, he was looking for a new fitness facility, and a place to break out of the routine and meet different people.

“This place is second to none. The gym, along with the pool, was a huge selling point – bright, clean, modern. Before COVID, I enjoyed dinners, wine clubs and social events at the Club, meeting new people, some of whom have become good friends.

“The pandemic has been tough on all of us. Having a place to come to exercise, and socialize to some extent, has been incredibly valuable. The staff here are like rock stars. What they’ve done to keep us open and safe is truly remarkable.”





Membership for your family

Spousal Membership

Subscription (one-time): \$950
Annual dues: \$585 + 5% tax
Quarterly Minimum Food: Nil

Intermediate Membership

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

Subscription: Nil
Monthly dues: \$143.50
Quarterly Minimum Food: 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

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!**

TO SIGN UP, CONTACT:

KIDS CLUB CAPTAIN
joinus@tcclub.com

TELUS HEALTH CARE COLUMN

BEAT THE RETURN-TO-WORK STRESS WITH YOUR LUNCH

After more than a year of working remotely, many employees are being called back into the workplace this fall. It's logical to feel anxious about it. Food can be a helpful stress management tool. Certain nutrients play a role in calming the emotions, boosting energy levels, and focusing concentration. Here are some practical, tasty, and beneficial foods to ease the return-to-work stress.

Nuts and seeds

Not only are they a quick and easy source of protein, nuts and seeds are rich in magnesium, a valuable mineral that has shown to help with reducing anxiety as well as improving brain function. They're also good sources of the antioxidant vitamin E, which is also believed to help with treating anxiety.

Turkey

Turkey meat contains an amino acid tryptophan which the body uses to make serotonin, which helps to regulate appetite, sleep, and mood. Serotonin is also linked to improved brain function and lower anxiety levels.

Turmeric

Turmeric's active ingredient curcumin is believed to have many health benefits including helping to lower anxiety. Similar in appearance to ginger, you can get turmeric in either whole or powdered form. Try adding it to chicken salad sandwich, a rice or quinoa salad, or even in a smoothie.

Chamomile tea

Chamomile is used to treat a variety of ailments including sleep problems, digestive upset, and wound healing. One clinical study suggested that chamomile tea was helpful in treating comorbid depression and anxiety.

Leafy Greens

Dark leafy green vegetables like romaine lettuce, Swiss chard, and kale are loaded with magnesium. A romaine lettuce salad at lunch or kale chips as a snack can help support adequate nourishment to help you feel energized and calm.

Dark chocolate

Not only does dark chocolate feel like

an indulgent treat, it's another source of magnesium and tryptophan. It contains sugars and fats so it's best to limit your serving to one to three grams and choose 70 per cent or more pure dark chocolate.

Salmon

Salmon is rich in Omega-3 fatty acids which are associated with good cognitive function and mental health. Consider a salmon salad, salmon macaroni salad, or mix it with cream cheese (or avocado), dill, and a dash of lemon juice for a delicious sandwich spread.

While no one food or nutrient will decrease or manage your stress, incorporating good eating habits into your lifestyle is one of many stress management strategies we can use to help with the transition back to the workplace.

 **TELUS** Health
Care Centres

To learn more, visit
telushealth.com/carecentres

Have You Heard



This past May 2021, **Jasroop Grewal** completed his Master's degree at Harvard University, which included a capstone project focused on sports psychology and mental performance training. In collaborating with key stakeholders that include an NBA World Champion and an Olympic Gold Medalist, Jasroop developed a training program which utilizes novel technology to help assist athletes with performance anxiety, triggering flow/clutch state through mindfulness and virtual reality training, and cognitive reframing to assist athletes with resilience and perseverance when facing losses and failures. Clutch State Training was born: a company geared toward assisting elite athletes with mental performance training through innovative training mechanisms. Congratulations, Jasroop!

Do you have news you'd like to share?

Celebrating an engagement, marriage, or new addition to your family? Have you accepted an exciting new role? Launching a new book or opening a new restaurant or shop? Know a fellow member who was recently recognized with an award?

Reach out to Amanda Jun, Club Relationship Manager, at ajun@tcclub.com to share your news.

Uzair Merchant just released his first audio single, "Stardust," a symphonic bilingual (English and Arabic) track with input from artists in Vancouver, Kelowna, Dubai, and India. The forthcoming music video – a new age cinematic experience completely shot on iPhone – is a fusion of cultures through music, film, and art.

Uzi is an artist and award-winning film producer. An alumnus of Nottingham Trent University and the New York Film Academy, his most recent project was in production design for the first-ever Hollywood film made in the United Arab Emirates, *The Misfits* by Renny Harlin starring Pierce Brosnan and Jamie Chung. A global citizen with Indian roots, Uzi was raised in Dubai, has lived in New York and London, and currently calls Vancouver home.



Scan the QR code to listen to "Stardust" by KRI8.LABs on Spotify.



NEW AFFILIATE CLUB

Greystone Racquet Club - Waterloo, ON



Greystone opened in 2020 to create an exclusive club community in the KW region of Ontario.

Greystone is home to five indoor tennis courts, six indoor and six outdoor pickleball courts, five singles squash courts, a doubles squash court, two state-of-the-art golf simulators, as well as a full fitness facility. After your match or workout, grab a bite to eat and a beverage or two at the Player's Lounge.

Visiting Affiliate Clubs

Due to the ongoing pandemic, many of our affiliate clubs have temporarily suspended guest visitors. For clubs that are still accepting affiliate member visitors, a Letter of Introduction is still required ahead of your visit. Please contact Member Services (concierge@tcclub.com) well ahead of your trip with your dates of travel and to ensure your TCC member ID is valid.



WEEKDAYS: 5:45 AM – 10 PM; WEEKENDS: 7 AM – 8 PM
HOLIDAY CLOSURE: MONDAY, AUGUST 2 FOR BC DAY

POLICIES

SAFETY FIRST

As per the current PHO order, **masks are once again mandatory in all indoor spaces for people 12 and over regardless of vaccination status.** This means:

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

Swimming Pool Area : Masks must be worn 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 engaged in physical exercise. Masks must be worn when moving from one equipment to another or on a stretch mat. Please continue to sanitize gym equipment before and after use.

Physical distancing is still encouraged whenever possible. **Please continue to respect other members' space as their comfort level may differ from yours.**

GUEST POLICY

At this time, members may only bring their spouse and children under 19 to use the Fitness Centre with them.



SWIM



ADULT SWIM TIME

During Adult Swim time, only adults will be permitted in the pool area:

Weekdays: 5:45 a.m. – 9 a.m.

Weekends: 7 a.m. – 9 a.m.

SWIMMING POOL & HOT TUB POLICY

Full body showers are mandatory before entering the swimming pool and hot tub.

SWIM LESSONS

Swimming is a calorie-torching low-impact workout that builds strength, endurance, and muscle tone. Private 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.

FOR KIDS

Kids group swim lessons will resume when it is safe.

In the meantime, consider booking private lessons over the weekend. Availability is limited. Please contact the Fitness Centre front desk at 604 488 8622 or email Fitness Centre Manager Sergio Hsia at shsia@tcclub.com.

SQUASH

COURT BOOKINGS

Squash bookings will continue via **sportyhq.com**. First-time users: please contact the Fitness Centre front desk for registration.

RACQUET RE-STRINGING

Have you had a restring in the past year? Strings tend to lose tension over a period of six to eight months; and with a new restring, your shots will have more control and spring in them. See the Fitness Centre front desk for more information.

FITNESS

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.



FITNESS

VIRTUAL CLASSES

FITNESS SCHEDULE

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

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.

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.

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.

This fun, non-contact workout utilizes boxing skills and drills to engage every muscle group in your body. Increase your cardiovascular endurance, power and stamina. You'll feel it the next day!

POWER FLOW YOGA WITH RACHEL

Thursdays, 7 – 8 a.m.

Power Flow is a vigorous, athletic approach to yoga and an excellent complement to any sport. Improve muscle tone, strength, flexibility, and balance.

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.



ON-DEMAND FITNESS CLASSES

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.

Pre-recorded yoga classes by certified international yoga teacher and lululemon ambassador **Matt Corker** are available on TCC's YouTube channel.



Core & Strength Quickie (20 mins)
Morning Wake Up Flow (35 mins)
Post-Work Wind Down (35 mins)
Slow & Sweaty Flow (60 mins)



Scan this QR code to access our Stay Fit playlist on YouTube.

Do you know anyone interested in membership?



MEMBER REFERRAL

When your referral joins as a Resident or Corporate member before September 10, both you and the new member will receive a \$250 account credit!

**Referral must be made in writing to joinus@tcclub.com prior to submission of application.*

Connect your
interested friends and
colleagues with your
membership team:

Amanda Jun
Jennifer Silver

**joinus@tcclub.com or
604 488 8647**