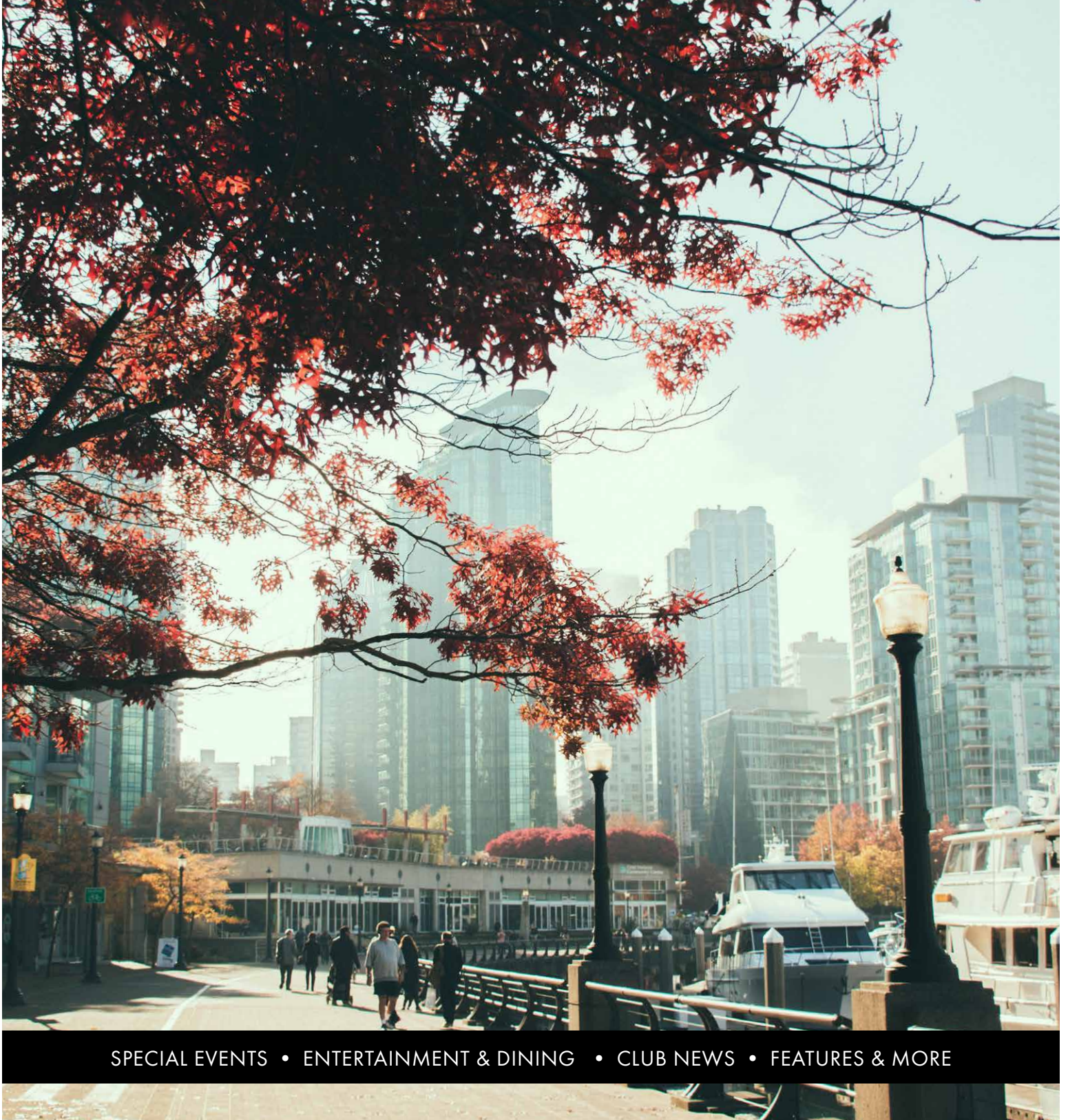


TERMINAL CITY TIMES

NOVEMBER 2021 • VOL. 28 NO. 11






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
WEB TCCLUB.COM

CONTACT US

Member Services 604 681 4121
Membership Sales 604 488 8647
Billing 604 488 8607
Catering 604 488 8605
Weddings 604 488 8629
Lions Pub 604 488 8602
Fitness Centre 604 488 8622

 terminalcityclub
 @tcclub
 Terminal City Club

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 (IN CUVÉE/1892)

Monday – Friday 11 a.m. – 9 p.m.
Coffee 7 a.m. – 8 a.m.
Breakfast 8 a.m. – 10:30 a.m.
All Day Menu 11 a.m. – 9 p.m.
Saturday & Sunday
Coffee 8 a.m. – 9 p.m.
Brunch 9 a.m. – 2:30 p.m.
All Day Menu 3 p.m. – 9 p.m.

MEMBERS' LOUNGE

Monday – Friday 8 a.m. – 11 p.m.
Coffee Service 8 a.m. – 9 a.m.
Saturday & Sunday 8 a.m. – 11 p.m.
Coffee Service 8 a.m. – 11:30 a.m.

LIONS PUB

Monday – Wednesday 11 a.m. – 10 p.m.
Kitchen 11 a.m. – 8 p.m.
Thursday – Saturday 11 a.m. – 10 p.m.
Kitchen 11 a.m. – 8:30 p.m.
Sunday CLOSED

Mask & Vaccine Mandate

Thank you for your continued support of the Club. The PHO order effective September 13, 2021, requires the Club – like many other non-essential businesses – to verify that all members and guests aged 12 and older who enter the facility are vaccinated against COVID-19.

Partial vaccination (one dose) was accepted until October 24, however full vaccination (two doses) is now required for Club access. Proof of vaccination must be in the form of the BC Vaccine Card, accompanied by a piece of government-issued ID. (Guests under the age of 19 are exempt from presenting ID.) There are no medical exemptions to the Order at this time.

Thank you for helping keep each other safe.

Holiday Closure: Remembrance Day

A gentle reminder that the Club and Lions Pub will be closed for Remembrance Day on **Thursday, November 11**. We look forward to welcoming everyone back with regular hours on Friday, November 12.

Daylight Savings

Don't forget to *fall back* into bed (for an extra hour) on **Sunday, November 7**.

Minimum Food Reminder

The end of the quarter is nearly here! Review your unspent minimum by logging into Member Central and clicking "Statements". Meet your minimums by enjoying some of our new dishes at the Grill, or get a head start on holiday shopping with our Christmas Carry Out selections (page 6–7).

A Warm Welcome to our Newest Members

We are excited to welcome the following individuals to our Club and community:

Ms. Colleen McFadden	Mr. Simon Liu	Ms. Donna Woodward
Mr. Kevin McFadden	Mr. Mirek Pijanowski	Mr. Paul Woodward
Mr. Corey Dandurand	Ms. Renee Russo	Mr. John Wu
Mr. Martin Kemble	Ms. Linda Watt	

Notice of Annual General Meeting

The Annual General Meeting will be held at the Club on **Monday, December 13** at 10 a.m. A live stream produced by Oh Boy Productions will also be available for those who prefer to attend virtually. Formal notification will be forwarded by e-mail to those members/shareholders who are eligible to attend. If you have any questions you'd like to have answered during our AGM, please forward all inquiries to gm@tcclub.com.

In Memoriam

It is with much sadness that we announce the passing of **Mr. Gordon Robert Payne**, a longstanding Club member of 48 years. He will be greatly missed by his friends, family, and colleagues.

PRESIDENT'S LETTER

November 2021



DEAR FELLOW MEMBERS,

I hope everyone is settling into fall. Given it's November already, we're nearing the end of the year, which also means my time as President is coming to a close. I'm proud of the work our Board has done so far, and of course the work done by all our staff to manage another year amidst restrictions and constant fluctuations to our business.

In case you haven't heard the news, Terminal City Club has once again received Platinum Club of the World distinction for 2022/23. You should be proud to belong to one of the top city clubs in the world. Kudos to the team for another successful application! We're proud to be listed as a top club since 2018.

You've probably noticed that our Grill renovation is underway. With the renovations going on upstairs, service is available at Cuvée, 1892 and the Members' Lounge. We hope to have the reno done as quickly as possible so we can unveil our new restaurant and get back into the swing of things. We appreciate your patience throughout the facelift.

Events like our Book Club, TCC Salon, Lunch Exchange, and Discussion Group are continuing in-house at the Club. Given the recent changes to capacity limits province-wide, we hope we can start to see some larger banquets, weddings, and holiday parties return to the Club. If you have a client or friend you'd like to treat for a lunch or a meeting, I'd encourage you to reach out to our teams, or pop by.

Speaking of holidays, Santa will be in attendance at our Festive Family Dinner on December 5 and our Dickens Brunch – a Club

favourite – on December 11 & 12. We also have holiday lunch and dinner buffets on offer; for more information, please see page 9. Be sure to get your reservations in early, as these events generally sell out. Depending on when you're reading this, you'll start to see the decorations going up in due time.

As Vancouverites, we know November can be a wet and grey month, which is even more reason to spend time indoors in our Fitness Centre. I hope everyone is keeping in shape, and making use of our gym, squash courts, and swimming pool. More information on lessons and personal training offerings can be found on pages 12 and 13. It never hurts to keep active.


Coming up around the corner is our Annual General Meeting. The AGM will take place on Monday, December 13 at 10 a.m. There will be a reception at the Club, as well as a live stream of the proceedings. More details will be provided to the membership throughout the month. If you have any questions you'd like answered, please email them to gm@tclub.com.

The next note you'll see will be my last as President. Until then, I hope you can spend some time at your Club this month, whether that's staying dry, entertaining, networking, or spending time with friends and family. Stay safe and take care of yourselves.

Sincerely,

Stewart Marshall
President, Terminal City Club

WHAT'S ON at the Club

NOV 9 | *tuesday*
TCC BOOK CLUB 
The Power of Meaning by Emily Smith

NOV 10 | *wednesday*
TCC SALON
Work-Life Balance & Spirituality

NOV 11 | *thursday*
REMEMBRANCE DAY
Club & Pub Closed

NOV 18 | *thursday*
MEMBERS' NETWORKING LUNCH
MASI AMARONE WINE DINNER

NOV 19 | *friday*
TCC LUNCH EXCHANGE
Who Should Police the Web?

NOV 25 | *thursday*
TCC SALON
Howe Sound - a UNESCO Biosphere

NOV 30 | *tuesday*
TCC DISCUSSION GROUP
Sparkling Wine - Does it Need
a Special Occasion?

Register

ONLINE **CALL**
via Member Central 604 681 4121

EMAIL **TEXT**
concierge@tclub.com 604 200 2279

 VIRTUAL EVENT

LIVE MUSIC at the Grill

Every Thursday, Friday & Saturday
in 1892, 5:30 – 8:30 p.m.

NOVEMBER

04 David Capper
05 Cassandra Maze
06 Neal Ryan
12 Neal Ryan
13 Rob Eller
18 Melanie Dekker
19 Casandra Maze
20 Paul Filek
25 Dave Martone
26 Paul Filek
27 Rob Eller

*Pictured:
Rob Eller*

The TCC Book Club meets on the first Tuesday of every month to discuss and debate their monthly book selection.

Discussions are currently being held live on Zoom. Please register on Member Central to receive the link.

UPCOMING BOOK CLUB SELECTIONS

NOVEMBER 9	<i>The Power of Meaning</i> by Emily Smith
DECEMBER 14	<i>Blackwater</i> by Jeremy Scahill
JANUARY 11	<i>Nomadland</i> by Jessica Bruder
FEBRUARY 8	<i>Range</i> by David Epstein



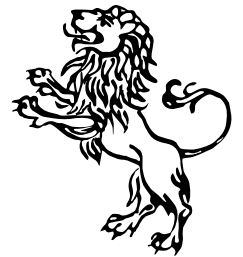
TCC BOOK CLUB



LIONS PUB

NEW FLAVOURS

We will be launching our brand new Lions Pub menus the first week of November, and we can't wait to introduce you to all the innovative new flavours in this season's selections!



HAPPY HOUR

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

THE GRILL IN 1892

FAMILY-FRIENDLY DINING

Quality family time is hard to come by, and we know it can be challenging to find a space that can host everyone. The Grill's family-friendly dining experience has followed along with the physical move, and we welcome everyone from our youngest to our oldest members to enjoy the space.

NEW ALL DAY, BREAKFAST & BRUNCH MENUS

Our new Grill menus are live, and many of you have enjoyed your first tastes of Executive Chef Dan Creyke's newest creations. Slip in from the rain after work and enjoy a warming **Glazed Short Rib Pappardelle** for dinner, or satisfy your inner west coaster and indulge in **Crispy Calamari** or **Roasted Sablefish**. It isn't all just indulgent fare at the Grill though, fuel up with our new **Power Bowl** at lunch and breeze through the rest of the afternoon with energy. These are just a few of our newest items, but visit the Grill to see the full menu!

LIVE MUSIC

Thursday, Fridays & Saturdays • 5:30 – 8:30 p.m.

You might have noticed that the live music has found a new home in the Grill's temporary location, 1892. If you're hoping to time your meal with the music, note that each session will be starting half an hour earlier at 5:30 p.m through November.

NOVEMBER

events



BOOK CLUB: *The Power of Meaning* by Emily Smith

TUESDAY, NOVEMBER 9
5 – 6 p.m.

*Complimentary event –
live on Zoom*

There is a myth in our culture that the search for meaning is some esoteric pursuit that you have to travel to a distant monastery or page through dusty volumes to figure out life's great secret. The truth is, there are untapped sources of meaning all around us right here, right now. Drawing on the latest research in positive psychology; on insights from George Eliot, Viktor Frankl, Aristotle, the Buddha, and other great minds; and on interviews with seekers of meaning, Emily Esfahani Smith lays out the four pillars upon which meaning rests.

See page 3 for upcoming Book Club selections.



TCC SALON: *Work-Life Balance & Spirituality*

WEDNESDAY, NOVEMBER 10
6 – 9 p.m.

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

A balanced life is mentioned frequently in conversation at home, work, and in social situations. Conventional wisdom states that we should maintain good physical and emotional health. Mind, body, and spirit need to be balanced to maintain an optimum quality of life. However spirituality is not usually discussed and often interpreted differently. This salon dinner, led by UBC Clinical Professor Dr. Soma Ganesan, will provide an opportunity for an open discussion on how we could learn to enrich and nurture our inner life.



CLUB CLOSED

THURSDAY, NOVEMBER 11
All Day

A reminder that the Club and Lions Pub will be closed. Every year on November 11, Canadians pause in a moment of silence to honour and remember the people who have served and continue to serve Canada during times of war, conflict, and peace.



MEMBERS' NETWORKING LUNCH

THURSDAY, NOVEMBER 18
12 noon – 1 p.m.

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

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

NOVEMBER

events



MASI AMARONE WINE DINNER

THURSDAY, NOVEMBER 18
6 p.m.

*\$150 + taxes & service charge
Limited seating - register early

Join us for a sparkling evening of Venetian indulgence as we welcome the House of Masi to our Club. Masi's renowned Boscaini family were pioneers of Amarone, one of the world's greatest dinner wines. Executive Chef Dan Creyke's team have concocted a decadent four-course menu to harmonise with a range of Masi wines, including three magnificent Amarone vintages. Masi Ambassador James Bornn will lead the tasting of six special wines along with TCC's Director of Wine, DJ Kearney.



TCC LUNCH EXCHANGE: Who Should Police the Web?

FRIDAY, NOVEMBER 19
12 noon – 1 p.m.

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

The last TCC Lunch Exchange before the Christmas break is an engaging conversation about who should police the web. Should private companies like Facebook, Twitter, and Google police the web content or should governments?



TCC SALON: Howe Sound — a UNESCO Biosphere

THURSDAY, NOVEMBER 25
6 – 9 p.m.

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

Dr. Patricia Plackett will lead a salon dinner discussion on Howe Sound as a UNESCO biosphere and the power of perseverance. After nearly five years of campaigning, Howe Sound has finally been designated a UNESCO biosphere this September. The region has become Canada's 19th biosphere region and B.C.'s third, after Clayoquot Sound and Mount Arrowsmith on Vancouver Island. Patricia Plackett is a socioeconomics specialist with PhDs in anthropology and economics and is currently teaching at Simon Fraser University. She is also the chair of the Suzuki Elders Council.



DISCUSSION GROUP: Sparkling Wine — Does it Need a Special Occasion?

TUESDAY, NOVEMBER 30
7:15 p.m.

Registration required

Join the Discussion Group – for members, run by members – for an evening of dialogue and camaraderie. Member John McCarter and TCC Wine Director DJ Kearney will be leading this conversation on redefining sparkling wine's status as a for-special-events-only beverage.

TERMINAL CITY CLUB CHRISTMAS CARRY OUT

AVAILABLE STARTING NOVEMBER 12

THE SEASON OF GATHERING & GIVING IS JUST AROUND THE CORNER

The holidays never seem to fail to catch us off guard, but you can always count on our Christmas Carry Out packages to help take some of the stress off. Our Christmas Treat Selection is always a crowd pleaser, as are our holiday gift boxes!

Don't forget about yourself though! Plan ahead and get a helping hand with the kitchen prep so that you can focus on entertaining and sharing the joys of quality time with family and friends. Explore our Entertainment and Meal Kits for an easy dinner, or pick up one of our Savoury Standalones if you just want the stress of your main dish out of the way (no one needs to know)!

Gift Boxes*

GREAT FOR GIVING

WONDERLAND GIFT BOX 105
add red or white wine + 30

white truffle chips, tagliatelle pasta, rosemary salt breadsticks, salted peanuts, raspberry biscuits, cold-pressed extra virgin olive oil, 6 year aged balsamic vinegar, artichoke lemon pesto, 70% dark chocolate bar, castelventrano olives

WINE & CHEESE BOX 95
select red or white wine

individual salt spring island blue juliette, island brie, port soaked stilton, lesley stowe gluten-free crackers, orange candied hazelnuts and dried fruit

WINE 3-BOTTLE GIFT PACK 99
selections vary

contact wine@tcclub.com for a list of available sets

*Gift Boxes are only available via Member Services.

Entertainment Kits

TAKE THE HASSLE OUT OF HOSTING

ARTISAN CHEESE & CHARCUTERIE KIT 140

serves 4 – 6

brie, port stilton, aged cheddar, & provolone (100 g each)
charcuterie (3 x 100 g)
pork terrine (150 gram)
duck rilette (150 gram)
salted roast almonds
mixed olives
cornichons
apple butter
baguette (1)
breton crackers (1 sleeve)

CHILLED SEAFOOD KIT 125

serves 4 – 6

citrus poached prawns (1 lb)
scallop ceviche (300 g)
smoked salmon (250 g)
ahi tuna tataki (250 g)
yuzu aioli
cocktail sauce
pickled onions
lemons

TO ORDER

Starting November 12, contact Member Services for an order form or visit tcc2go.com.

DEADLINE Sunday, December 19

PICK-UP Please allow 48 hours for pick-up.

There is limited availability and we recommend confirming your selections and pick-up date as soon as possible. For specially curated wine pairings with any of our kits, consult with our beverage experts - email wine@tclub.com.

Meal Kits

FOR THE HOME COOK

PRIME RIB MEAL KIT 350

serves 4 – 6

oven ready prime rib roast (2½ kg)
cauliflower soup (1 litre)
yorkshire pudding (6)
fingerling potatoes (1¼ lb)
baby carrots
broccolini
red wine jus (250 ml)
horseradish

TURKEY DINNER MEAL KIT 325

serves 4 – 6

butternut squash soup (1 litre)
marinated, raw, oven-ready turkey breast
confit turkey leg
apple walnut stuffing
fingerling potatoes (1¼ lb)
baby carrots
broccolini
turkey gravy gold (1 litre)
cranberry orange chutney (250 ml)

VEGAN MEAL KIT 120

serves 3 – 4

cauliflower soup (1 litre)
quinoa salad (sun-dried fruits and seeds, baby kale, mandarin vinaigrette)
shaved brussels sprout salad (dried cranberries, pecans, pomegranate)
apple walnut stuffed butternut squash
baby carrots
broccolini
mushroom jus (250 ml)

Savory Standalones

CHRISTMAS CLASSICS TO ENJOY

TURKEY GOLD GRAVY 22

1 litre

PRIME RIB ROAST 150

2½ kg — oven-ready prime rib roast

SALMON FILLET 60

2 lb — raw salmon fillet with a honey tamari glaze

TOURTIÈRE 48

traditional french canadian pie with spiced san marzano jam

Sweet Offerings

FROM THE KITCHEN

CHRISTMAS PUDDING 48

1 kg — brandy butter

MINCEMEAT TARTS 38

by the dozen

SHORTBREAD COOKIES 34

by the dozen

STICKY TOFFEE PUDDING 43

serves 6 — toffee sauce

RUM & EGGNOG 48

CHEESECAKE

serves 6 — caramel sauce

VEGAN APPLE PIE 48

serves 6

CHRISTMAS TREAT SELECTION BOX 68

2 dozen assorted treats, mincemeat tarts, shortbread, gingerbread men, & thumbprint jam cookies

LIQUID ASSETS

Winter inspired wine selections



CHAMPAGNE PIERRE GIMONNET ET FILS CUVÉE FLEURON PREMIER CRU BLANC DE BLANCS BRUT 2015 – FRANCE

Gimonnet is one of the most celebrated grower/producers in the Champagne region, with a history of farming grapes since 1750. Devoted to making precise chardonnay champagnes that express both chalky soils and chilly climate, the Fleuron is a crystalline blend from elite vineyards. Lengthy bottle ageing has bestowed deep layers of toasty complexity and refinement upon this outstanding vintage champagne. Fleuron means 'flagship' and is selected exclusively from the great years.



DOMAINE DE LA SOLITUDE CHÂTEAUNEUF-DU-PAPE BARBERINI 2018 – SOUTHERN RHÔNE VALLEY, FRANCE

No wine says 'winter' like Châteauneuf-du-Pape! This historic estate (now passed down from daughter to daughter) was the first to bottle and label wine here centuries ago, helping Châteauneuf become the globally admired region that it is. A silky chewy old-vine blend of 60% grenache, syrah, and mourvèdre, from the finest pebbly terrace in the region. Eighteen months of oak ageing adds aromatic intensity and fine tannins.



TOLLOY PINOT GRIGIO 2019 – TRENTO-ALTO ADIGE, ITALY

When pinot grigio is planted on limestone soils in the chilly hills of Northeastern Italy, something special happens. Pear and peach fruit, mouth-watering lemony acidity, and dusty minerals distinguish the wines. The Tollo family were innkeepers in the 18th century, luring visitors to the alpine hills of Alto Adige to enjoy both wines and mountain vistas. Bone dry, complex, absolutely unoaked, and built for a Cobb salad or butter chicken.



BODEGAS TRIDENTE REJÓN TEMPRANILLO 2015 – CASTILLE Y LEON, SPAIN

Taste why age matters! Made from ancient, gnarled tempranillo planted 130 years ago, this is potent, polished, powerful Spanish red. Vines this old produce a miniscule crop of grapes that are intensely concentrated with deep flavours of blackcurrants and red plums. Slipped into posh French oak barrels for 20 months adds a sheen of vanilla spice; this is heady, savoury red for Sunday prime rib, or Chef Dan's roasted duck breast.

GIVE THE GIFT OF MEMBERSHIP

To learn more, contact your membership team at joinus@tclub.com or 604 488 8647.

MEMBER WALL PLAQUES

Make a gift in your loved one's name with a personalized Member Wall plaque; all proceeds are used to enhance your Club's facilities. A limited number of plaques remain so secure your spot today. To order your plaque, please contact Jennifer Silver at jsilver@tclub.com or 604 488 8611.

HOLIDAY EVENTS at the club

FESTIVE FAMILY DINNER

Sunday, December 5

5:30 p.m. | 6 p.m. | 6:30 p.m.

Adults: \$105 per person + tax and service charge

Kids (4–12): \$50 per person + tax and service charge

Enjoy a festive evening complete with live music at our first-ever family dinner buffet. Santa will be in attendance so kids can get their holiday requests in early.

DICKENS' FAMILY BRUNCH

Saturday, December 11 & Sunday, December 12

10:30 a.m. | 11 a.m. | 12 noon

Adults: \$85 per person + tax and service charge

Kids (4–12): \$35 per person + tax and service charge

The Dickens Family Brunch is a beloved Christmas tradition at TCC! Kids love our crafting activities and they can deliver their Christmas wish lists to Santa directly. Don't forget to head over to the photobooth to capture this holiday memory. It's always a full house so secure your spot today!

FESTIVE LUNCH BUFFET

Friday, December 10, Thursday, December 16
& Friday, December 17

11:45 a.m. | 12 noon | 12:15 p.m.

\$84 per person + tax and service charge

Groups of 10+: \$81 per person + tax and service charge

Take a break from your busy workday to enjoy the holiday season. Reserve a table for your social gathering or corporate entertaining. Our Christmas lunch buffets include a spread of new and longstanding holiday favourites, all to the backdrop of live music. Leave room for dessert!

FESTIVE DINNER BUFFET

Wednesday, December 8 & Thursday, December 16

6 p.m. | 6:30 p.m. | 7 p.m.

Adults: \$105 per person + tax and service charge

Groups of 10+: \$101 per person + tax and service charge

The Metropolitan Ballroom becomes your supper club, with a live pianist to put you in the holiday spirit. Treat your friends and colleagues to an evening of grown-up fun.

NEW YEAR'S EVE DINNER

Friday, December 31

6:30 – 9:30 p.m.

\$150 per person + tax & service charge

Dust off your finest outfit for a New Year's Eve celebration at the Club. Enjoy an evening with live music, your favourite people, and capture all the memories at the photobooth!

Registration for events is available through Member Central or by contacting Member Services at concierge@tclub.com

Early registration is recommended.



HAVE YOU HEARD?

UPDATES FROM AROUND THE CLUB



Damian Frith accomplished an incredible feat and ran not one, but two of the “Big 6” marathons ... in a week! He completed the Berlin Marathon on September 25, running alongside 25,000 others, before heading west to run the London Marathon on October 3 in front of a crowd of over 3 million people.

You might be wondering what was up next after the marathons, and his answer was gold — we’d find him in the Club “recovering”. We have to say, he definitely deserves a lifetime of spa days after this! Congratulations, Damian!



Congratulations to **Meranda Rasmussen**, Lions Pub Server, for winning Employee of the Third Quarter! Meranda has been an absolute stalwart in the Lions Pub, especially during the trials and tribulations we have endured over the last 18 months. You don’t have to look much further than the five-star review she received from a recent guest visit to the Lions Pub to understand the true impact of her service and what it means to the patrons she serves everyday.

Beyond her everyday role as a server, Meranda has also filled in regularly as a Bartender and a Supervisor when needed. She is also our “go to” staff member when it comes to training new employees. Her attention to detail and communication style ensures all our new employees are set-up for success. Meranda is a true team player, and we are very thankful to have her on staff.



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@tclub.com to share your news.

MEMBER OF THE MONTH

TOM MCKEE

THOMAS "TOM" MCKEE UNDERSTANDS THE COMPONENTS OF SUCCESS, SUCH AS HARD WORK, GOAL SETTING, ORGANIZATION, PATIENCE, PERSEVERANCE.

Thomas "Tom" McKee understands the components of success, such as hard work, goal setting, organization, patience, perseverance. Those aside, the one component that best defines his exceptional ability to succeed is that he hates to lose. "If I am going to do something competitive in sports or in business, I am going to try and win," he says. "I'm a gracious loser but know that my aim is to win."

Tom has been a gifted athlete all his life. As a teenager, he excelled on the basketball court, the running trails and the rugby pitch. As a young father, he took up martial arts with his two boys eventually competing on a national level. Today, he's a fixture at the TCC gym, six days a week with a group of mates he calls "the morning crew." He's also an avid cyclist whose competitive nature is so keen that even the electric bikes bring out his boyish energy. "That part of me just won't stop," he says. "If I'm out for a ride and someone passes me, well, it's game on."

Tom grew up in West Point Grey. After high school, he went to UBC and articulated with an accounting firm where he graduated as a CPA-CGA. "I didn't practice long as a CPA. I just figured an accounting designation would open lots of doors in business which was my main interest."

In the mid-1980s, Tom began work at Rampion Enterprises as the Chief Financial Officer, eventually leading to management of all divisions of the Richmond-based national sporting goods company. His work for Rampion included the revolutionary idea of cross-branding between sports. More specifically he struck an agreement with the NHL to put team logos and colours on a wide range of golf bags and accessories. "That type of co-branding at the time was unheard of, now it's commonplace. At that time we led the way in innovative thinking and product design."



In the late 1990s, Tom was offered an ownership share of Rampion but decided instead to leave the business and purchase his father's company Vancouver Prosthetics. "People thought I was nuts leaving Rampion. I had a great job. Business was booming. I just felt the time was right to change. If it meant I had to start answering the phones and getting my own coffee, I was okay with that."

Tom's father was an amputee and CPA who had built Vancouver Prosthetics into a thriving little medical company. Taking the torch from his dad meant a lot.

It didn't take long for Tom to quickly transform Vancouver Prosthetics into something much bigger. He purchased three complimentary companies and renamed his business Vancouver Orthopedic Group. Today, VOG is the major player in British Columbia making custom orthopedic devices.

"Rampion was a great company — the work was fun and exciting. I gave up a lot of perks, but it's an amazing feeling to be genuinely helping people — helping people walk again." Tom tells the story of a professional photographer who was having so much trouble rehabilitating a severe ankle injury that

amputation looked like his only option. After custom fitting a complex orthosis, three days later he was doing the Grouse Grind.

In 2018, Vancouver Coastal Health put out a "request for proposal" to orthopedic companies in B.C. to take over prosthetic and orthotic services at the GF Strong Rehabilitation Centre.

"I knew we'd have an excellent chance to win the contract and we put together a strong proposal. We won the bid in 2019 and started the negotiation process with VCH. This was the first public-private partnership of its kind for VCH and there were a lot of details to work out. The contract was completed in January 2020 and everything was set for an April 2020 opening after major renovations were completed. Then the pandemic hit. A global pandemic was the only thing we did not plan for in our risk assessment. The grand opening turned into a soft opening six months later.

"There were some blessings to a soft opening. We were able to iron out a lot of the bugs without disrupting service all that much; it also gave us time to build relationships with all the stakeholders at GF Strong." One year after opening, the new clinic is thriving.

HOURS

WEEKDAYS 5:45 a.m. - 10 p.m.

WEEKENDS 7 a.m. - 8 p.m.

HOLIDAY CLOSURES

Thursday, November 11, 2021

POLICIES

SAFETY FIRST

As per the current PHO order, masks are mandatory in all indoor spaces for people 5 and over. Physical distancing is encouraged whenever possible. Please continue to respect other members' space as their comfort level may differ from yours.

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 on a sectionized machine or area. 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.

GUEST POLICY: The Fitness Centre guest fee of \$24.50 will be waived on weekends for the spouse or common-law partner of a member. Guest fees will also be waived for members' children and grandchildren under the age of 19. Members will be limited to six guests per visit. Non-member guests must always be accompanied by a member.

FOCUS on fitness



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.

PRIVATE SWIM LESSONS WITH JOHN RYAN

John has been teaching and coaching swimmers for over 18 years, and has brought them up to provincial and national levels. He has taught beginners, Masters and Triathlete-swimmers to reach their goals; from making the full length of the pool to swimming the English Channel. Regardless of your skill level, John can help you improve your technique and stamina, learn new techniques, and gain confidence and ease in the water.

KIDS SWIM LESSONS

Kids group swim lessons are back! See inset on page 11 for more information.

Contact the Fitness Centre front desk at **604 488 8622** or email Fitness Centre Manager **Sergio Hsia** at **hsia@tclub.com** for more information.

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**.

VIRTUAL fitness

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

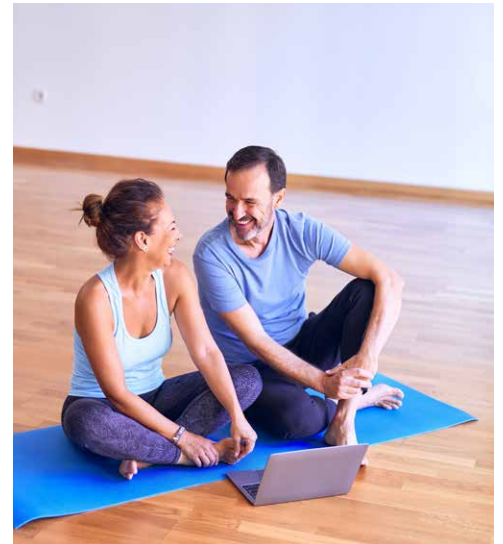
Fridays, 12 noon – 1 p.m.

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

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



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)

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 a.m.		VINYASA YOGA WITH CLARE	MAT PILATES WITH ZORICA	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.						
10 a.m.						
12 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.						



MASI AMARONE WINE DINNER

THURSDAY, NOVEMBER 18, 2021, 6:00 P.M.

Join us for a sparkling evening of Venetian indulgence as we welcome the House of Masi to our Club. Masi's renowned Boscaini family were pioneers of Amarone, one of the world's greatest dinner wines. Executive Chef Dan Creyke's team have concocted a decadent four-course menu to harmonise with a range of Masi wines, including three magnificent Amarone vintages. Masi Ambassador James Bornn will lead the tasting of six special wines along with TCC's Director of Wine, DJ Kearney.

LIMITED SEATING AVAILABLE

Register through Member Central or contact conciierge@tcclub.com.

\$150 plus tax & service charge