

# TERMINAL CITY TIMES

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DECEMBER 2021 • VOL. 28 NO. 12



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

The current PHO order requires the Club to check proof of full vaccination for all members and guests aged 12 and older. Please ensure that you and your guests have your BC Vaccine Card and a piece of government-issued ID handy when you enter the Club. Masks are also currently required indoors unless seated for dining or engaged in physical activity in the Fitness Centre. Thank you for helping keep each other safe.

## HOLIDAY HOURS

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

## SECURITY REMINDER

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

## WELCOME TO OUR NEWEST MEMBERS!

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

Mr. Raja Bains  
Mr. Howie Baral  
Mr. Matt Dixon  
Mr. W. Paul Guenette  
Ms. Parm Kaur Hari  
Mr. Randal F. Scott  
Mr. Adrian Smith

## CLUB FUND

Thank you, sincerely, to all members who have made a contribution to the Club Fund. Contributing to the Club Fund is the best way to support our team – including front-of-house, culinary, housekeeping, and maintenance staff – during another difficult year.

## MINIMUM FOOD REMINDER

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

## NOTICE OF AGM

The Annual General Meeting will be held virtually, via livestream produced by Oh Boy Productions, on Monday, December 13 at 10:30 a.m. 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](mailto:gm@tcclub.com).

## IN MEMORIAM

It is with much sadness that we announce the passing of Mr. John Keserich and Mr. R. Keith Duncan.



Mr. Keserich was a member for more than 20 years and is remembered for his affable nature and his love of curling.



Mr. Duncan was a true traveller and adventurer, and was a TCC member for 52 years, serving as Club President from 1992-3 during his impressive tenure.

# PRESIDENT'S LETTER

## DEAR FELLOW MEMBERS,

For my final note of the year, I'd like to start off by saying it's been a pleasure serving as your President. The year was not without its challenges, but I'm proud of the work our Board and staff put in throughout the year to manage the restrictions and fluctuations to our business. And to our members, I'd like to acknowledge the continued support of the Club all year long (and a special shout out to all the members that contributed to the Club Fund)!

If you've noticed the sound of hammering, drilling, and grinding, from time to time, don't be alarmed. It's only the sound of progress. BLT, our contractors have been working hard to gut the old Grill and start the next phase of the reno. There have been no major surprises in the demolition stage, and the teams are on track with the original timeline. Your patience is appreciated as the projects progress.

The Club is looking very festive, and I'm sure many of our youngsters will be excited to see Santa Claus make his return to TCC in the coming days. Our Dickens' Brunches and Festive Lunch/Dinners continue to be member favourites. We have limited space left to book your holiday dinners at the Club, so don't hesitate to reserve a table if you are looking to celebrate with your co-workers or family.

If you're in a pinch for time, or just want to take the hassle (and dishes) out of the equation, visit [tcc2go.com](https://tcc2go.com). Having purchased items before, I think you will enjoy TCC's take-out.

I'm excited to be part of a fireside chat with former Governor of the Bank of Canada, Stephen Poloz, on December 9. I've known Steve professionally and personally for the better part of 20 years and we could not be hosting him at a better time given today's economic uncertainties in Canada and around the world. I'm sure we will all get a lot out of Steve's commentary and there will be plenty of opportunity for questions. I can confidently say everyone in attendance will leave the talk enlightened.

Our Annual General Meeting will take place virtually on Monday, December 13 at 10:30 a.m., with a sit-down reception following at the Club. All shareholding members who received notice may RSVP at [concierge@tcclub.com](mailto:concierge@tcclub.com), or phone 604 681 4121. A link will be provided to you ahead of the meeting.

I want to wish everyone a safe and happy holiday season. I look forward to passing on the torch to the incoming president after the AGM and seeing what 2022 has in store for us. You have a dedicated Board who love their Club! Take care of yourselves and thank you for giving me the opportunity to serve as your President for 2021.

Sincerely,

Stewart Marshall  
President, Terminal City Club





## To Register for events

ONLINE via Member Central  
EMAIL [concierge@tcclub.com](mailto:concierge@tcclub.com)  
CALL 604 681 4121  
TEXT 604 200 2279



VIRTUAL EVENT

# December at a glance

- DEC 1**    **TCC SALON**  
Innovative Town Planning
- DEC 5**    **FESTIVE FAMILY DINNER BUFFET**
- DEC 6**    **TCC SALON**  
Social Isolation in Vancouver
- DEC 8**    **FESTIVE DINNER BUFFET**
- DEC 9**    **DISCUSSION GROUP**  
Fireside Chat with Stephen Poloz
- DEC 10**    **FESTIVE LUNCH BUFFET**
- DEC 11**    **DICKENS' FAMILY BUNCH**
- DEC 12**    **DICKENS' FAMILY BUNCH**
- DEC 13**    **BOOK CLUB**   
*Blackwater* by Jeremy Scahill
- DEC 13**    **ANNUAL GENERAL MEETING**
- DEC 16**    **FESTIVE LUNCH BUFFET**
- DEC 16**    **FESTIVE DINNER BUFFET**
- DEC 17**    **FESTIVE LUNCH BUFFET**
- DEC 24**    **CHRISTMAS EVE**  
Club Closed
- DEC 25**    **CHRISTMAS DAY**  
Club Closed
- DEC 26**    **BOXING DAY**  
Club Closed
- DEC 31**    **NEW YEAR'S EVE DINNER BUFFET  
& COUNTDOWN**

# AROUND the club



## LIVE MUSIC

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

02	Rob Eller	16	Melanie Dekker
03	Neal Ryan	17	Mike Bertini
04	David Capper	18	David Capper
09	Dave Martone	23	Dave Martone
10	Neal Ryan	30	Carmina Rae
11	Mike Bertini	31	David Capper



## HOLIDAY SERVICE CHANGES

A gentle reminder that brunch service will be unavailable on December 11 & 12 to accommodate our annual Dickens' Family Brunch.



## COZY UP WITH OUR NEW HOLIDAY BEVERAGES

It wouldn't truly feel like the holidays without eggnog, hot apple cider, and the decadent aroma of mulled wine floating through the air! Which is why you'll be able to find all three at the Club, each priced at \$14. But indulge while you can – Santa will be whisking them away once the holidays end!



## TCC BOOK CLUB

The 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. For meeting access, please register on Member Central.

### UPCOMING BOOK CLUB SELECTIONS

DECEMBER 14  
JANUARY 11  
FEBRUARY 8

*Blackwater* by Jeremy Scahill  
*Nomadland* by Jessica Bruder  
*Range* by David Epstein

# December events



## TCC SALON: Innovative Town Planning

WEDNESDAY, DECEMBER 1  
6 – 9 p.m.

### *Waitlist Only*

What do housing affordability, physical health and a sense of community have to do with town planning? Each of these factors play an integral role in the decision to settle roots in a community. Although Vancouver is lauded as a livable city, there is a growing sense of disconnection and isolation among residents. Good planning can help address this by creating welcoming spaces where people want to congregate and meet one another.

This salon is lead by Mr. Michael Geller, a Vancouver-based architect, planner, real estate consultant and property developer with four decades' experience in the public, private and institutional sectors.



## FESTIVE FAMILY DINNER BUFFET

SUNDAY, DECEMBER 5  
5:30 p.m. | 6 p.m. | 6:30 p.m.

### *Waitlist Only*

Celebrate with Santa at our first-ever festive family dinner buffet! Live music and holiday cheer will fill the air as families come together over dinner. Santa will be in attendance all evening, so that kids can get their holiday requests in!



## TCC SALON: Social Isolation in Vancouver

MONDAY, DECEMBER 6  
6 – 9 p.m.

### *Waitlist Only*

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

Vancouver Foundation's research found that Metro Vancouver was a hardplace to make friends. Despite cordial relations with neighbours, there is a declining level of participation in community life. One in four Vancouverites are alone more often than they would like, and the pandemic has exacerbated feelings of isolation and reduced a sense of belonging.

Led by Mr. Kevin McCort, CEO of the Vancouver Foundation, this Salon covers the latest research on changing attitudes surrounding vulnerable populations, fairness and community connectivity, and how this impacts the work of the Vancouver Foundation.



## FESTIVE DINNER BUFFET

WEDNESDAY, DECEMBER 8  
6 p.m.

Let the Metropolitan Ballroom become your supper club. Bring together your favourite people and let the live pianist put you in the holiday spirit. This is lovely opportunity to celebrate with a group!





**DISCUSSION  
GROUP:  
Fireside Chat with  
Stephen Poloz**  
THURSDAY, DECEMBER 9  
8 – 9:30 a.m.

*\$45 plus tax and service charge  
\*Limited Spots Remaining*

Join us for a special conversation with economist Stephen Poloz, former Governor of the Bank of Canada from 2013–2020. Mr. Poloz and TCC President Stewart Marshall share a Q&A session with members and guests. Mr. Poloz's biography highlights 40 years of experience in financial markets, forecasting, and economic policy, including 35 years in the public sector.



**FESTIVE LUNCH  
BUFFET**

FRIDAY, DECEMBER 10  
11:45 a.m., 12 noon, and  
12:15 p.m.

*\$84 per person + tax and  
service charge*

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

This is the perfect opportunity to bring your favourite people together and relish in the holiday cheer! Enjoy an afternoon of delicious food and holiday treats, all to the backdrop of live music.



**DICKENS' FAMILY  
BRUNCH**

SATURDAY, DECEMBER 11  
& SUNDAY, DECEMBER 12  
10:30 a.m., 11 a.m., and  
12 noon

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

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

**Waitlist Only**

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!



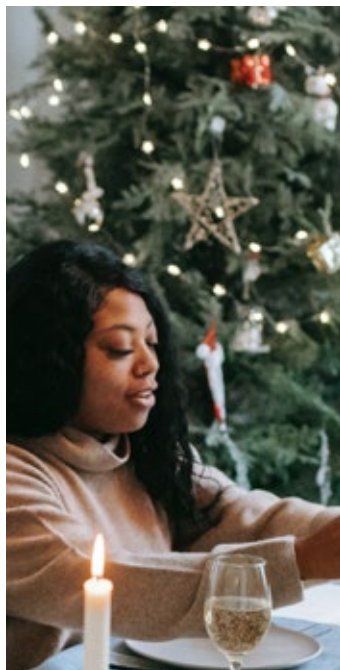
**TCC BOOK CLUB  
*Blackwater*  
by Jeremy Scahill**  
TUESDAY, DECEMBER 14  
5 – 6 p.m.

*Complimentary event –  
live on Zoom*

On September 16, 2007, machine gun fire erupted in Baghdad's Nisour Square, leaving 17 Iraqi civilians dead. The shooting spree, labeled "Baghdad's Bloody Sunday," was neither the work of Iraqi insurgents nor U.S. soldiers. The shooters were private forces, subcontractors working for the secretive mercenary company, Blackwater Worldwide, led by Erik Prince. Award-winning journalist Jeremy Scahill reveals the frightening new face of the U.S. military machine, and what happens when you outsource war.

See page 3 for upcoming Book Club selections.

# December events



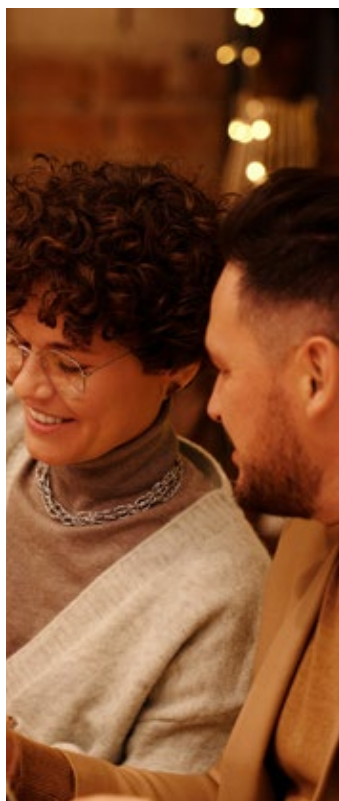
## FESTIVE LUNCH BUFFET

THURSDAY, DECEMBER 16  
11:45 a.m., 12 noon, and  
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

THURSDAY, DECEMBER 16  
6 p.m., 6:30 p.m., and 7 p.m.

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

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

### ***Waitlist Only***

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.



## FESTIVE LUNCH BUFFET

FRIDAY, DECEMBER 17  
11:45 a.m., 12 noon, and  
12:15 p.m.

*\$84 per person + tax and  
service charge*

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

### ***Waitlist Only***

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!



## CLUB CLOSED

FRIDAY, DECEMBER 24  
SATURDAY, DECEMBER 25  
SUNDAY, DECEMBER 26

Thank you to all members who have continued to support the Club throughout the year. The Club will be closed for three days, while our team will be taking a well-earned break for the holidays. Have the happiest of holidays and we will see you on Monday, December 27 when we return fully recharged and ready to set the wheels in motion for an exciting 2022!



# OFF-SITE events



## NEW YEARS' EVE DINNER BUFFET & COUNTDOWN

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! This evening event finishes off with an east coast countdown, but if you want to keep the night going to midnight, be sure to make a reservation in the Members' Lounge for your group.



## TCC BIG WHITE SKI WEEKEND

FEBRUARY 4 - 6 — SUN PEAKS

*Starting from \$675 per person*

Sun Peaks is famous for light, dry "champagne powder" and a European-style village nestled at the base of three mountains. Dust off your skis or snowboard for two exciting days at Big White. An experienced, friendly, and fun trip leader will assist members throughout the trip and arrange any additional activities of interest for a discounted price.

\*If you've been thinking about learning to ski, this your chance! Option to customize the trip with a 1-Day Learn to Ski/Ride package (includes equipment rentals and a 2-hour lesson).



## SEATTLE KRAKEN VS. VANCOUVER CANUCKS

MONDAY, DECEMBER 27 7 P.M. — TCC BOX SUITE

*\$350 per person (includes food)*

The battle at the bottom of the Pacific rises to the surface on December 27 at Rogers Arena. The Seattle Kraken challenge the Vancouver Canucks and Pacific Northwest pride is on the line! Enjoy a crow's nest view of the action from TCC's executive box suite.



# *It's the Season for Giving*

The annual pressure to come up with a gift that matches (or even surpasses!) last years' pick is real. Gift-doubt undermines our decisiveness and leaves us scrambling at the last minute to find gifts that don't look like they were picked up on the way to the party. But you've got an ace up your sleeve – the Club! Whether it's a small gesture of treats, a thoughtful kit to help your favourite host, or pre-planning drink selections for a festive dinner at the Club - the next few pages are full of wonderful gift ideas!

## **CHRISTMAS CARRY OUT**

Show your appreciation to family, colleagues, clients, and friends this holiday season with TCC's Christmas Carry Out! With a brilliant variety of offerings, you'll be able to make short work of your holiday shopping. Order forms are available at Member Services and the Fitness Centre. See the following page for more information.

## **HOLIDAY WINE SETS**

Wine is always a welcome holiday gift, but if you're at loss of where to start, look no further than our Christmas Carry Out Wine Sets. Each trio is thoughtfully selected for a delightful experience. Looking for something else? Contact [wine@tcclub.com](mailto:wine@tcclub.com) for special recommendations, or inquire about our selection of Terrasole Wine Sets (limited availability).

## **GIVE THE GIFT OF MEMBERSHIP**

Share your love of the Club! Give the gift of membership. Spousal and Intermediate memberships are available to your immediate family members. To learn more, contact your membership team at [joinus@tcclub.com](mailto:joinus@tcclub.com) or 604 488 8647.

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





# Christmas Carry Out

## 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 140

*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

## GIFT BOXES\*

GREAT FOR GIVING

\*available only via Member Services

### 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](mailto:wine@tcclub.com) for a list of available sets

## 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 oven-ready turkey breast, confit turkey leg, dried fruit & sage 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), dried fruit & sage 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 45

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 CHEESECAKE 48

*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

## TO ORDER

Order forms are available at Member Services and the Fitness Centre, or may be placed online at [tcc2go.com](http://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@tcclub.com](mailto:wine@tcclub.com).

— All prices exclusive of tax



# Sparkle this Season!

IT'S BEEN A HECK OF A YEAR, BUT WE MADE IT! Sometimes the only right thing to do is toast our resilient spirit with special bubbles – and that means **Champagne**. Here are three new arrivals in TCC cellars, to share with colleagues and loved ones:



## CHAMPAGNE LECLERC BRIANT RÉSERVE BRUT NV – \$118

American academic couple Mark Nunelly and Denise Dupré bought this quality Champagne house in 2012, a sister winery to the Burgundy domain they own. Denise serves on the Harvard Business School Board of Dean's Advisors and clearly has a nose for both business and hospitality! This estate was a biodynamic pioneer starting back in the 1950s, and the base wines always ferment in old oak barrels (like Krug) adding richness and depth. This Reserve Brut is elegant and toasty, adorned with an impossibly cushion-y mousse.



## CHAMPAGNE MARIE COURTIN CONCORDANCE EXTRA BRUT 2016 – \$185

This tiny, esteemed grower Champagne house is run lovingly by Danielle Moreau who is a meticulous biodynamic farmer. She makes single-variety, single-vineyards wines, and this Concordance is all pinot noir, with no dosage or added sulphur. Electric, chiselled, powerful and complex, this is the wine that minted her fame in Champagne. Try with TCC's signature truffle fries.



## CHAMPAGNE PIERRE PÉTERS CUVÉE DE RESERVE BLANC DE BLANCS NV – \$135

A boutique family Champagne house for six generations, specializing in wines made of only chardonnay from superb Grand Cru rated vineyards. This lemony dazzler has 40% aged wines added from a perpetual reserve started in 1988 which deepens colour, intensity and intricacy.



# Slip into sleek winter *reds*

LIQUID assets



## **PURPLE HANDS LONE OAK RANCH WILLAMETTE VALLEY PINOT NOIR 2019 – OREGON – \$66**

Cody Wright is the son of one of the undisputed monarchs of Oregon pinot, Ken Wright. Cody literally grew up in cellars and at 25 started making his own wines. Naming his project Purple Hands (that's how they look for the long weeks of harvest), he's clearly inherited the magical pinot touch. A blend of six vineyards, this bursts with cherries and spices and is a smooth, easy drinker.

## **RHYS VINEYARDS ALESIA PINOT NOIR 2016 – SANTA CRUZ, CALIFORNIA – \$108**

It's a quintessential California wine story: a Silicon Valley entrepreneur becomes fascinated with wine in the early 1990s; starts collecting fine Burgundy; then years later turned his fascination into a DIY project by planting some Pinot Noir vines in the backyard of his Santa Cruz home. This biodynamically farmed pinot is stylish and gracious with streamlined red fruit, light oak, minerals and the immense freshness you'd expect in a mountain-grown wine.



## **VASSE FELIX CABERNET SAUVIGNON 2017 – MARGARET RIVER, WESTERN AUSTRALIA – \$80**

One of the most potent and polished cabs you will ever taste, this Oz show-stopper is a must-try. Poised on the western edge of the continent, Margaret River has built a global reputation for glorious cabernet sauvignon (and chard) thanks to an ideal climate and gravelly soils. Vasse Felix was the very first winery to break ground back in 1967, and this cab is still the standard bearer. Elegant, generous and ageable with powerful black fruit, sleek tannins and endless finish.

## **PAX SONOMA-HILLSIDES SYRAH 2017 – SONOMA, CALIFORNIA – \$113**

When legendary wine critic Robert Parker called winemaker Pax Mahle "one of Northern California's new young turks" it changed his life, but also gave him the chance to champion California syrah. Pax blends multiple hillside sites, ferments in concrete and ages in large neutral barrels — the magical result brims with violets, cracked pepper and smoked meat. Pure, juicy, spicy and savoury, this is lean and old-world styled syrah, packed but with sweetly ripe fruit borne of the long California summer.



# MEMBER OF THE MONTH

## EDOYE PORBENI



Born in west Africa, Edoye Porbeni was 6 when she moved to Vancouver in the late 1980s. Her parents had lived here in their youth and were married at City Hall in 1970. Vancouver is where dad had trained as a commercial pilot and mom as a nurse. In 1993, Edoye was all of 10 years old when she made the precocious decision to leave Vancouver and live in the U.S.

"I'd taken a trip to visit an uncle in Georgia," she says. "He was working on his doctoral thesis and I fell head over heels for both Atlanta and academia. I begged my parents to let me move there for a year. They knew I was not going to let it go, so they relented with the caveat that I spend summer in Vancouver. One year turned into two, then into three. I ended up staying there until I got my first degree: communications with a minor in international relations."

While the decision to move to Atlanta may have seemed impetuous, truth is, Edoye has always had this uncanny skill for seeing a bigger picture for herself and pushing toward it, like, for example, in 2004 when she decided the time was right to return to Vancouver. "My values are much more Canadian than American, so I knew that if I was going to love a country and work to make it a better place, I wanted it to be Canada."

Upon her return, Edoye found herself simultaneously working on her master's degree in public health at Simon Fraser University, while also taking on project work for the local and federal government. "My first project was to establish resource centres for people living with HIV in the Lower Mainland. I'm the kind of person who finds a tremendous amount of satisfaction getting things done. I loved that project; I loved being able to solve problems for so many people in need of help." It was through that work, Edoye fully understood her calling — project management.

"That skill is just something I was born with. I remember when I was young budgeting my allowance so that I could take my parents on a date to Wendy's. I figured out how much to save, then I sent out invitations and told everyone what they had to wear." Edoye also has a powerful entrepreneurial drive. She is the founder of Future Health Ventures, an umbrella company under which three businesses are in various stages of development:

- Apollo is a full-service project management firm with a focus on the health-care industry. It is the most established of Edoye's ventures and is modelled in many ways on the ground-breaking work she did on the HIV initiative, introducing the science and art of project management into the field of healthcare.

- Atreides is a drone service that delivers aid to regions in need of emergency medical supplies. Communities isolated by the recent flooding throughout British Columbia is a real-time example of how Atreides can save lives.





# TELUS HEALTH CARE COLUMN

— Silver Fit is an integrated fitness program with boutique wellness centres designed to meet the needs of men and women over 50 who want to take charge of their health.

“Big box fitness places are simply not designed for people like my mom.” Of the businesses under the Future Health Ventures umbrella, Edoye says Silver Fit is the one everybody gets right away.

Edoye joined Terminal City Club in 2016. “Apollo was my first business and I founded it to be a virtual company so I could hire moms who were home with their kids. I’d negotiated this amazing deal with Skype and always worked from my home office and held meetings at cafes and restaurants. As business grew, I saw the TCC as an ideal place to hold meetings and be consistently productive.”

Three years ago, Edoye became the proud solo parent to Danika-Joie (DJ). It wasn’t long after becoming a mother when she noticed some doubt in the business community that she could maintain her reputation for high standards while also being a parent. “I never felt that doubt from anyone at the TCC,” she says. “I really needed that confidence in my life at that time. I was not fully prepared for the ‘motherhood penalty,’ so the TCC was a true oasis. When I’d visit the club with DJ as a baby, staff members and Club members were always so gracious and helpful, even offering to hold her while I ate or conducted a meeting. The Club is part of our family.”

## MANAGING ANXIETY & DEPRESSION

### Understanding Anxiety

Anxiety disorders are the most common mental health problem, with 10% of Canadians affected by them. People with anxiety disorders experience long periods of intense fear or distress that is out of proportion to their real life situations. There are a number of different types of anxiety disorders, but the symptoms produced by all types affect four areas: physical responses, thoughts, emotions and behaviours.

### Managing Anxiety

Anxiety disorders can be treated successfully. The most common treatment is a combination of medication and cognitive behavioural therapy. There are techniques people can employ to help reduce their anxiety. Exercising regularly, getting plenty of sleep and relaxation activities such as yoga, muscle relaxation exercises, deep breathing and biofeedback can help with restlessness. Avoiding alcohol and recreational drugs, and caffeine (commonly found in coffee, some teas, certain soft drinks and chocolate) can help you manage jitteriness, and be aware that some over-the-counter diet pills and cough and cold medications contain ingredients that can also increase anxiety.

### Understanding Depression

Depression is a common mental health disorder, and it differs from the usual sad moods that everyone experiences from time to time. There are a number of types of depression, and they are all categorized as mood disorders. Symptoms may vary from person to person, but some of the more common symptoms of depression include feeling sad, guilty, worthless, helpless or hopeless; losing interest in things that were previously enjoyed, and difficulty concentrating, remembering things or making decisions. Physical changes such as unexplained changes in weight or appetite, sleep disturbances, decreased energy / feelings of fatigue; and muscle and joint aches, headaches, cramps or digestive problems that don’t have an identifiable physical cause or that do not respond to treatment.

### Managing Depression

While people with severe depression may require a hospital stay, most people with depression can be treated with medication and psychotherapy. In addition to carefully following their medication and therapy regimens, there are a number of self-help techniques that can help manage depression which includes:

- Learn as much as possible about depression
- Encourage your family to learn about depression as well
- Watch for warning signs - things that might agitate your depressive symptoms
- Avoid alcohol and recreational drugs
- Eat nutritious meals and be physically active
- Learn to relax and manage stress. Helpful techniques include meditation, yoga, tai chi and progressive muscle relaxation.
- Don’t isolate yourself.



## MEMBERS' LOUNGE DESIGN OF THE YEAR

We are delighted to announce that your TCC Members' Lounge was recognized at the Interior Designers Institute of British Columbia's (IDIBC) SHINE Awards Gala earlier this month!

The IDIBC Awards of Excellence showcases the talent, skills, and innovation of the province's professional interior designers. The SHINE Awards Gala was presented online and is well worth watching if you are interested in seeing some wonderful work.

Our very own TCC member Jennifer Kurtz (Kurtz Design) won an Award of Excellence for her incredible transformation of the Members' Lounge at TCC. Jennifer worked tirelessly on this complex transition from a historic billiards room to an elegant Lounge that our members are proud to show off. The goal was to not simply update the room, but to create a comfortable, functional, and magnetic space that would change the way members use the Club. Once

unveiled, the new Members' Lounge became a destination morning, noon, and night; it is the preferred space for many TCC members to get their most important work done, meet priority clients, entertain their nearest and dearest, or simply relax in solitude.

At the end of the award presentation, Jennifer Kurtz also took home the most coveted award of the night – Designer of the Year for the TCC Members' Lounge Project. The Members' Lounge submission competed against dozens of remarkable projects from hospitality, residential, office, and food and beverage, and we are thrilled for Jennifer to be recognized.

We are so proud of Jennifer's success. We would also like to extend our thanks to our Board of Directors for approving this ambitious project, our partners who helped bring the design to life, our staff who stepped up when needed, and to our members who's support and willingness to embrace change help the project be so successful.

Congratulations Jennifer Kurtz, and thank you – you really helped to make the Terminal City Club continue to be "where you belong!"

# THE 45 DAY FITNESS CHALLENGE IS BACK

It's that time of the year again! Need a goal? For the month of January & February, the Fitness Centre is challenging our Members to commit to at least 45 work-outs in 57-days. Members can choose any type of exercises; cardio, weight-training squash, swimming, yoga or jog outside, as long as all the exercises takes place at the Club or on your travels.

We are also excited to announce that our in-person classes will be partially resuming in January, just in time for this new challenge! Our instructors are eager to welcome everyone back and will undoubtedly be available to help you stay on track. And don't worry - a progress chart at the Fitness Centre will be available to help you keep track of your workouts over this 9 week stretch.



## SWIM & SQUASH FOR KIDS

### WINTER 2022

JANUARY 8 - MARCH 12 | SATURDAYS

We have two 10-week kid's group programs with nine lessons (no lessons on February 19, 2022) for Winter 2022. The schedule will be as follows, with potentially minor changes in start and end times depending on the number of children enrolling and ability groupings.

#### KID'S SWIM PROGRAM

The price for the nine lesson set is \$247.50 plus GST which will be charged to your TCC account upon confirmation of your child's registration.

##### GROUPS

**Maximum of 6 participants and 2 instructors per group**

10 a.m. - 10:40 a.m.	(ages 3-5)
10:40 a.m. - 11:20 a.m.	(ages 6-7)
11:30 a.m. - 12:10 p.m.	(ages 8-9)
12:10 p.m. - 12:50p.m.	(overflow group, if needed)

*\*Parents – for physical distancing, we are not allowing parents to sit on the pool deck area during swim lessons. Parents may assist their child but will require to enter the pool deck area via Fitness Centre Front Desk entry only. Please continue to respect other member's space as their comfort level may differ from yours.*

#### JUNIOR SQUASH PROGRAM

The price for the nine lesson set is \$180 plus GST which will be charged to your TCC account upon confirmation of your child's registration.

##### GROUPS

1 p.m. - 1:45 p.m.	(ages 6-8)
1:45 p.m. - 2:30 p.m.	(ages 9-12)
2:30 p.m. - 3:15 p.m.	(ages 12-15)

##### Monday – Thursday

Junior Privates & Partner Lessons  
available upon request





# FOCUS ON fitness

## SQUASH

### COURT BOOKINGS

Squash bookings are available through **sportyhq.com**. New users: Please contact the Fitness Centre front desk for registration.

### RACQUET RE-STRINGING

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.**

### SQUASH LESSONS WITH BARRY GIFFORD

Are you ready to take your game to the next level? Try a private or partner lesson on Wednesdays, Thursdays, or Saturdays (other days upon request).

Barry Gifford is a seasoned squash professional (a reigning 50+ BC champion and past Squash Doubles World Masters Games gold medalist) with over 30 years coaching experience. He is a NCCP Level 3 certified professional, coaching adults & children of all levels from beginners to NCAA Ivy League Champions. Barry teaches total beginners the game of squash in a simple, fun way, and intermediate to advanced players are introduced to game-like drills that help to improve fitness, anticipation, speed, power, and finesse. Each lesson is tailored to your needs and can include mental strength training and yearly training plans upon request.

### VANCOUVER SQUASH LEAGUE

The Vancouver Squash League (VSL) Winter 2022 session will be running until March followed by playoffs. TCC will be hosting a Division 2 Team; a Division 5 Team; and a Division 6 Team. Please contact Barry to register with a team as a Full time, or Part time player:  
**squash@tcclub.com | 604-219-8233**

### SQUASH JUMPSTART

**Wednesday, January 12**

**Women 5 – 6 p.m. | Men 6 – 7 p.m.**

Our free quarterly "Jumpstart Squash Series" is for our experienced squash players at TCC, and is a great way to get you back into squash fighting shape. Fitness drills and conditioning games are orchestrated by Barry to rekindle your squash spark. Please register at the Fitness Centre Front Desk by 8 p.m. on Tuesday, January 11.

### SQUASH DRILLS

**Saturdays, 10 -11 a.m. | \$25.00**

For intermediate/advanced Vancouver Squash League players. To register, contact Barry for placement prior to 8 p.m., Fridays.

### FREE BEGINNERS CLINIC

**Wednesday, January 19 | 5 - 6 p.m.**

Learn the basics of squash in a fun environment! Please register by calling the Fitness Centre front desk prior to 8:00p.m. on January 18th.

## 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.

### PRIVATE SWIM LESSONS WITH JOHN RYAN

John has been teaching and coaching swimmers for over 18 years, bringing 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!

## HOURS

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

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

### HOLIDAY HOURS

**DEC 31** 5:45 a.m. - 6 p.m.

**CLOSED** December 24-26 & Jan 1

## POLICIES

**SAFETY FIRST:** As per the 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. Full body showers are mandatory before entering the swimming pool and 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, between equipment, and between stretch mats. They may only be removed engaged in physical exercise on a sectionized machine or area. **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 are also 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.

# FITNESS schedule

## 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 KICKBOXING WITH LEILA

**Tuesdays, 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!

## 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 & CORE WITH LEILA

**Wednesdays, 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.

## 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.

## F.I.T. WITH STRENGTH WITH LEILA

**Thursdays, 12 noon – 1 p.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.

## 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.

## SCULPT & STRETCH WITH LEILA

**Saturdays, 9 – 10 a.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.

## 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).

*All of our professional and experienced Certified Personal Trainers are university educated in Exercise Science, Sports Performance and Injury Prevention. Our trainers provide motivation, accountability, consistency, non-judgmental support, safe supervision, correct technique, proper form, injury rehabilitation, sports-specific training and results. Research shows that working one-on-one with a personal trainer produces health and fitness results more effectively and more efficiently, and with less to no injuries than training on your own.*

## 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.						SCULPT & STRETCH WITH LEILA
9:15 a.m.						
9:30 a.m.						
10 a.m.						
12 p.m.	F.I.T. WITH RACHEL	CARDIO KICK-BOXING WITH LEILA	CARDIO & CORE WITH LEILA	F.I.T. WITH STRENGTH WITH LEILA	PURE CORE WITH LEILA	
12:15 p.m.						
12:30 p.m.						



A large, vibrant sparkler bursts with golden light on the left side of the image. To its right, a single firecracker is shown in the process of exploding, with a small cloud of smoke and sparks emerging from its top. The background is a solid black, which makes the bright orange and yellow sparks stand out prominently.

# New Year's Eve DINNER BUFFET

*\$150 plus tax & service charge  
+ Optional add-on reservation for the  
Members' Lounge west coast countdown.*

Dust off your finest outfit for a New Year's Eve celebration at the Club! Indulge in a sumptuous dinner buffet, and revel in an evening filled with live music and photobooth-fun with your favourite people. This evening event finishes off with an east coast countdown, but if you want to keep the night going to midnight, be sure to make a reservation in the Members' Lounge for your group.

*Reservations*

*Register through Member Central or contact [concierge@tcclub.com](mailto:concierge@tcclub.com)*