

# TERMINAL CITY TIMES

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FEBRUARY 2022 • VOL. 29 NO. 2



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

# february

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- FEB 2** **WINE:30**  
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- FEB 4-6** **TCC SKI WEEKEND**  
Sun Peaks
- FEB 9** **WINE:30**  
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- FEB 10** **TCC SALON**  
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- FEB 11** **MARTIN'S LANE**  
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- FEB 13** **SUPER BOWL LVI**
- FEB 14** **VALENTINE'S DAY**  
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- FEB 16** **WINE:30**  
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- FEB 17** **MEMBERS' NETWORKING**  
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With Mark Blandford
- FEB 23** **WINE:30**  
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- FEB 27** **WSET LEVEL 1**  
Day 1 of 2




## REGISTER FOR EVENTS

online via Member Central  
email concierge@tcclub.com  
call 604 681 4121  
text 604 200 2279

# Contact

837 WEST HASTINGS STREET  
VANCOUVER, BC  
V6C 1B6, CANADA

call 604 681 4121  
text 604 200 2279  
web TCCLUB.COM

 terminalcityclub  
 @tcclub  
 Terminal City Club

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

# Hours

## MEMBER SERVICES (FRONT DESK)

Monday – Friday 6 a.m. – 8 p.m.  
Saturday & Sunday 7 a.m. – 7:30 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

## 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.

## FITNESS CENTRE

Monday – Friday 6 a.m. – 10 p.m.  
Saturday & Sunday 7 a.m. – 8 p.m.

## DEAR FELLOW MEMBERS,

As we enter the Year of the Tiger, I wish everyone a healthy Lunar New Year! Now that January is behind us, we enter the shortest month of the year and can look forward to Spring days around the corner.

It's been great seeing some familiar organizations and groups returning to the Club. We look forward to welcoming larger events, gatherings, and banquets back, when permitted to do so. The latest changes to the PHO were difficult in many ways, but we can only stay the course and do the best we can given the circumstances.

As restrictions continue to lift, I encourage everyone to consider ways the Club can be used strategically for you, or your businesses moving forward. The Team would be more than happy to help facilitate your ideas, and work with you on your next strategic planning session or a retirement party.

Our TCC Salons and discussion groups offer new perspectives and riveting conversation; "liquid learning" Wine:30 sessions are still being offered both in-house and online; and you can catch live music in 1892 Thursdays through Saturdays. Be sure to check out our Events calendar for more details.

If you haven't had the chance to attend one of the Club's Gourmet Dinners, I'd encourage you to do so. Save the date for this month's dinner on Friday, February 25. The staff and culinary team do a fantastic job making sure it's a night to remember. For our wine enthusiasts, we'll be hosting an exclusive evening with Shane Munn, Winemaker and General Manager of Martin's Lane Winery in Kelowna on Friday, February 11.

For all you football lovers, we'll be showing the Super Bowl in the Members Lounge (and Lion's Pub) on Sunday, February 13. For the true lovers, Valentine's Day will be the following day (a friendly reminder to the football fans), and the Club would be more than happy to host you for a special night with your Valentine. Make your reservation today!

I hope our members have had the chance to put our Fitness Centre to good use since it re-opened in mid-January, just in time for our 45 Day Fitness Challenge this February and March! To all members participating in the challenge, I wish you the best of the luck. Depending on when you're reading this, it's not too late to sign up and work out 45 days over the next two months.

A big thank you to everyone who participated in last month's survey. Your feedback is most welcome, and our Board and management will do their best to make sure your comments and concerns are heard. See page 2 for the link to February's survey. As a reminder, the Club will be closed for Family Day on Monday, February 21.

Until next time, take care and stay safe!

Sincerely,  
Marian Robson  
President, Terminal City Club



# President's Letter FEBRUARY 2022

# Around THE CLUB

## PHO Mandate

The Club continues to operate in accordance with the current PHO mandate, checking 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 available when you enter the Club. Masks are still required indoors, unless seated for dining or engaged in physical activity.

## Take a Short Survey



We appreciate feedback and are always looking for ways to make your experience at the Club the best it can be. To complete the survey, scan the QR code on the left or click [here](#) (digital copy only),

[surveymonkey.com/r/PR63RCD](https://surveymonkey.com/r/PR63RCD)

## Temporary Pool Closure

The pool will be closed from **February 13-23** for repairs, and will re-open on February 24. The Fitness Centre will remain open.

## Holiday Closures

Please note that all areas of the Club and Pub will be closed on Monday, February 21 for BC's Family Day.

## Welcome to our Newest Members!

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

Ian Archambault

Bradley Cotterall

Zahra Javadi Namin

Khash Raeisi

Peter Payne

Nick Uzelac

Helen Zou

Sunny Bansal

Alexander Dang

Andrew Lissimore

Andrew Railton

Dylan Rekert

Dexter Wang

Jeffrey Busby

Ellen Hui

Monica Lissimore

Liz Stephenson

Daniel Taba

Randy Zhao

## In Memoriam

We regret to announce the passing of one of our longest standing members, **Mr. John H. Glavin**, on December 31, 2021.

Mr. Glavin had been a member for 65 years and will be remembered fondly for his supportive and encouraging nature.



# 45 DAY FITNESS CHALLENGE

FEBRUARY - MARCH 2022

Kick-start your 2022 fitness goals! For the month of February and March, the Fitness Centre is challenging members to commit to at least 45 workouts in 59 days. TCC Members can participate in the Fitness Challenge by using the Fitness Centre, doing laps in the pool, playing squash, going for a jog or hike, or taking a TCC online fitness class at home!

For more information or to sign up, visit our team at the Fitness Centre!



# Around THE CLUB



## TCC2GO | NEW YEAR, NEW OPTIONS

Did you know that we have more than 10 new and amazing items on TCC2GO.com? We're only one month into 2022, and you can still meet your no-take-out-apps goal halfway by opting for some home cooked meals (we are your home away from home after all). Explore our new mains, like the comforting **Pork Vindaloo**, fuel-packed **TCC Power Bowl**, or the **Chicken Thighs with Chickpea Cacio e Pepe** (perfect for a casual weeknight dinner). And who can say no to a lovely tray of freshly baked **TCC Cinnamon Buns**? *New member tip: TCC2GO purchases count towards your quarterly food minimum!*



## Share the Love | GIVE THE GIFT OF MEMBERSHIP

Valentine's Day is just around the corner, so it's time to start planning a special gift for your significant other! Terminal City Club offers a truly amazing Spousal subscription of \$950, with annual dues of only \$621, and no quarterly food minimum. Invite your partner to enjoy all the benefits our Club has to offer. Contact us at [joinus@tccclub.com](mailto:joinus@tccclub.com) or 604 488 8647 to learn more.



## February Drink Specials

In a time of limited social interactions, it can be tough to remember exactly when you last bonded with someone over a nice drink (was it February 2019 or 2020... maybe February 2021?). No need to think too hard about it, just grab your best pal for *Pal-entine's* or your partner for a romantic little night cap to explore our February Drink Specials. Who knows, maybe you'll get lucky and come on a Monday when bartender Ray Yoon is piloting one of his new Spring cocktails!

<b>MONDAYS</b>	Bartender's Choice - Creative cocktails by our brilliant team
<b>TUESDAYS</b>	\$9 Negroni
<b>WEDNESDAYS</b>	\$6 (6oz) and \$9 (9oz) glasses of red or white wines
<b>SUNDAYS</b>	Corkage waived on select bottles



## February Live Music Schedule

EVERY THURSDAY, FRIDAY & SATURDAY IN 1892 | 5:30 – 8:30 P.M.

### THURSDAYS

Feb 3 Melanie Dekker  
Feb 10 Dave Martone  
Feb 17 Mike Bertini  
Feb 24 Dave Martone

### FRIDAYS

Feb 4 David Capper  
Feb 11 Paul Filek  
Feb 18 David Capper  
Feb 25 Cassandra Maze

### SATURDAYS

Feb 5 Paul Filek  
Feb 12 Rob Eller  
Feb 19 Carmina Rae  
Feb 26 Rob Eller



## Watch Super Bowl LVI at the Club

Looking for a comfortable place to watch the game? Head to the Lions Pub or Members' Lounge to catch all the action, and tuck into our Super Bowl Specials. **Reservations are strongly recommended for the Lounge as seating is limited.**

# February AT THE CLUB



## LUNAR NEW YEAR

TUESDAY, FEBRUARY 1

We excitedly welcome the Year of Tiger, and would like to wish all our members celebrating this holiday a very Happy Lunar New Year!



## WINE:30 — BEST OF BC PT. III

WEDNESDAY, FEBRUARY 2  
5:30 – 6:30 p.m.

*Complimentary Zoom Event  
— Wine & Cheese Pairing  
Available for \$52 + taxes*

*In-Person Attendance  
— \$52 + taxes (includes wine  
and cheese pairing)*

It's time to revel in the wines of our own backyard again and look at what our vineyards have delivered in the last few vintages. Join us for a selection of award winners from around the province paired with local cheese and charcuterie. Then sit back smugly and plan your next trip to wine country.



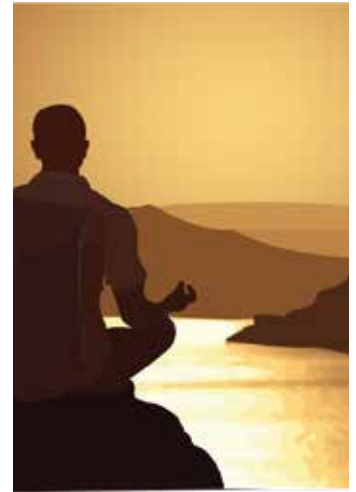
## WINE:30 — TIME TRAVEL COCKTAILS

WEDNESDAY, FEBRUARY 9  
5:30 – 6:30 p.m.

*Complimentary Zoom Event  
— Take home Cocktail Kit \$52*

*In-Person Attendance  
— \$52 + taxes (includes  
cocktail kit)*

Back to the future is very much the direction of this session with our Assistant Bar Manager, Ray Yoon. A science degree might be behind Ray's obsession with cocktail formulae and chemistry, but it's the history of cocktail culture, the innovators, bar pros and pivot points like Prohibition that truly inspire his tinkering and innovations. Starting from the Golden Era, Ray will mix up four cocktails, teach technique and show how the past always informs the present.



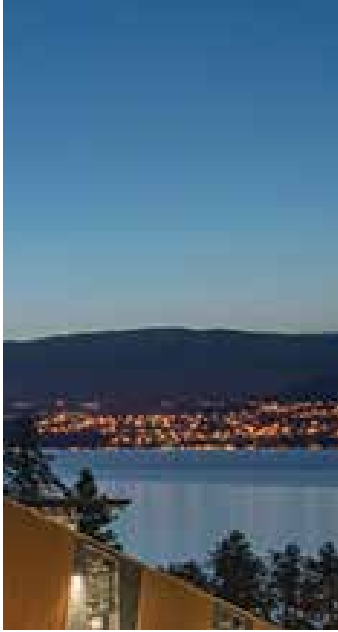
## TCC SALON: SPIRITUALITY & “WOKENESS”

THURSDAY, FEBRUARY 10  
6 – 9 p.m.

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

Douglas Todd, an award-winning Vancouver Sun columnist, has noticed a declining focus in the media and mass culture on popular spiritual figures like Thich Nhat Hanh and the Dalai Lama. Is this growing absence a signal of the rejection or evolution of spirituality? How does this shift relate to movements like “wokeness” (in regards to race, diversity, equity) that posit specific social values; have “pseudo” religions filled a vacuum that traditional spirituality and religions have left behind? Join us for this riveting Salon!

# February AT THE CLUB



## MARTIN'S LANE WINEMAKER DINNER

FRIDAY, FEBRUARY 11  
6 p.m.

*\$175 + tax and service charge*

We are so proud to invite you to an exclusive evening with Shane Munn, Winemaker and General Manager of Martin's Lane winery. Focused solely on single vineyard pinot noir and riesling, critics have called these the best wines in Canada. An epic evening of thrilling wines, stories, and valuable insights - Executive Chef Dan Creyke and his culinary team's inspired pairings will unlock hidden secrets in Shane's cerebral wines, ensuring that this is a dinner to remember.



## VALENTINE'S DAY

MONDAY, FEBRUARY 14

Just a gentle reminder to keep Valentine's Day (at the Club) on your radar! We will have live music on Saturday and Monday, as well as a very special Valentine's menu over the weekend (**reservations are strongly recommended for the Valentine's Day weekend**). Want to add a bit more sparkle to your night? Pre-order flowers, or contact our beverage team to coordinate a bottle of bubble to meet you at the table.



## WINE:30 — ORANGE IS THE NEW WHITE

WEDNESDAY, FEBRUARY 16  
5:30 – 6:30 p.m.

*Complimentary Zoom Event  
— Wine & Cheese Pairing  
Available for \$52 + taxes*

*In-Person Attendance  
— \$52 + taxes (includes wine  
and cheese pairing)*

Dive into the world of skin contact wines and learn how they deliver complexity, body and delightfully unexpected flavours. Robust with tannin heft and extra weight they make brilliant food wines, especially flavourful winter dishes. Join Wine Director DJ Kearney and travel the world of all things orange.



## MEMBERS' NETWORKING LUNCH

THURSDAY, FEBRUARY 17  
12 noon – 1:30 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 over a power lunch every third Thursday. This is a terrific opportunity to meet and mingle with other members representing diverse industries.

# February AT THE CLUB



## BIG, BOLD BRUNELLO MASTERCLASS

FRIDAY, FEBRUARY 18

6 p.m.

*\$95 + tax and service charge*

Brunello di Montepulciano is Tuscany's most aristocratic wine. From just a handful of farmers in the 1970s to more than 200 elite estates today, this region has literally exploded with quality and diversity. Join TCC's Director of Wine DJ Kearney for a delicious tasting and discussion of what makes Brunello so unique, collectable, and ageable, and what to buy from the recent outstanding vintages. Explore the sub-regions that encircle the hilltop town of Montalcino and savour five Brunellos paired with Tuscan delicacies from our creative culinary team.



## TCC SALON: "GOD IS NOT A CHRISTIAN"— THE LEGACY OF ARCHBISHOP DESMOND TUTU

FRIDAY, FEBRUARY 18

6 – 9 p.m.

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

In the spring of 2004, Reverend Peter Elliott was privileged to accompany Archbishop Tutu on his visit to Vancouver. Tutu was known for his leadership in the anti-apartheid movement in South Africa, and subsequently, for chairing SA's Truth and Reconciliation Commission. His advocacy for Canadian First Nations was instrumental in the country's recognition of the legacy of colonialism, and his friendship with the Dalai Lama was a powerful sign of his irenic approach to leaders of different religious traditions. In this Salon, Elliott will share stories and learnings from Tutu, and lead a conversation on his legacy and how it can contribute to building a culture of peace and justice.



## FAMILY DAY

MONDAY, FEBRUARY 21

Club & Pub Closed

Enjoy some quality time with those nearest and dearest to you on Family Day. The Club and Pub will re-open on Tuesday, February 22.



## DISCUSSION GROUP WITH MARK BLANDFORD

TUESDAY, FEBRUARY 22

6 p.m.

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

Join the TCC Discussion Group—for members, run by members—for an evening of dialogue and camaraderie. The group meets on the last Tuesday of each month; discussions are enlightening, thoughtful, and engaging.

This discussion group will be led by Mark Blandford, Vice President, Seniors Care, Clinical & Operations at Providence Health.





## **WINE:30 — HOT GREEN CHILE**

WEDNESDAY, FEBRUARY 23

5:30 – 6:30 p.m.

*Complimentary Zoom Event  
— Wine & Cheese Pairing  
Available for \$52 + taxes*

*In-Person Attendance  
— \$52 + taxes (includes wine  
and cheese pairing)*

Sustainable is the most heard word in the wine world these days, and Chile is at the forefront of countries upping their environmental game. Join Wine Director DJ Kearney for a tour of Chile's responsibly-farmed vineyards and taste some killer cabernet, syrah, and old vine cinsault and pais.



## **GOURMET DINNER**

FRIDAY, FEBRUARY 25

6 p.m.

*Additional details, menu, and  
pricing to come*

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.



## **WSET LEVEL 1: DAY 1 OF 2**

SUNDAY, FEBRUARY 27

9:30 a.m. – 2:30 p.m.

*\$399 plus GST (2 sessions)*

**Registration Deadline:  
Friday, February 18**

WSET Level 1 Award in Wines is perfect for the beginner and those with a basic knowledge of wine — you'll drink better and buy smarter after this course. This course is a special opportunity to engage directly with some liquid learning — something we've surely missed over the last year!



## **TCC 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. 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 is your chance! Customize the trip with a 1-Day Learn to Ski/Ride package (includes equipment rentals + 2-hour lesson).

# TELUS HEALTH CARE COLUMN

## The Benefits of Practicing Gratitude

Feeling grateful for things we have is associated with a better sense of well-being. It turns out that practicing gratitude may have other benefits too. Why is it good for us, and how to make it a part of our daily routine?

### WHAT ARE THE BENEFITS OF PRACTICING GRATITUDE?

There are several positive benefits associated with feeling and expressing gratitude. Research suggests that focusing on one's blessings may also have interpersonal benefits. According to Keylor, being grateful allows you to appreciate others and help build positive relationships. Studies have shown that expressing gratitude to one's significant other can help improve the quality of their relationship, and so too can expressing gratitude to friends help improve friendships. As a result, those who practice gratitude are associated with having more access to social support.

Practicing gratitude can also help improve our sleep, build our resilience and increase our overall sense of wellbeing. It's also been linked to lower blood pressure and better overall physical health. With so many benefits, you may be wondering how to build gratitude into your routine.

### HOW TO START PRACTICING GRATITUDE

There are several ways you can implement a gratitude practice into your day. Both Iacono and Keylor emphasize that this doesn't have to take up much time or effort to feel the benefits. Some things you can do to practice gratitude include:

- Give yourself a minute to just pause, reflect, and be in the moment at least once a day.
- Practice gratitude at a meal. Think about everything that came together to make that meal possible for you.
- Write down 3 things you are grateful for before you go to sleep.
- Make it a family activity. Take turns sharing one thing you're grateful for, perhaps over dinner.
- Express gratitude to at least one person every day. This could be your partner, the cashier at the grocery store, or anyone who has made a positive difference in your day.

Remember, the things you feel grateful for don't have to be monumental. Being grateful for a cup of coffee, a hot shower, or the smell of cinnamon buns all count.

To learn more, visit  
[telushealth.com/carecentres](http://telushealth.com/carecentres)  
or email: [tia.young@telus.com](mailto:tia.young@telus.com).

 **TELUS** Health  
Care Centres



**WSET**  
WINE & SPIRIT  
EDUCATION TRUST

## WSET LEVEL 1 & LEVEL 2

Have you been thinking about elevating your wine knowledge? 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.

### WSET LEVEL 1

February 27 & March 6 | 9:30 a.m. – 2:30 p.m.

*\$399 plus GST*

For the beginner and those with a basic knowledge of wine. You'll drink better and buy smarter after this course.

### WSET LEVEL 2

March 27, April 3 & April 10 | 9:30 a.m. – 5:30 p.m.

*\$1,150 plus GST*

Cover the fundamentals of wine by diving into the major grapes & regions of the world to hone your tasting skills.

### REGISTRATION & INFORMATION:

[wine@tcclub.com](mailto:wine@tcclub.com)



To learn more, visit

[telushealth.com/carecentres](http://telushealth.com/carecentres)

or email: [tia.young@telus.com](mailto:tia.young@telus.com).



## TCC WINE LOCKER CLUB

Replenish your locker effortlessly with our new Wine Locker Club quarterly offering. Your Club wine pros, Wine Director DJ Kearney and Club Beverage Manager Owen Stuart have curated an exciting collection of bottles from around the globe so that you are never short of an enticing pour for all occasions. Each set of wines will offer diversity and value, and always include an outside-the-box 'discovery' bottle. Naturally these wines are neither mainstream nor widely available, adding cachet to your locker trove. You'll look like a pro and delight all who are lucky enough to sit at your table! You may choose a mixed selection of white/pink and reds, or a red wine-only line-up (or how about both?!).

### SIGNING UP

There are just 24 of these offerings available, priced at \$275 (plus taxes). Contact us at [wine@tclub.com](mailto:wine@tclub.com) to arrange yours before they are gone. Best of all, you will be invited to a private launch party each quarter where you can pre-taste the wines, learn the backstory, and plot your deployment strategy!

### FEBRUARY 2022 COLLECTION

MIXED WINES – Six exciting bottles features two whites and four reds:

- Crisp, snappy Marlborough sauvignon blanc
- Stylish dry and minerally white from Hungary
- Silky pinot noir from Alsace
- BC syrah from Canada's oldest vines
- Napa zinfandel with a Canadian connection
- Sophisticated, biodynamic Bordeaux from 5th Growth Château

RED WINES – Six stylish bottles from juicy and streamlined, to lush and bold:

- Perfumed nebbiolo from superstar Piemonte estate
- Classic Gigondas with ample spice and generous fruit
- Crushable weekday Super Tuscan
- Newest bold red from South Okanagan's Black Hills
- Serene pinot noir from New Zealand's 1st biodynamic estate
- Swashbuckling, potent shiraz with huge fruit and high scores (95!)

# Liquid ASSETS



(1)



(2)

### (1) Zenata Syrocco Syrah 2018 – \$55

Revered producer of majestic wine from the Northern Rhône in France was cycling in Morocco when he spied syrah vineyards that looked exciting and promising. He made a few phone calls, and a collaboration with a 1920s estate was struck. This inky, floral, fresh, and streamlined syrah proves that Alain Graillet's instincts were impeccable! How cool is a wine from Morocco? Try with your next burger or cheese and charcuterie plate

### (2) Mayacamas Vineyards Chardonnay 2019 – Mount Veeder, Napa Valley – \$120

California Chardonnay does not get more classic than this. A legendary estate since 1889, this Napa jewel is perched on Mount Veeder in the Mayacamas Mountain chain that separates the Napa and Sonoma wine regions. Sold only by allocation, Mayacamas wines are profound, long-lived, and stand shoulder-to-shoulder with the best in the world. A dramatic chardonnay, this vintage drips power, energy, and complexity. Layers of citrus, nuts, ripe stone fruit, and exotic spice melt on the palate and touch all the brain's pleasure points. While decadent and full-bodied, the only oak used is neutral which adds subtle toastiness and fine buttered pastry. Magic with seafood, truffle fries or creamy cheeses.

# Member of the Month

## WILKIE KAM



After growing up and finishing high school in Hong Kong, Wilkie Kam moved to London where he attended Middlesex University and graduated with a Bachelor of Arts in economics. This move was a formative experience for him. "I loved London," he says. "I loved the culture. I so fondly remember hanging around Leicester Square waiting for the cheap theatre tickets to be released on the day of a show. I paid six pounds to see *Les Mis*. I saw *Evita* with Elaine Paige from the front row."

Wilkie moved to Vancouver in 1988. His wife, Elaine, whom he first met in London, would move here four years later and the couple would marry in 1992. "My mother and father were moving here, so I joined them," he says. "My parents are back in Hong Kong now. Elaine and I considered moving back, but quickly ruled it out. We were no longer familiar with that lifestyle. London and Vancouver changed us."

Career opportunities were not abundant when Wilkie first got to Vancouver. He says it was tough at the beginning. Potential employers were looking for Canadian experience and Canadian education. He eventually got a job as a teller at the Bank of Nova Scotia. Over a short period of time, he worked his way through different departments before landing upon investment banking, where he is today.

As a successful portfolio manager with BMO for the past three decades, he has experienced a few seismic quakes on the

financial landscape — the tech bubble, the 2008 subprime crisis, the pandemic. "It can be humbling, challenging work," he says. "But I take great comfort knowing my clients got through those times unscathed." Wilkie turned 55 last year and says he has no interest in retiring. "I love the job. I'm never bored, and every day I find ways to improve my performance."

Outside of work, his passions include cooking and travel. "I enjoy good food; I enjoy the instant gratification you get feeding others with something special you've created." There is no one cuisine he prefers to cook over others. He likes to poke around different recipes, freelancing with ingredients. A few of his signature dishes are Italian risotto, Spanish paella, Chinese beef tendon stew, and Japanese pork kakuni.

As for travel, his three favourite destinations are Italy, Japan, and Ireland. "We try for two vacations as a family every year. I love Japan for the food and for the hot springs; I love Ireland for the people.

"Italy is really special to me, however. I am passionate about history and the arts. When I was in London, I would always be going to the National Portrait Gallery or the British Museum. So, what's amazing to me about Italy is that you can be walking down a street, turn a corner, go into a church and find yourself looking at an original Caravaggio."

Wilkie and Elaine joined Terminal City Club 15 years ago. Their eldest son, Calvin, was 9 at the time, and their younger son, Marcus, was 3. The family established Sunday afternoons at the Fitness Centre as a tradition. Today, Calvin has graduated university, works for KMPG and is a Club member; Marcus is in his final year of high school.

"My parents belonged to the Royal Hong Kong Jockey Club. Like the TCC, it's an amazing facility with a pool, a gym, squash courts, a snooker room, and a number of great restaurants. I loved that place — I knew the staff and the staff knew me. I grew up in a Club environment and I wanted that experience for my boys.

"So, every Sunday is family time for us. It's been such a joy seeing the same staff here over the years. People like Sheila and Nick and Jean-Louis, they have watched our sons grow into young men." So too have the regulars in the Fitness Centre watched them grow into young men — fabulous young men.

# Have You HEARD?

## Katherine Lazaruk wrote a book!

We are proud to announce that one of our members, **Katherine Lazaruk**, is a newly published author! Her first book, *Love Is Not Pie: Variations on a Monogamish Theme* chronicles the unconventional journey she took to explore her personal "road not taken". She has asked that anyone seeking a copy please support her favourite local bookstore, Pulpfiction Books – [pulpbook@gmail.com](mailto:pulpbook@gmail.com).

The book launch will be held at the Club on Thursday, February 3.



## Jeff Guignard was recognized in the VanMag Power 50 list for 2022!



Jeff Guignard, Executive Director of the Alliance of Beverage Licensees (ABLE BC), should be applauded for this achievement! Recent years haven't been the kindest to our colleagues and friends in the Vancouver restaurant industry, so we are very pleased to be able to announce such positive news on behalf of one of our members. ABLE BC is

a non-profit organization funded by membership dues, and the voice of BC's bars, pubs, and private liquor stores.

# Swim & Squash FOR KIDS



## WINTER 2022

JANUARY 29 - MARCH 12 | SATURDAYS

We have two 7-week kid's group programs with six lessons (no lessons on February 19) for the Winter 2022 season. 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 six-lesson set is \$165 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 six-lesson set is \$120 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](http://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 JUMPSTART

**Wednesday, February 16**

**Women 5–6 p.m. | Men 6–7 p.m.**

Our free quarterly "Jumpstart Squash Series" is for our experienced squash players at TCC. With fitness drills and conditioning games, this is a great way to get you back into squash fighting shape. Register at the Fitness Centre Front Desk by 8 p.m. on Monday, February 14.

### VANCOUVER SQUASH LEAGUE

The Vancouver Squash League (VSL) Winter 2022 session will be running until May followed by playoffs. TCC will be hosting a Division 2 and 6 Team. Contact Barry to register with a team or as a full- or part-time player: [squash@tccclub.com](mailto:squash@tccclub.com) or 604 219 8233.

### 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

**Second Wednesday of each month  
5 - 6 p.m. (starting March 9)**

Learn the basics of squash in a fun environment! Contact the Fitness Centre front desk prior to 8p.m. on Mondays to register.

## SWIM

### ADULT SWIM TIME

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

**WEEKDAYS** 6 a.m. – 9 a.m.

**WEEKENDS** 7 a.m. – 9 a.m.

### TEMPORARY POOL CLOSURE

**FEBRUARY 13-22:** Pool closed for repairs; re-opening on Wednesday, February 23.

## TRAIN

If you are interested in scheduling private lessons with any of our wonderful trainers, visit us at the Fitness Centre front desk.

### 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).

### PRIVATE SWIM LESSONS WITH JOHN RYAN

John Ryan has taught beginners, Masters and Triathlete-swimmers to reach their goals over his 18 year swim coaching career. 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!

### MILFIT PERSONAL TRAINING

MilFit personal training focuses on private one-on-one session designed 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 set you up with targeted programs specific to you.

## HOURS

**WEEKDAYS** 6 a.m. - 10 p.m.

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

### HOLIDAY CLOSURES

**FEB 21** BC Family Day

## 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.

### 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 strenuous exercises on a sectionized/cardio machine or area. **Please continue to sanitize gym equipment before and after use.**

**GUEST POLICY:** The Fitness Centre guest fee of \$25 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.

# 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

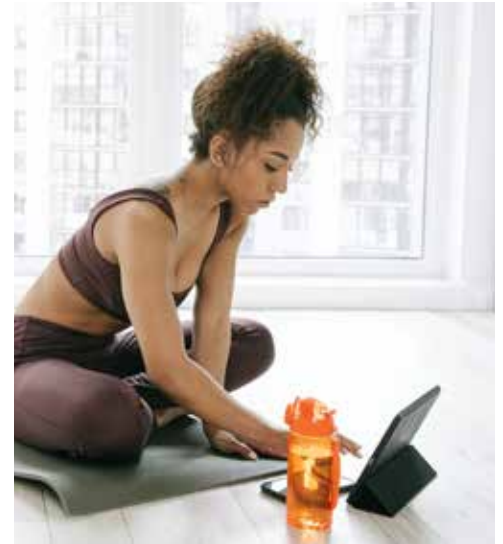
**Fridays, 12 noon – 1 p.m.**

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 join the Zoom 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.						



# BIG, BOLD BRUNELLO MASTERCLASS

FRIDAY, FEBRUARY 18 | 6 p.m.

*\$95 plus tax & service charge*

From just a handful of farmers in the 1970s to more than 200 elite estates today, this region has literally exploded with quality and diversity. Join TCC's Director of Wine DJ Kearney for a delicious tasting and discussion of what makes Brunello so unique, collectable, and ageable, and what to buy from the recent outstanding vintages. Explore the sub-regions that encircle the hilltop town of Montalcino and savour five Brunellos paired with Tuscan delicacies from our creative culinary team.

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

*Don't forget to make a reservation at the Grill after the event! Executive Chef Dan Creyke will be preparing a special Fresh Sheet designed to highlight these spectacular Brunello wines.*