

TERMINAL CITY TIMES

SEPTEMBER 2022 • VOL. 29 NO. 9



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

Contact

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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 7 a.m. – 9 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.

CUVÉE & 1892 (WORKSPACE)

Monday – Friday 11:30 a.m. – 7:30 p.m.
- Grill service available upon request
- Please note that calls are permitted only in Cuvée

LIONS PUB

Monday – Tuesday 11 a.m. – 11 p.m.
Kitchen 11 a.m. – 8:30 p.m.
Wednesday – Friday 11 a.m. – 11 p.m.
Kitchen 11 a.m. – 9:30 p.m.
Saturday 12 noon – 11 p.m.
Kitchen 12 noon – 9:30 p.m.
Sunday CLOSED

THE GRILL

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.

TERMINAL CITY CLUB

Member Referral Offer

REFER TO WIN A BESPOKE DINING EXPERIENCE FOR EIGHT

Members will receive one entry for each new, successfully balloted Resident or Corporate member that joins the Club by September 8, 2022. All referrals must be made in writing prior to the submission of the application. The winner will work with our amazing Bespoke Dining team, that includes Executive Chef Dan Creyke and Wine Director DJ Kearney, to decide on a custom cocktail, dinner menu and wine pairings for an unforgettable evening.

For each new, successfully balloted Resident or Corporate applications, members will also receive a \$250 credit on their TCC account.

For more information or to make a referral:

Call 604-488-8647
Text 604-200-2279
Email joinus@tcclub.com



DEAR FELLOW MEMBERS,

Despite summer's slow start, I hope you all had a chance to spend some quality time at the Club, whether that was enjoying live music on the patio, attending a fun themed social, or finding relief in the air-conditioned space. Our handsome new Grill restaurant has been open since June and I hope you are enjoying it as much as I am. Maybe you've even found your new favourite table.

It is my special honour to announce the formal renaming of one of our beloved banquet spaces on the second floor, the Terrace Room, now the Zack Bhatia Room. Mr. Bhatia has a rich history with TC Tower and connections with residential, hotel, offices and the Club.

Activity in the Club always ramps up in the fall. Discussion groups and speaker series return to our events calendar after a summer vacation. Our exclusive wine and spirit Masterclasses are back, starting with a fascinating session pitting Bordeaux's Left and Right Banks against one another. A suite of very special labels will be poured, which is why seating is limited to only 30. Don't miss this special opportunity. Whisk(e)y lovers will mark the Bourbon Masterclass (September 28) and our famous Holiday Scotch Social (November 23) in their calendars.

For a kind of "liquid learning" you can put on your CV, WSET Level 1 & 2 in Wine is being offered at the Club this fall. Though your investment is awarded with formal certification if you take the short quiz at the end of the session, auditing is more than welcomed for those who simply want the knowledge and the opportunity to taste a range of exquisite wines. For more information, email wine@tcclub.com.

After a two-year hiatus, we are thrilled to be bringing our Annual Gala back to members on November 5. Save the date (and maybe the day after): our famous 007 Bond Gala is back. Experienced members book a room for the night at one of our local hotel partners – Auberge, Le Soleil, the EXchange Hotel, or the Wedgewood.

September also marks the end of our Club's fiscal year. Our Board and management have finalized the 2022/23 budget and will present the Financials at our AGM on December 12. This year hasn't been without its challenges; we are facing significant increases in all our costs, including food, labour, and property tax. As our business continues to adapt to a rapidly shifting landscape, we thank you, sincerely, for your continued support. If you are interested in becoming more involved at your Club, the Nominating Committee will be starting the selection process for a new addition to our Board of Directors for 2023. To learn more about this opportunity, please reach out to gm@tcclub.com.

Don't forget to weigh in on our short monthly survey. Your comments help us improve our Club offerings and prioritize enhancements. As a result of your feedback, management is working on some exciting additions to the Club; stay tuned for more details later this fall but I think those looking for first-class workspace will be extremely pleased.

In the meantime, let's hope for some late summer warmth and a pleasant transition into fall. Take care of yourselves; I look forward, as always, to seeing you around the Club.

Sincerely,

Marian Robson
President, Terminal City Club

President's Letter SEPTEMBER 2022

Take our monthly member survey

Feedback helps to make your experience at the Club the best it can be! To complete the survey, scan the QR code below or click [here](#) (digital copy only).



Stay informed AT THE CLUB

club holiday closures & outlet hours

MONDAY, SEPTEMBER 5

The Club will be closed on Monday, September 5 for Labour Day and will re-open with regular hours on Tuesday, September 6.

SATURDAY, OCTOBER 1

The Members' Lounge will close at 3 p.m. on Saturday, October 1. For beverage and cocktail service, please visit us at the Grill bar.

welcome to our newest members!

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

Guillermo Alcazar
Alexis Assadi
Elisa Assadi
David Babakaiff
Vimal Bodalia
Narinder Bhogal
Jennifer Campbell
Marc Caringal
Long Cheng
Michelle Child
Avi Dhaliwal
Anita Dhiman
Thomas Dunn
Kelsi Estrada
Luis Estrada
Ryan Gray
Karen Ho
Scott Jeffery
Yu San Kan
Jonathan Levine
Alicia Li
Marilyn Loewen Mauritz

Fiona MacDonald
Sherry Ann MacLennan
Martina Meckova
Angus Reid
Sukhpaul Sandhu
Sidney Singh
Jocelyne Sutherland
Rob Sutherland
Cynthia Lorraine Toze
Kenneth Tran
Lachlan Turner
Sharyn Turner
Donald Wehrung
Michael Wilson
Randie Wilson
Wenjie Xiao
Wanjin Yang
Jean Young
Ning Yang
Swan Zhou
Baomin Zhang
Jianhua Zhu

in memoriam —



Walter Storm 1931-2022

Walter was a TCC member for over a decade. He had had an impressive career, travelling across continents and through many countries while in the mining and forestry industry before settling down in Vancouver.



Fareed Pirani 1956-2022

Fareed was a relatively new member; we are saddened to announce his sudden passing.



Brad Cooke 1954-2022

Brad was a highly respected geologist and a TCC member for 25 years. His entrepreneurial spirit and vibrant personality will be missed by his colleagues and fellow members.

live music SEPTEMBER

THURSDAY, SEPTEMBER 1

Jon Roper

FRIDAY, SEPTEMBER 2

Killian Ruffley

SATURDAY, SEPTEMBER 3

Olaf de Shield

THURSDAY, SEPTEMBER 8

Scotty Hills

FRIDAY, SEPTEMBER 9

Olaf de Shield

SATURDAY, SEPTEMBER 10

Scotty Hills

THURSDAY, SEPTEMBER 15

Killian Ruffley

FRIDAY, SEPTEMBER 16

Aaron Ross

SATURDAY, SEPTEMBER 17

Julia Nicholson

THURSDAY, SEPTEMBER 22

Olaf de Shield

FRIDAY, SEPTEMBER 23

Cassandra Maze

SATURDAY, SEPTEMBER 24

Rob Eller

THURSDAY, SEPTEMBER 29

Cassandra Maze

FRIDAY, SEPTEMBER 30

Colin Sankey

EVERY THURSDAY, FRIDAY & SATURDAY
GRILL | 6 - 9 P.M.

Around THE CLUB

lions pub

Head down to the Lions Pub and try their new fresh sheet offerings. Don't forget to place charges on your Club account so that it goes toward your quarterly food minimum. Members also receive 10% off on food!

sunday prime rib dinners



The Grill | Sundays | 5 – 9 p.m.
Adults: \$34 + tax and service charge

Fall is coming, which means our appetites are going to start to long for something cozy and comforting! Visit us on Sunday evenings for our Sunday Prime Rib Dinner, a long-standing tradition. Enjoy slow-roasted prime rib, seasonal vegetables, creamy whipped potato, Yorkshire pudding with au jus. A kids' version is also available for ages 10 and under.

Reservations are recommended.

Stay
tuned



xoxo

September AT THE CLUB



TCC SALON

Berlin, the Coolest City in Europe

THURSDAY, SEPTEMBER 1
6 – 9 p.m.

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

David Bowie once described Berlin as “the greatest cultural extravaganza that one could imagine,” and he couldn’t be more right. Its creative synergies, free-spirited climate and cheap rent have turned the German capital into a major magnet for artists from around the globe. With its abundant cultural offerings, thriving cafe and restaurant scene, and what is arguably the best nightlife in the world, this city is widely known as “the coolest city in Europe.”

Berlin residents Joeran Mandik and Lina Martin-Chan will lead a wide-ranging conversation about Berlin with Bowen Island’s Michael Yuhgalaanas, the celebrated Haida artist. In September, Michael will install a major art piece in Berlin’s Humboldt Forum, the newly opened \$1 billion museum dedicated to human culture and history.



TCC SALON

The Tao of Travel

THURSDAY, SEPTEMBER 8
6 – 9 p.m.

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

The ancient spiritual practice of “deep journeying” subtly rearranges one’s attitudes. Travel can also speak to a love of the sacred – meeting precious teachers, or ecologies freighted with numinal power. An all-informing experience, it’s the ideal antidote to times when life or our regular practice turns stale or in need of refreshment. The Tao of travel can bring us closer to our true home.

Leading this Salon is Trevor Carolan, a novelist and engaged Buddhist who holds a Ph.D. from Bond University, Queensland. He teaches Creative Writing at the University of the Fraser Valley.



WINE MASTERCLASS

Battle of the Bordeaux Banks

FRIDAY, SEPTEMBER 9
6 – 7:30 p.m.

\$125 + tax and service charge

Join TCC Director of Wine DJ Kearney to decode Bordeaux’s great divide – the Left and Right Banks – through the lens of four cru classé wines.



MEMBERS ONLY

Members' Networking Lunch

THURSDAY, SEPTEMBER 15
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.

September AT THE CLUB



FOR OUR MEMBERS
**Members' Wine
Tasting**

WEDNESDAY, SEPTEMBER 21
5 – 6:30 p.m.

*\$10 + tax and service charge
*Registration is mandatory as
space is limited*

Join us for our monthly Members' Wine Tasting! Sample a suite of special wines and enjoy live music. Bring a friend or fly solo and enjoy this wonderful opportunity to meet and mingle with other members and guests. Don't forget to make a dinner reservation for after the tasting!

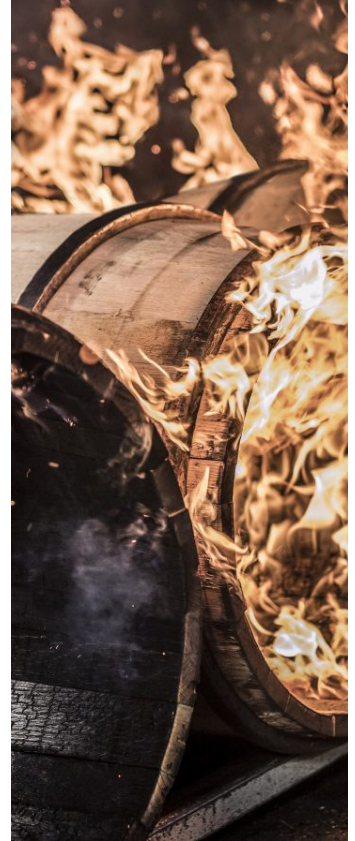


CONVERSATIONS LIVE
Healthcare in Crisis

TUESDAY, SEPTEMBER 27
4:45 – 9 p.m.

*\$185 + tax and service charge
(includes a reception with
bubble and canapés plus a
three-course dinner)*

Join Dr. Brian Day, *The Vancouver Sun's* Vaughn Palmer, ER Dr. Ali Abdalvand, BC Care Providers Association CEO Terry Lake, and Ambulance Paramedics Union President Troy Clifford as they dig into the issues behind BC's healthcare crisis – and potential solutions – at the next Conversations Live with Stuart McNish dinner panel.



MASTERCLASS

Bourbon

WEDNESDAY, SEPTEMBER 28
6 – 7:15 p.m.

\$95 + tax and service charge

The Irish and Scots may have distilled whisky first, but American Bourbon has been around since the 1700s. Join your TCC beverage pros for all the Bourbon secrets from the choice of name, grain, toasted oak, and style guide from straight to sour mash. We will taste four whiskeys, a cocktail, and culinary bites to pair.

WINE EDUCATION
WSET Level 1 (pt. 1)
SUNDAY, SEPTEMBER 18
10 a.m. – 3 p.m.

\$399 + tax

WSET Level 1 is perfect for the beginner and those with a basic knowledge of wine – you'll drink better and buy smarter after this course! For additional information on registration, dates, or WSET Level 2, see page 7.

September AT THE CLUB



LUNCH EXCHANGE

Fake/True News

FRIDAY, SEPTEMBER 30

12 noon – 1:30 p.m.

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

Fake news is information that is false or misleading. However, how do we know? With the ongoing trend of 30 second memes and videos, contradictory evidence claiming to be from science, constant bombardment of information etc. how does a lay person decipher what is fake? Or better yet, what is true? Let's have a discussion and exchange our opinions, ideas and propositions over a casual lunch. Hope you can join us!



DINING

Gourmet Dinner

FRIDAY, SEPTEMBER 30

Additional details to come.

After a short summer break, our Gourmet Dinner is set to return this September. This engaging dining experience typically sells out so we highly recommend reserving a table!

REGISTER FOR EVENTS

online	via Member Central
email	conciierge@tclub.com
call	604 681 4121
text	604 200 2279

fall & winter CALENDAR PREVIEW

OCTOBER

- OCTOBER 2 WSET Level 1 (pt. 2)
- OCTOBER 16, 23 & 30 WSET Level 2
- OCTOBER 19 Members' Wine Tasting
- OCTOBER 20 Members' Networking Lunch
- OCTOBER 20 TCC Salon – Jerry Kroll on Longevity
- OCTOBER 21 Hennessy & Cigar event
- OCTOBER 25 Discussion Group (TBA)
- OCTOBER 26 Big Bottles/Small Bites
- OCTOBER 28 Gourmet Dinner

NOVEMBER

- NOVEMBER 5 Annual Gala (007 Bond)
- NOVEMBER 9 Winemaker's Dinner (TBA)
- NOVEMBER 17 Members' Networking Lunch
- NOVEMBER 18 Masterclass (TBA)
- NOVEMBER 23 Holiday Scotch Social
- NOVEMBER 24 Quarterly Wine Pack release
- NOVEMBER 25 Gourmet Dinner
- NOVEMBER 29 Discussion Group (TBA)

DECEMBER

- DECEMBER 3 & 4 Dickens Brunch with Santa
- DECEMBER 12 Annual General Meeting
- DECEMBER 15 Members' Festive Lunch

TELUS HEALTH CARE COLUMN

4 TIPS TO HELP REDUCE FOOD WASTE AT HOME

Many people have rediscovered the pleasure of making their own meals and eating with their families during the pandemic, when cooking at home became more common. In the process, grocery-related purchases have increased, so has food waste. The good news is that you can take action to minimize food waste. It may reduce your environmental footprint and also save money.

Here are 4 hacks to help keep food out of the garbage:

1. PLAN MEALS AND MAKE A GROCERY LIST

Meal planning can help with reducing food waste. Start one week at a time and make sure you always make a list before you go grocery shopping. A list helps avoid unnecessary purchases that you may not actually need. To avoid buying things you already have at home, consider looking in the fridge and the pantry before you hit the grocery store. Have you noticed that when you go to the grocery store without a list, you end up filling your cart with just about anything, without really knowing what it will be used for? Our Registered Dietitians designed the Meal Planning Club to help you simplify meal planning.

2. MAKE ONE POT MEALS

The "one pot meal" consists of cooking all the ingredients together in the same pan or pot. This means you can easily double or even triple the recipe and freeze the leftovers for lunches or for days when you have less time. Not only will you potentially limit food waste, you may also find you have less dishes to wash.

3. STORE FOOD IN THE RIGHT PLACE IN THE FRIDGE

One tip for reducing food waste is to place the least fresh fruits and vegetables on top so they can be used first. Also, remember to put leftovers together and in a prominent place so you don't forget them at the bottom of the fridge. Discover a delicious clean-out-the-fridge stuffed peppers recipe here.

4. RE-PURPOSE LEFTOVERS

Another creative way to limit food waste is to turn leftovers into new meals. For example, if you have cooked a meat sauce with spaghetti, you can use the leftover sauce to make tacos another time. The possibilities are endless, you just have to let your creativity flow.

Take the first step in your journey towards better health!

To learn more about services offered in this article, visit telushealth.com/carecentres or email: ashley.hamilton@telus.com.



WINE & SPIRIT EDUCATION TRUST WSET Levels 1 & 2

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

WSET CERTIFICATE IN WINE LEVEL 1

— \$399 + tax (2 sessions)

Sunday, September 18, 10 a.m. - 3 p.m.

Sunday, October 2, 10 a.m. - 3 p.m.

Registration Deadline: Friday, September 16.

WSET CERTIFICATE IN WINE LEVEL 2

— \$1,200 + tax (3 intensive sessions)

Sunday, October 16, 9 a.m. – 5:30 p.m.

Sunday, October 23, 9 a.m. – 5:30 p.m.

Sunday, October 30, 9 a.m. – 5:30 p.m.

Registration Deadline: Friday, September 23.

QUESTIONS & REGISTRATION

Please contact Owen Stuart, Beverage Manager, at wine@tclub.com or 604 488 8646.

Liquid Assets

ASSETS



HENRIOT SOUVERAIN BRUT NV — CHAMPAGNE, FRANCE \$109

If you have not had a chance to taste this Champagne, we highly recommend you do so! The Henriot family (say 'ohn-ree-oh') own the magnificent estates of Bouchard Père and William Fèvre in Burgundy, as well as the cult Oregon estate co-founded by famed wine critic Robert Parker, Beaux Frères. Henriots have farmed the chalky soils of Champagne since the 16th century, and their bubbles are revered by restaurant sommeliers around the world. A classic blend of noble grapes: 45% pinot noir, 40% chardonnay, and 15% meunier, the Brut Souverain gains extra complexity from blending 29 different wines and over 30% aged reserve wine for extra richness.



BARDOS VERDEJO RUEDA 2020 — RUEDA, SPAIN \$43

The tangy, zingy verdejo grape tastes a lot like sauvignon blanc. Native to Rueda in Spain, the verdejo grape has a long past here. Used for sherry-like wines millennia ago, it was not until the 1960s when a famous Bordeaux professor toured the area, that its revival started. The Bardos verdejo is very dry with light body and high acidity. You'll note aromas and tastes of guava, herbs, pear, and succulent grapefruit – and any lightness is offset by terrific flavour intensity. Made in steel tanks but aged on the lees, it makes a nice change from New Zealand's more pungent editions. Pronounced ver-day-oh and a wonderful match for cheese and charcuterie. Globally beloved, it will charm you too.



DOMAINE PARENT POMMARD **LA CROIX BLANCHE 2018** — BURGUNDY FRANCE \$205

La Croix Blanche translates as "the white cross," a common vineyard sight in Burgundy. This vineyard is just behind the old train station across the street from the famous Epenots Premier Cru vineyard within the village of Pommard. The Parent family supplied Thomas Jefferson with vines from their vineyards to plant at his Virginia estate, Monticello. Run by sisters Caroline and Anne, Domaine Parent wines focus on fruit purity, vineyard expression and trend in the richer direction as pinot noir goes. Anne is a lawyer by training and represents the 12th generation of winemakers in this family. She also founded the Women's Winemaker Association in Burgundy and was its first president. Black cherry fruit, fresh acidity and the irony, brooding character that defines Pommard's identity. This is a bottle worthy of our Sunday night prime rib. It's a pricey bottle, but so is all good Burgundy.



WINE LOCKER CLUB

You're invited to join the Quarterly Wine Locker Club

Replenish your locker effortlessly with our new Wine Locker Club quarterly offering. (Or opt to take the pack home.) Your Club wine pros DJ Kearney and 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?!)

SIGN UP

There are only 24 sets available per quarter. Email wine@tclub.com to secure yours!

\$275 per quarter (six bottles each quarter)
— Four launches per year: February, May, August, and November

PRIVATE TASTINGS

Perhaps the best part of our Wine Locker Club is the chance to pre-taste and learn! Every quarter you will be invited to a private launch party where you can sample the wines, learn the backstory, and plot your deployment strategy!

NEXT LAUNCH DATE

Saturday, November 12 | 6 – 7 p.m.

Have You HEARD?



JILL KIVETT

Congratulations to one of our Board members, Jill, on her newest title! She was recently named the new President of the Canadian Association of Exposition Management, the national association for Canadian producers, venues, and suppliers of commercial events (trade shows, consumer shows, and expositions).



DEBRA COPELAND

Debra of Intact Insurance was recently elected President of the Insurance Institute of BC! She joined the Executive team in 2019, and has volunteered with the organization since 2011. The Insurance Institute is the premier source of professional education and career development for the property and casualty insurance industry in Canada.



IAIN FLETCHER

Congratulations to our new Director of Club Outlets! Iain has cultivated an impeccable member experience throughout his 11 years at the Club and is excited for the new responsibilities this role brings. We're excited to see all the wonderful things he has in the works with the Service & Culinary teams!



ANNA IURITSYNA

Congratulations to Anna who has been promoted to Restaurant Manager! Anna has been with the Club since 2018 and has brought an unrivaled attentiveness to our dining rooms. From everyday personalized touches to championing our Bespoke dining offering, you can bet that Anna will continue to elevate the Club's tailored dining experiences.



JEREMY WU

We are delighted to reintroduce you to Jeremy, your new Member Services Manager! Soon after he started at the Club, Jeremy won Employee of the Second Quarter in 2015 for his professionalism, efficiency, and consistency in service excellence. Jeremy has earned the trust of members and colleagues alike over the years; please join us in congratulating him!



ZANTOZA SAVELLANO

Zantoza has been with the Club for six years; this September, we celebrate her promotion to Lead Member Services Agent! Members have nominated her for Employee of the Quarter because she is polite, courteous, efficient, and fair – not to mention a favourite with our Kids' Club Members!

Member of the Month

DAN ENJO



Photo: James Stockhorst

There is more than enough evidence to confirm Dan Enjo as a man of modern times.

He works in communications with the Provincial Health Services Authority, drives an electric car, lives in the trendy neighborhood of Mount Pleasant, travels the world, dresses sharply, and stays super fit. In fact, if there was a competition for the fittest member at the TCC, the smart money would move his way. Yet interestingly, it doesn't take much scratching into Dan's veneer to expose a deep and obsessive fascination with artifacts of the olden days. Take for example his watch collection of vintage timepieces. "I was given my grandfather's Omega Dynamic as an inheritance and my interest just grew from there," he says.

There is also his love for older films – from the 1930s to 1980s. "Pretty much everything on the TCM channel. I can be transfixed by the artistry it took to make these movies – the wardrobes, the sets, the music, the storytelling – and especially the cars." Ah yes, the cars – yet another of Dan's passions from the past. While most of his driving these days is done in his Hyundai EV, once a week or so, weather permitting, he pops the roof on his 1991 Mazda Miata and goes for a spin.

"When I bought it as a student, I really wanted one of those old English cars. I got the Miata because I considered it the spiritual and more reliable successor to a car like the MGB." Dan's interest in vintage automobiles comes from his father, who owned and loved his ultra-stylish 1960 MGA. It's still with his dad, though it hasn't been driven for years.

Dan grew up in West Vancouver with his parents and two younger siblings. He excelled academically in the arts and sciences and considered medicine as a post-secondary pursuit, but early in his undergrad years at UBC he switched to arts. "I still remember my father telling me, 'You're not going to find a good job taking English literature.'" In 2004, Dan moved to Montreal to work on his master's degree at McGill University.

"Montreal was an incredible experience for me. At UBC I was something of an introvert, so moving away from home really pushed me to make new friends quickly." After graduation, Dan worked in McGill administration and later was recruited to work in communications for a local hospital foundation. He lived and worked in the Montreal area for seven years before moving back to Vancouver in 2011.

"I came home for a visit and that's when I met Ian. We tried having a long-distance relationship for a while, but it was difficult." After moving back to Vancouver, Dan and Ian joined a local gym which they both considered a bit run down – a bit rough around the edges.

"The culture in the place wasn't all that great. No one wants to be fighting bouncers for the weights." A friend recommended Terminal City Club and they were sold immediately. "I am still enamoured with the gym, where I've met so many accomplished people from a diverse range of industries. It's a respectful environment – not at all intimidating."

Dan also deeply appreciates the many other aspects of the TCC that make it such a special place – the valuable networking, the fine dining, the attentive and invested staff. "It's our go-to. Our families will meet here for big occasions like my aunt's 89th birthday, which we celebrated last month. We keep coming back due to the Club's central location, the great food and the familiarity of the staff team with us."

As Dan and Ian love to travel, they also make great use of the Club's affiliations with other clubs worldwide. "We've been to clubs in Asia, Europe, the U.S., and throughout Canada. The vast majority of affiliate clubs we've been to have been impressive, and it's helpful knowing you don't have to spend time looking for a hotel with an acceptable gym. Our TCC membership has been like a passport to some of the most amazing facilities in the world."

Focus ON FITNESS



SQUASH

UPCOMING VANCOUVER SQUASH LEAGUE (VSL)

September 26 to mid-March (Winter/Spring 2022-23 Season)

TCC will be hosting a Division 2 team, a Division 5 team, and a Division 6 team, pending sign-ups. Please contact Barry Gifford to register with a team as a full-time or part-time player: squash@tcclub.com | 604-219-8233

FREE BEGINNERS CLINIC

September 14 & October 12 | 5 – 6 p.m. | Second Wednesday of each month

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

SQUASH SOCIAL

Thursdays | 4 – 6 p.m.

This is a great opportunity for people who enjoy playing socially and want to meet new players. Post-game beverages and food always follows at the Lions Pub.

WEEKEND SQUASH DRILLS

Saturdays | 11 a.m. – 12 noon | \$25

Our Saturday morning drills are for intermediate/advanced VSL players. To register, contact Barry for placement by 8 p.m., Fridays.

SUMMER SQUASH 2022

TCC's Box Ladder has begun! Register at the Fitness Centre front desk.

SQUASH JUMPSTART

Wednesday, September 21 | Women 5 – 6 p.m. | Men 6 – 7 p.m.

Our free quarterly Jumpstart Squash Series – for experienced players at TCC – 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. (This is a great warm-up for VSL.) Please register at the Fitness Centre front desk by 8 p.m. on Monday, September 12.

HOURS

WEEKDAYS 6 a.m. – 10 p.m.

WEEKENDS 7 a.m. – 8 p.m.

UPCOMING CLOSURES

SEPTEMBER 5 LABOUR DAY

SQUASH & POOL

ADULTS ONLY SWIM TIME

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

WEEKDAYS 6 – 9 a.m.

WEEKENDS 7 – 9 a.m.

COURT BOOKINGS

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

RAQUET RE-STRINGING

Strings can lose tension over a period of six to eight months; with a new restring, your shots will have more control and spring. See the Fitness Centre front desk for more information.

POLICIES

SWIMMING POOL AREA

Full body showers are mandatory before entering the swimming pool.

EXERCISE ROOM

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.

TRAIN

SQUASH LESSONS WITH BARRY GIFFORD

Are you ready to take your game to the next level? Try a private or partner fully tailored lesson. Barry Gifford is the current reigning 60+ National Champion and a past Squash Doubles World Masters gold medalist. He is NCCP Level 3 certified, coaching adults and children, from beginners to NCAA Ivy League Champions. Barry teaches total beginners the game of squash in a simple and fun way. Intermediate to advanced players are introduced to game-like drills that help to improve fitness, anticipation, speed, power, and finesse.

PRIVATE SWIM LESSONS WITH JOHN RYAN

John Ryan has taught beginners, Masters and Triathlete-swimmers to reach their goals over his 20+ years coaching. 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!

SQUASH PRIVATE OR PARTNER LESSONS

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

MILFIT 3-FOR-2 SEPTEMBER STRENGTH PROMO

\$170 (3 sessions) | New Clients Only

For September, take advantage of MilFit's 3-for-2 60-minute personal training promo, focused on building a strong body through scientific strength training principles. Our trainers teach proper form and technique, and provide safe and challenging programs specific to your fitness level. Incorporating a well-structured weight and strength exercise program helps you feel better and prevent injuries so you live better. To sign up, contact Milwina Guzman at milwina@milfit.ca or 604-716-8927.

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. To sign up, contact Milwina Guzman at milwina@milfit.ca or 604-716-8927.

PRIVATE PILATES WITH ZORICA

Tuesdays – Fridays | 10:30 a.m. onwards

Class packages: Single, 5s, 10s, or 20s

Zorica provides Pilates-based movement therapy for clients seeking customized training to re-educate and empower themselves towards pain-free movement patterns. She is a BASI®-certified Pilates instructor with more than 13 years of devoted intense practice and master teaching study. Drawing from the best of Pilates, proven by body science research, Zorica's approach helps you move with strength and ease at every age and life stage.

Pilates can help:

- Reduce stress and tension
- Body misalignment correction and integrated strength development
- Pain relief

Personalized programs available:

- Restorative/conditioning exercises for specific needs (osteoporosis, scoliosis)
- Stretching for functional movement
- Alignment and corrective exercises for mature population (osteoporosis, scoliosis)

JUNIOR SWIM & SQUASH PROGRAMS

JR. SQUASH Junior group and private lessons are available for kids aged 6–15. To register, visit the Fitness Centre front desk.

FALL JUNIOR SQUASH : SATURDAYS, SEPTEMBER 10 – DECEMBER 17

13-week program; no classes on Oct. 8 and Nov. 12 | \$260 + GST

Ages 6 – 8 1 – 1:45 p.m.

Ages 9 – 12 1:45 – 2:30 p.m.

Ages 12 – 15 2:30 – 3:15 p.m.

JR. SWIM Junior group and private lessons are available for kids aged 3+. Please note that due to an increased demand for junior swim lessons this Fall, both group and private lessons are waitlist only. Visit the Fitness Centre front desk for more information or to join the waitlist.

SEPTEMBER FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m.		VINYASA YOGA WITH CLARE				
7 a.m.			MAT PILATES WITH ZORICA	POWER FLOW YOGA WITH VANESSA		
7:15 a.m.						
7:30 a.m.						
8 a.m.						
9 a.m.						PURE CORE WITH LEILA
9:15 a.m.						
9:30 a.m.						
10 a.m.						
12 p.m.	F.I.T. WITH VANESSA	CARDIO & CORE WITH LEILA	CARDIO KICKBOXING WITH LEILA	SCULPT & STRETCH WITH LEILA	F.I.T. STRENGTH WITH LEILA	
12:15 p.m.						
12:30 p.m.						
1 p.m.						

F.I.T. WITH VANESSA 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, 6:30 – 7:30 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, 6:45 – 7:45 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 VANESSA 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.

F.I.T. WITH STRENGTH WITH LEILA Fridays, 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 Saturdays, 9 – 10 a.m. ■

Strengthen and tone your entire midsection. Pure Core exercises focus on improving back strength, spine stability, enhancing abdominal definition, and leaning your waistline.

Class Legend:

■ ZOOM ■ IN-PERSON (12 MAX PER CLASS)

TCC ANNUAL GALA

007[™] BOND

SATURDAY, NOVEMBER 5, 2022

\$250 + tax and service charge

