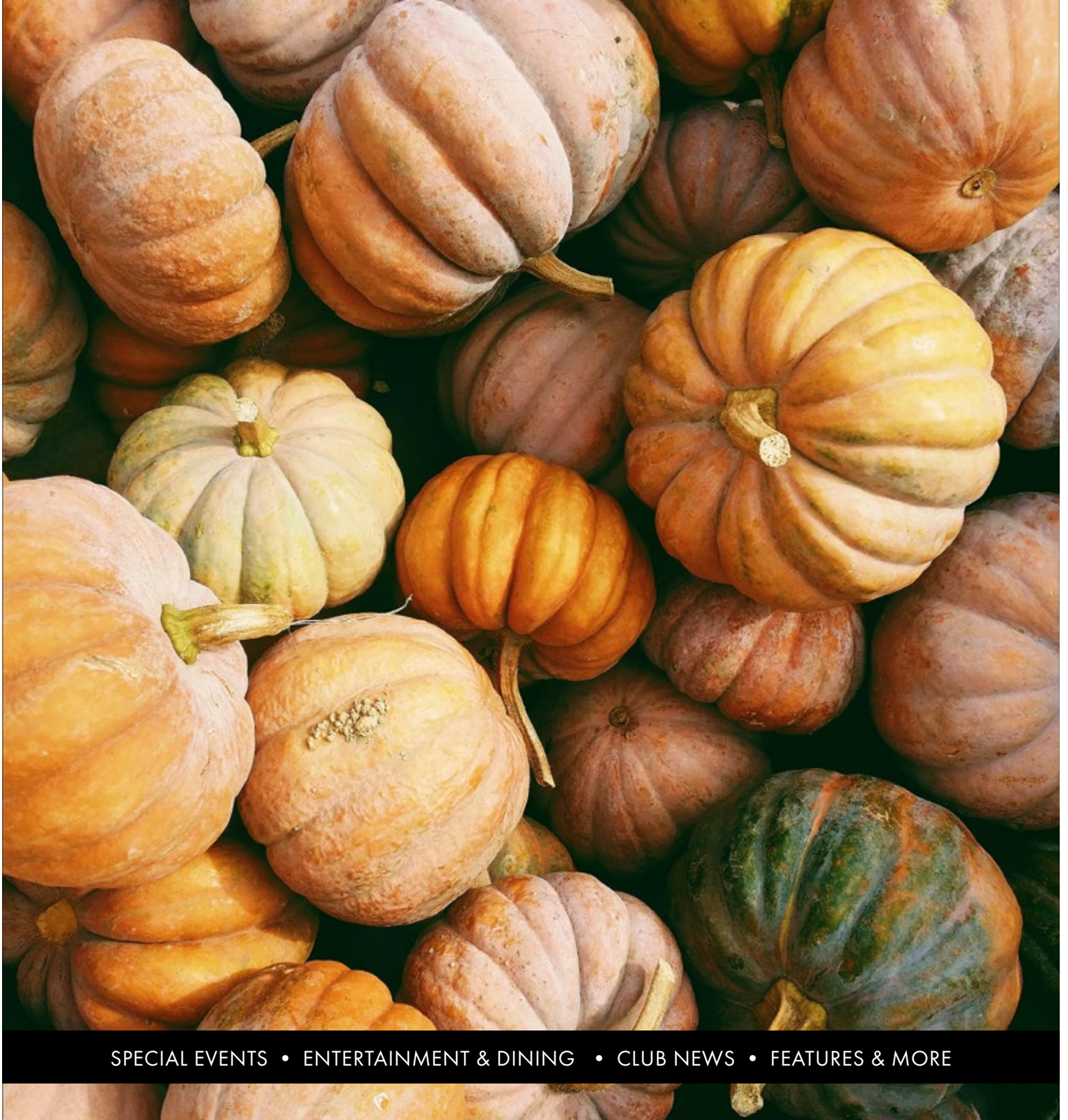


# TERMINAL CITY TIMES

---

OCTOBER 2022 • VOL. 29 NO. 10



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

# winter PREVIEW

## 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 1

Festive Dinner Buffet

### DECEMBER 3 & 4

Dickens Brunch with Santa

### DECEMBER 8

Festive Dinner Buffet

### DECEMBER 9

Festive Lunch Buffet

### DECEMBER 12

Annual General Meeting

### DECEMBER 15

Members' Festive Lunch

Festive Dinner Buffet

### DECEMBER 16




Festive Lunch Buffet

# 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	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



# President's Letter OCTOBER 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).



## DEAR FELLOW MEMBERS,

I hope everyone has enjoyed the lovely fall weather. With October upon us, we have Thanksgiving (and Halloween) to look forward to, and hopefully some quality time spent with family and friends.

October also marks the start of the Club's 2022/2023 fiscal year. The Club has recovered well from the challenges faced coming out of the pandemic and we are poised to continue growing the business and adapting to changes as they come. Board and Management have approved a budget and five-year plan that will reflect these changes and will continue to look at ways to improve our Club. More details will be shared with the Membership at our Annual General Meeting on Monday, December 12.

Now that patio season is behind us, we will be taking the time to re-surface our Fitness Centre and Grill patios for next season. Management will try to minimize interruption to Grill service and the Skidmore, Beck, and Bhatia rooms while the project progresses. We look forward to unveiling the improvements in the spring.

Following a busy September, October will be full of member events, including our wine tasting, networking lunch, Hennessy event, big bottles/small bites, and much more. Please see inset on the left for a preview of our holiday events up until December. Also, tickets for the return of our Annual Bond Gala on Saturday, November 5 are moving quickly, so be sure to get your tickets before it's too late.

The coming months are shaping up to be busy around the Club. If you haven't already, I encourage you to get your reservations for holidays parties and gatherings in as soon as possible; limited space remains – please reach out to [catering@tclub.com](mailto:catering@tclub.com). Also, it's never too early to secure a table for our popular Dickens Brunch with Santa. Book online via Member Central, or by contacting Member Services.

For the sports fans out there, we'll be screening as many Canucks, NFL (and hopefully Blue Jays) games as possible in the Lions Pub and Members' Lounge this month and into the winter.

Your Board and Management have heard from many members in recent months that the appetite for member-centered office and small meeting spaces in the Club is high, given the changes to remote work. **The Club has made significant progress in satisfying this need and we plan to unveil these spaces to you soon. My survey for this month, will focus on the office and small meeting space and working habits at the Club.** Please scan the QR code to access the survey.

I'm thankful for all the feedback we've received from our surveys. It has helped us continue to gauge the needs of our membership. Wishing everyone a pleasant start to the fall and a busy month ahead.

Sincerely,

Marian Robson  
President, Terminal City Club

# Stay informed AT THE CLUB

## club holiday closures

MONDAY, OCTOBER 10

All areas of the Club will be closed Monday, October 10 for Thanksgiving. We hope everyone enjoys the long weekend and time with their loved ones, and look forward to welcoming everyone back on Tuesday, October 11.

## welcome to our newest members!

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

Elizabeth Boychuk	Jason Jung
Tyson Boychuk	Bradon Krenz
Mikaela Browner	Terry Lake
Dawn Chubai	Owen Lu
Nicholas Coladon	Todd Lucyk
Darren Dahl	Robert Matheson
Alvin Dale	Darren Milne
Gurmit Dhaliwal	Ali Mohseni
Sarj Dhaliwal	Xin Na
Dhar Dhanda	Adriana Orihuela
Lorenzo DeCicco	Kieran Peppiatt
Kenneth Dietrich	Bradley Pinnell
Michael Dong	Linda Russell
Warren Dueck	Naveen Seethram
Jordan Dyck	Keith Scott
Qi Gao	Adam Schwartz
Shawn Goyal	Hua Xu
Aarti Goyal	Fei Xu
Jacque Griffiths	Lei Zhang
Jeff Hardy	William Zhu

## 2023 subscription increase & member referral program

Do you know anyone interested in membership?

The Board has approved a subscription increase; effective January 1, 2023, the Club's entrance fee will be as follows:

### RESIDENT 35 & OVER / CORPORATE MEMBERSHIP

Subscription (one-time): ~~\$4,500~~ \$5,000

### RESIDENT 34 & OVER

Subscription (one-time): ~~\$2,800~~ \$3,500

### IMMEDIATE FAMILY OFFER

The Immediate family discounts the one-time subscription for children, parents, and siblings of current TCC members.

Resident 35 & Over: ~~\$3,900~~ \$4,000

Resident 34 & Under: ~~\$1,900~~ \$2,500

**Member Referral:** Members are eligible to receive a \$250 credit for every *Resident or Corporate* \* member they refer after the new member is formally balloted in.

\* Members are not eligible to receive Referral credit for immediate family members as offers cannot be combined.

\*\* Referral must be submitted in writing prior to submission of the application.

Connect your interested friends and family with Jennifer or Amanda on your membership team!

joinus@tclub.com / 604-488-8647

# Around THE CLUB

## private bookings in cuvée

It's time to start thinking about your Fall and Winter holiday events! Starting October, Cuvée will be available to book for private receptions.

A hidden corner with its own bar and full views of the tree lined courtyard, Cuvée is the perfect space for an intimate company cocktail reception or small group dinner. Contact our trusty restaurants team at [reservations@tclub.com](mailto:reservations@tclub.com) to set up your next private booking.

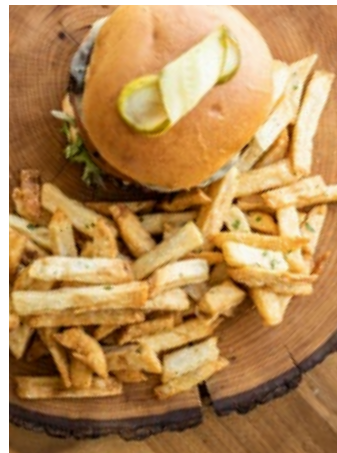
## lions pub: new menus & oktoberfest

Our favourite Pub is preparing for their seasonal menu refresh, so stay tuned to see what the new dishes and drink pairings will be.

And of course, it wouldn't truly be October without celebrating Oktoberfest. The Pub will be featuring an authentic imported German Lager to celebrate, so be sure to get your pint while supplies last!

## burgers & beers: new game day features

Escape the basement and switch things up with your fantasy draft league! Our Game Day features are making their fall comeback, so come join us in the Members' Lounge.



Starting at \$24, the Beer & Burger special features your choice of either the Portobello or Ahi Tuna burger, and a beer from a rotating selection. Not hungry? We'll also have a selection of beers and wines by-the-glass on special. Don't forget to reserve your table!

## sunday prime rib dinners

The Grill | Sundays  
5 – 9 p.m.  
Adults: \$34\*  
Kids (10 and under): \$15\*  
\*plus tax and service charge

Fall is here, which means we'll 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.



# October AT THE CLUB



TCC SALON

## Jerry Kröll on Longevity

WEDNESDAY, OCTOBER 5

6 – 9 p.m.

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

Massive amounts of time and resources are currently being applied to the science of healthy human longevity. Telomeres, cell health, bone density and cognitive abilities are all being championed to enhance our lives to horizons never before imagined. Join Jerry Kröll, the Founder of Jevity Life Science, as he leads a discussion about interventions and the latest advances in the science of longevity and wellbeing.

Jerry Kröll has competed in 40 marathons including Boston five times. He will discuss the interventions that could enhance our health and longevity.



FOR THE FAMILY

## Thanksgiving Dinner Buffet

SUNDAY, OCTOBER 9

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

*Adults: \$125\**

*Kids (4-12) - \$55\**

*\*plus tax and service charge*

Join us for a delicious Thanksgiving dinner with all the traditional trimmings! Grab your slice (or two) of freshly carved turkey and load up your plate with all the fixings. The piano will be playing, and should you choose, the wine will be flowing – it will be a fabulous evening with friends and family over a hot, home-away-from-home cooked meal.



HOLIDAY

## Thanksgiving Day

MONDAY, OCTOBER 10

Club Closed



TCC SALON

## Rewriting our Stories for Well-Being & Optimal Living

THURSDAY, OCTOBER 13

6 – 9 p.m.

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

Storytelling is our lifeblood. It has shaped societies, influencing how we live and imagine our futures. Some of the world's most significant crises are built upon stories, and can be damaging fear stories or generative growth stories. This salon invites us to discuss how examining and rewriting our personal and social stories can empower us to engage in greater empathy, compassion, and possibility.

Derek Gladwin (author of *Rewriting Our Stories: Education, Empowerment, and Well-being* and Naoko Ellis give workshops and consult on environmental education, leadership, and storytelling. They are also both professors at UBC.

# October AT THE CLUB



HEALTHSPAN

## Strategies for Optimal Ageing & Longevity

TUESDAY, OCTOBER 18

5:30 – 6:45 p.m.

*Complimentary event -  
Registration mandatory*

We live in a time of rapid knowledge growth and our understanding of health and ageing are due for disruption. Advances in genetics, technology, and computing power have given us a better understanding of our complex biologic systems, and make the goal of delaying the onset of chronic disease (lifespan) while improving quality of life (healthspan) a tangible possibility. Join Dr. Lawrence Cheng and Dr. Ashley Riskin as they review recent advances in longevity science and strategies and tactics for healthy ageing and optimal living. Dr. Cheng and Dr. Riskin are the co-founders/directors of Connect Health Centre of Optimal Health & Longevity.



FOR OUR MEMBERS

## Members' Wine Tasting

WEDNESDAY, OCTOBER 19

5 – 6:30 p.m.

*\$10 + tax and service charge  
\*Registration mandatory*

Join us for our monthly Members' Wine Tasting with special guest Jeff Curry from The Wine Syndicate! 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!



AT THE CLUB

## BIV Events: Fastest Growing Companies Reception

WEDNESDAY, OCTOBER 19

5:30 – 9 p.m.

Business in Vancouver celebrates the achievements of companies across B.C. that have shown remarkable growth over the past five years at the Fastest Growing Companies Reception. Guests have the opportunity to network with one another and hear from leaders of some of this year's fastest growing companies during the Q&A portion of the evening led by BIV reporters.

To register, visit:  
[biv.com/biv-events](http://biv.com/biv-events)



MEMBERS ONLY

## Members' Networking Lunch

THURSDAY, OCTOBER 20

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.

# October AT THE CLUB



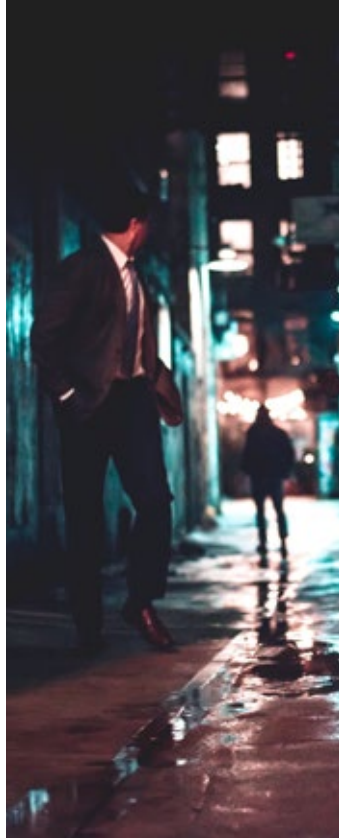
## TCC EXCLUSIVE TASTING Hennessy XO & Cigars

FRIDAY, OCTOBER 21  
6:30 – 8 p.m.

*Tasting Only - \$95 + tax and service charge*

*Tasting, Engraved Bottle of Hennessy XO + La Flor Dominicana Andalusian Bull Cigar (from Revolucion Cigars) - \$525 + tax and service charge*

Hennessy have partnered with Revolucion Cigars and Fine Gifts for an evening of cognac tasting at TCC. Members who purchase a bottle of Hennessy XO will receive complimentary engraving for their bottle as well as the award-winning La Flor Dominicana Andalusian Bull Cigar.



## CONVERSATIONS LIVE Crime: Do You Feel Safe?

TUESDAY, OCTOBER 25  
5:15 – 9 p.m.

*\$185 + tax and service charge (includes welcome drink, wine, and multi-course dinner)*

Panelists are Deputy Chief Steve Rai of Vancouver Police; Brian Sauve, RCMP Police Union President; Anita Huberman of the Surrey Board of Trade; John Neate of JJ Bean Coffee; and the Vancouver Sun's Dan Fumano.



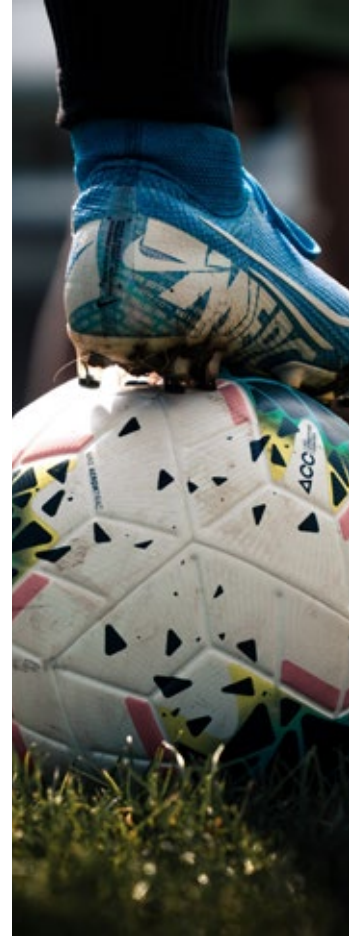
WINE TASTING SERIES

## Big Bottles, Small Bites: Magnum

WEDNESDAY, OCTOBER 26  
6 – 7 p.m.

*\$200 + tax and service charge. \*This exclusive event has a maximum capacity of 12 guests.*

There is something magical about the Magnum. The 1.5-litre bottle of wine dates back to the 1700s, first mentioned by Scots poet Robbie Burns. Magnum is an abbreviation of the Latin words *magnum bonum*, meaning a "large good thing." We've decided to celebrate this large good thing with a monthly tasting in our secluded, exclusive hot spot, the Dr. Ignatius Cheung room. This series launches Wednesday, October 26 with two captivating magnums studiously paired with small bites from your creative culinary team.



TCC LUNCH EXCHANGE

## Gender & Sports

FRIDAY, OCTOBER 28  
12 noon – 1:30 p.m

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

Discourse around gender and sports has become a hot topic in the media as of recently; this month's Lunch Exchange will explore some of the most frequently reoccurring ideas, secondary topics, and questions.





## DINING

### Gourmet Dinner

FRIDAY, OCTOBER 28

6 – 9 p.m.

*\$110 + tax and service charge  
Optional wine pairing: +\$42*

Fresh off the heels of September's Farm Fresh Gourmet Dinner, October's Dinner is sure to make you fall in love with hearty autumn ingredients all over again. This engaging dining experience only has a limited number of spots so we highly recommend reserving a table!



FOR THE FAMILY

### Halloween Party: Monster Mash

SUNDAY, OCTOBER 30

4 – 6 p.m.

*Adults \$75\* | Kids (4-12) \$60\*  
\*plus taxes and service charge*

Make like the Addam's family and bring your clan of monsters – big and small – to the Club for some spooky fun! The DJ will be playing great Halloween tunes to wiggle to, and delightful, kid-friendly activities and treats are sure to have the kids screaming with joy!

## REGISTER FOR EVENTS

**online** via Member Central

**email** [conciierge@tcclub.com](mailto:conciierge@tcclub.com)

**call** 604 681 4121

**text** 604 200 2279

# October LIVE MUSIC

**SATURDAY, OCTOBER 1**

Jim Kwan

**THURSDAY, OCTOBER 6**

Olaf de Shield

**FRIDAY, OCTOBER 7**

Olaf de Shield

**SATURDAY, OCTOBER 8**

Jim Kwan

**THURSDAY, OCTOBER 13**

Cassandra Bangel

**FRIDAY, OCTOBER 14**

David Capper

**SATURDAY, OCTOBER 15**

Colin Sankey

**THURSDAY, OCTOBER 20**

Colin Sankey

**FRIDAY, OCTOBER 21**

Olaf de Shield

**SATURDAY, OCTOBER 22**

Olaf de Shield

**THURSDAY, OCTOBER 27**

Colin Sankey

**FRIDAY, OCTOBER 28**

Cassandra Bangel

**SATURDAY, OCTOBER 29**

Jim Kwan

**EVERY THURSDAY, FRIDAY & SATURDAY  
GRILL | 5:30 – 8:30 P.M.**



## 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@tcclub.com](mailto:wine@tcclub.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.

# Liquid Assets

## ASSETS



### FITZPATRICK PINOT BLANC THE MISCHIEF 2020 – OKANAGAN VALLEY, BC \$40

When Senator Ross Fitzpatrick sold the family winery CedarCreek, they retained a swath of prime vineyard land on the west side of Lake Okanagan, called Greata Ranch. Not ready to leave the wine business, Fitzpatrick Family Vineyards was born. Hiring winemaker Sarah Bain was a stroke of genius. Armed with experience from two of New Zealand's foremost wineries, she makes pure wines with a light touch like this Pinot Blanc, called The Mischief. Dry and snappy, it's just the glass you want after an autumn leaf-watching stroll.



### CULMINA CABERNET SAUVIGNON 2017 – OKANAGAN VALLEY, BC \$60

Started by Canadian wine pioneers Don and Elaine Triggs, Culmina sits on the elite terroir of the South Okanagan's Golden Mile Bench. The cabernet vines are teenagers now, and beginning to truly reflect the warm, rocky mineral-rich soils that form a bench overlooking the South Okanagan. Rich with aromas of ripe blackberry and cassis, this elegant platinum award-winner cabernet has suave tannins, savoury flair and the vibrant acidity that is the signature of Okanagan wines. Try this with the Club's Sunday night prime rib.



### CHAPELLE ST. THEODORIC CHÂTEAUNEUF-DU-PAPE LES SABLONS 2015 – SOUTHERN RHÔNE VALLEY, FRANCE \$171

Autumn is the time to break out the stony, mellow wines of Châteauneuf-du-Pape. This estate is a wonderful new project, named for a 1,000 year old tiny chapel in the village of Châteauneuf-du-Pape. The vines are farmed biodynamically, adding a special life force and purity to this much-admired red. Made from 100% grenache, Les Sablons is red-fruited and round with silky tannins and meaty, spicy nuances. From the stunning 2015 vintage, this will age gracefully for another decade, but is opening up beautifully now.

# Have You HEARD?



## **SHELLY APPLETON- BENKO**

Congratulations to Shelly on joining the BC Cancer Foundation's Board of Directors! She hopes to be a catalyst and contribute meaningfully to the BC Cancer Foundation and its mission to enhance care and research for British Columbians affected by cancer.



## **ERNEST YEE**

Ernest was recently appointed Chair of the Board of the University of British Columbia Foundation. We congratulate him on this well-deserved appointment!



## **CHARLES GAUTHIER**

After serving as President and CEO of the DVBIA for nearly three decades, Charles is being recognized for his years of service. As of 2023, the DVBIA's Lifetime Achievement Award will now be known as the Charles Gauthier Lifetime Achievement Award!

# TELUS HEALTH CARE COLUMN

## **WHY VACATIONS ARE IMPORTANT TO MENTAL HEALTH**

It's important to make time for a break. Research has shown that taking more paid vacation days is associated with both overall health and life satisfaction.

**THE LINK BETWEEN MENTAL HEALTH AND TIME OFF.** When it comes to mental health, improving your mood and reducing stress and anxiety are two positive benefits of taking a vacation. Taking the time to disconnect from work can also help lower your risk of burnout, which is defined as experiencing emotional, mental and physical exhaustion resulting from work-related stress. "Vacations remove us from situations we often associate with stress," says Dr. Susan Siklos, a registered psychologist at TELUS Health Care Centres Mental Health clinic in Vancouver. It's easy to fall into the trap of not taking time off because work is too busy. But time away from your desk can actually have a noticeable impact on your productivity and performance when you are back at work.

**HOW TIME OFF CAN MAKE YOU MORE PRODUCTIVE.** When stress levels become too high, performance can decline as a result. And research has shown that recovery time is needed to manage chronic stress that the workplace can often create. Vacation time has noticeable positive and immediate effects on perceived stress, recovery, strain and well-being. "After a vacation, people usually come back to work more focused, more productive, and often more creative," says Siklos. "Time away from work gives your brain a chance to reset, which can make it easier to think big picture and have a renewed sense of energy."

**LONG WEEKENDS COUNT.** Even if you can't get away for an extended period of time, you can feel the positive effects of vacation. One study showed that a four-day "long weekend" had positive effects on well-being, recovery, strain, and perceived stress of participants for as long as 45 days afterward. Results showed that one single short-term vacation, regardless of whether at home or away, still had significant positive effects for overall stress levels and well-being.

**SUPPORT IS AVAILABLE.** While taking time off work is an important step in reducing stress, sometimes it may also be helpful to speak with someone. Mental health support is available at TELUS Health Care Centres. Call us at 1-866-937-3892.

- *Written in consultation with Dr. Susan Siklos, registered psychologist.*

To learn more about services offered in this article, visit [telushealth.com/carecentres](https://telushealth.com/carecentres) or email: [ashley.hamilton@telus.com](mailto:ashley.hamilton@telus.com).

# Member of the Month

## RAMIN ERFANIFAR



Ramin Erfanifar grew up in Victoria, where much of his formative high school years were spent doing what most high school students do — prioritizing social skills at the expense of academics. “I was a bit of a wayward youth,” he says with a smile. “I didn’t know what I wanted to do, outside of being with friends. I was always looking for something.” After graduation, rather than seek out a post-secondary institution to attend, Ramin travelled to Europe — first to see his sister in Romania, then off to Israel. “I am Bahá’í. I left my stay in Romania to go do volunteer work at our spiritual centre, the Bahá’í World Centre in Haifa, Israel. I had an amazing time there. It was highly transformative for me.”

While volunteering one night as a security guard at the world-renowned gardens, he had something of an epiphany. “I had this awakening — this very spiritual experience. It was two or three in the morning and the only movement was from all the fruit bats diving at me. It was just me and the bats. I was alone, but for the first time in my life I felt comfortable alone ... I started reading a lot there. I would sit for hours by the sea reading and having these moments of meditation. I’d never had that before.”

Shortly after the night in the garden, he met up with an old friend who shared that he had been working at the Hague as a prosecutor. From that inspiring conversation, came Ramin’s decision to study law. After returning to Canada, he earned his undergrad degree at the University of Victoria, then his law degree at the University of Manitoba. The University of Victoria was where he met Noriko in 1999. The couple married in 2006 and have two children. “Noriko graduated with a marketing degree, but once we had kids she

stayed home. Three years ago, she went back to school and finished the educational assistant program at Langara. Now she’s doing this amazing work helping children who have special needs.”

Ramin’s career in law began at a small firm in Victoria, followed by a larger firm in Victoria, then moved in 2014 to work at a boutique firm in Richmond. “Moving from one firm to another wasn’t making me happy. I would sometimes find myself living vicariously through my clients because I love business almost as much as I love law. I needed to start my own practice.” Ramin opened Erfanifar Law Corporation seven years ago. “When I was working for others, there were so many constraints and expectations — some of those were real and some artificial. When I started my own firm, I thought back to that time in the garden, about when my perspective on life began to change, and I knew the kind of practice I wanted to build — something less transactional, something that allowed me to focus on connecting with my clients, understand their needs, and build lasting relationships.”

When asked what advice he would give young people considering their career choices, he says: “My advice to young people (including my own kids) who are considering career options is to think about what you love to do that can also benefit others in your community. I believe that if we combine our passion in life with specialized skill and be service-oriented to our community then we’ll have a truly fulfilling career.” As an advocate of a healthy work/life balance, outside of work, Ramin enjoys spending time with family and friends, mountain biking, swimming, soccer (playing and coaching), skiing, and cars — specifically older European sports cars. “I have this ‘89 Porsche 964 and I do a little amateur racing with it. I redid the interior myself — put in bucket seats and a roll cage. It’s a full racing car now and I take it around the track every so often. It’s quite addictive having to be so focussed.”

Ramin joined Terminal City Club in 2015. “I really had no interest in joining an exclusive club, but a friend who knew I needed more exercise told me about “this fantastic place with a fantastic pool.” So, I came for a visit and was immediately impressed with both the staff and members.

“My health was the reason I joined, but it’s grown into this entirely other thing — it’s a place for my family to come, a place for amazing conversations and great food. It’s become a home away from home.”

# 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](mailto:squash@tcclub.com) | 604-219-8233

### FREE BEGINNERS CLINIC

**October 12 & November 9 | 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.

## HOURS

**WEEKDAYS** 6 a.m. – 10 p.m.

**WEEKENDS** 7 a.m. – 8 p.m.

## UPCOMING CLOSURES

**SUNDAY OCT 9** THANKSGIVING

## 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](https://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.

### 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 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).

### 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 and pain relief, and can help with body misalignment correction and integrated strength development.

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 | Late registrants welcome - please visit the front desk for pro-rated lesson pricing.*

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)

BLACK TIE  
**BOND**   
TCC ANNUAL GALA

***SATURDAY, NOVEMBER 5, 2022***

*\$250 + tax and service charge*

PLEASE NOTE THAT ALL TICKETS ARE FINAL SALE AND NON-REFUNDABLE.