

# TERMINAL CITY TIMES

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NOVEMBER 2022 • VOL. 29 NO. 11



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



# winter




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- JAN 20 DISH WITH BISH**  
Exclusive dinner with John Bishop

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 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. – 8 p.m.  
Saturday & Sunday 7 a.m. – 7 p.m.

### FITNESS CENTRE

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

### THE GRILL

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

### MEMBERS' LOUNGE

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

### 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

TERMINAL CITY CLUB





# President's Letter NOVEMBER 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 start to the fall season, and that the October sunshine afforded you some quality outdoor time with friends and family. I'm sure it'll start to feel more like the Vancouver we know, especially after daylight savings time kicks in.

As we creep closer towards the end of calendar year, my time as President is coming to a close. I'm extremely proud of the work our Board has done throughout the year, and of course the tremendous work done by our management team, front of house and heart of house staff all year long. I anticipate a very busy few months for the team, so keep up the good work!

I'm pleased to advise that *BoardRoom Magazine*, in partnership with Forbes Travel Guide, has announced that Terminal City Club has earned the prestigious Distinguished Club Iconic Award, the Hallmark of Excellence. The merit-based award recognizes exceptional private clubs that exceed expectations in the quality of service, facilities, governance, and most importantly the teamwork of the staff and management. We join some exclusive company, being one of the first Canadian clubs to receive this honour, and one of only 200 clubs worldwide to have this distinction.

I know many of you have been waiting patiently for the return of our Annual Bond Gala on November 5. Our Club will be fully transformed for what is sure to be a special event (three years in the waiting, to boot). If you've never experienced the event before, I would highly encourage you to secure tickets before it's too late. Attendees should arrive in black tie attire and bring your dancing shoes!

Before you know it, the holiday season will be upon us, along with the decorations. We'll be kicking things off later this month with our Holiday Social on November 23, followed by our beloved Dickens Family Brunch on December 3 and 4. These events generally sell out, so be sure to get your reservation in sooner rather than later. Also, look out for a schedule of our Festive Lunch and Dinner Buffets and other holiday events on page 7.

As you might expect, the availability for room bookings around the Club is filling up fast. If you have a holiday party you're looking to book, I'd encourage you to reach out to our Catering team at [catering@tcclub.com](mailto:catering@tcclub.com). If an intimate and elegant gathering suits you better, our Bespoke Dining experience at the Chef's Table would make for an excellent choice.

Also of note, the Club's Annual General Meeting will take place on Monday, December 12 at 10 a.m. in the Metropolitan Ballroom. Please note, this year's meeting will not be livestreamed as we've done the past couple years. More details will be provided to the membership throughout the month. If you have any questions you'd like answered, please email them to [gm@tcclub.com](mailto:gm@tcclub.com) in advance of the meeting.

December's letter will be my last as President. Until then, I hope you can enjoy some quality time at your Club this month, whether that's staying dry, entertaining, networking, or making use of our Fitness Centre.

As always, I'll be surveying our membership for their thoughts, so please take a minute to answer a few quick questions to help us improve your Club experience.

Sincerely,

Marian Robson  
Terminal City Club President

# Stay informed AT THE CLUB

## tcc annual gala - alternate hours

SATURDAY, NOVEMBER 5

All areas of the Club and Pub – with the exception of the Fitness Centre – will be closed on Saturday, November 5 to prepare for TCC's annual gala. The Fitness Centre will be open from 7 a.m. until 3 p.m.

SUNDAY, NOVEMBER 6

The Club will be open at 5 p.m. on Sunday, November 6 for dinner service. The Fitness Centre will be open regular weekend hours: 7 a.m. until 8 p.m. The Pub is closed on Sundays.

## club holiday hours

FRIDAY, NOVEMBER 11

The Club and the Pub will be closed in observance of Remembrance Day.

## welcome to our newest members!

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

Krista Alcazar  
Adam Blue  
Alexa Blue  
Sukhy Dhillon  
Matthew Ebert  
Dominique Fraser  
Jyoti Gill  
Sylvie Kotyk  
Stephan Lacombe  
Erica Rycroft  
Marco Tomassetti



## 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 & UNDER

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](mailto:joinus@tclub.com) / 604-488-8647

# Dining AT THE CLUB



## the dr. ignatius cheung room - lunch bookings now available

TCC's Chef's Table, the Dr. Ignatius Cheung Room, is available for bespoke private dining experiences as well as for your VIP lunch meetings. Grill lunch à la carte is available with a \$200 room charge. Contact your restaurants team at [reserve@tcclub.com](mailto:reserve@tcclub.com) to secure this elegant space for your next working lunch.

## private bookings in cuvée

Cuvée is now available to book for your next private event. A hidden corner with its own bar and full views of the tree-lined courtyard, Cuvée is the perfect space for a cozy holiday gathering, an intimate company cocktail reception, or small group dinner. To learn more, or to set up your private booking, contact your restaurants team at [reserve@tcclub.com](mailto:reserve@tcclub.com).

## new breakfast hours

Weekday breakfast is now available in the Grill starting at 7 a.m.

## new fall menus

Look out for new fall menus launching after the Annual Gala!

## game day special

Join us in the Members' Lounge – our Game Day feature has made its fall comeback.

Starting at \$26, the Beer & Burger special features your choice of either the Portobello or Ahi Tuna burger, and a beer from a rotating selection or a glass of our TCC wine. Not hungry? Don't forget to reserve your table!



## sunday prime rib dinners

The Grill  
Sundays, 5 – 9 p.m.  
Adults: \$40\*  
Kids (10 and under): \$15\*  
\*plus tax and service charge

Visit the Grill on Sunday evenings for our Sunday Prime Rib Dinner, a long-standing TCC tradition.

Enjoy slow-roasted prime rib, seasonal vegetables, creamy whipped potato, Yorkshire pudding with au jus. A kids' version – which includes a fresh fruit cup or vegetable sticks with ranch dip and ice cream for dessert – is also available for ages 10 and under.

Reservations are recommended.

## LIVE MUSIC

### at the Grill

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

## NOVEMBER

03	Dave Paterson
04	Julia Nicholson
10	Cassandra Bangel
12	Jim Kwan
17	Dave Martone
18	Cory Curtis
19	Olaf De Shield
24	Cory Curtis
25	Olaf De Shield
26	Dave Martone



# November EVENTS



TCC ANNUAL GALA

## 007 Bond

SATURDAY, NOVEMBER 5

7:30 p.m. – until late

*\$250 plus tax & service charge*  
\*Tickets are final sale and non-refundable

Your mission, should you choose to accept it: TCC's Annual Gala. The 007 theme is a member favourite and a night not to be missed. Your ticket includes an open bar, delectable bites throughout the evening, themed rooms, live entertainment, dancing, and a few surprises. Come dressed to impress!



MEMBER LED

## Building Vancouver

TUESDAY, NOVEMBER 8

6 – 8:30 p.m.

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

This discussion event hosted by members the Donnellan brothers is designed for those in the real estate industry and related fields.



SALON

## The Right Not to Be Lonely

WEDNESDAY, NOVEMBER 9

6 – 9 p.m.

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

What does it mean to belong? What does it mean to be lonely? Do we have a right not to be lonely? In this dinner discussion, Professor Kimberley Brownlee (UBC Philosophy) will present key ideas from her latest book *Being Sure of Each Other*, including her defence of our human rights to be socially included. Being sure of each other – being securely connected – is vital to social creatures like us. We also need to be sure of our acceptance within the wider social world, again, not just to flourish, but to survive.



MASTERCLASS

## Opulent Oysters

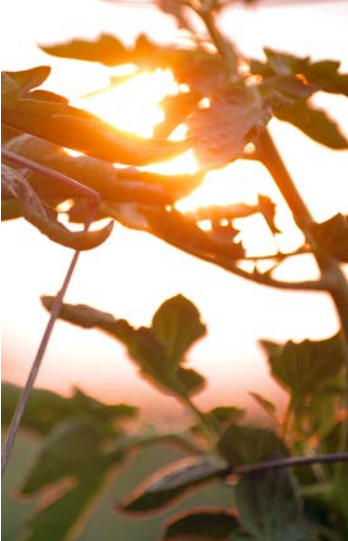
WEDNESDAY, NOVEMBER 9

6 – 7:15 p.m.

*\$125 plus tax & service charge (includes info booklet, shucking knife, and a dozen oysters with wine tastings to pair)*

Few things convey luxury like freshly shucked oysters on the half-shell! Join us for a rare Masterclass all about this magnificent mollusc, how to pair with classic wines (and a few curve balls!), how to store safely, and most importantly, how to open them expertly. Practice your shucking skills with a dozen Fanny Bay oysters, then crack open a few Olympias, Kumamotos, SunSeekers and East Coast oysters. TCC Wine Director DJ Kearney will pair five exciting elixirs from Champagne to Chablis. You'll go home with an oyster information booklet from our friends at Fanny Bay Oysters, a brand new shucking knife, and a renewed oyster obsession just in time for the holidays!

# November EVENTS



SALON

## Whither Vancouver?

WEDNESDAY, NOVEMBER 16

6 – 9 p.m.

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

Is the Ideal City accelerating toward #1 on the world list of livable cities? Or has it already burst the boundaries of affordable, sustainable urbanism? Vancouver, appealing in its natural state, is also a global model of urban planning. But international fame and local misfortune are creating tensions that undermine the city's livability. Journalist, urbanist, and development watcher Richard Littlemore will share some historical high points and then canvas the physical and social developments that could lift Vancouver to the next level – or take it off the rails.



MEMBERS ONLY

## Members' Networking Lunch

THURSDAY, NOVEMBER 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.



WINE MASTERCLASS

## The New Napa

FRIDAY, NOVEMBER 18

6 – 7:30 p.m.

*\$125 plus tax & service charge*

The blue chip Napa Valley has a towering reputation for opulent, expensive wines and decadent wine lifestyles. But cult wines and charismatic wine personalities is only the surface story. The new Napa movement is about going back to the land, climbing the hillsides and looking to the past when the wines were trimmer, fresher, and lighter. Join TCC Director of Wine, DJ Kearney, for a taste of seven wines that shed light on Napa's new terroir focus. Californian bites from the Club kitchen to pair.



SIGNATURE EVENT

## Members' Holiday Social

WEDNESDAY, NOVEMBER 23

5 – 7 p.m.

*\$50 plus tax & service charge*

TCC's annual Holiday Social is an event not to be missed. Kick off the holiday season by sampling some high caliber wine and spirits. Proceeds from our annual Holiday Social go towards the Terminal City Club Foundation, which helps bring Christmas to the students of Admiral Seymour Elementary.



# November EVENTS



MEMBER LED

## Lunch Exchange: Gender in Sports

FRIDAY, NOVEMBER 25  
12 noon – 1:30 p.m.

*Complimentary event with the purchase of dinner 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 recurring ideas, secondary topics, and questions.



DINING EXPERIENCES

## Gourmet Dinner: French Bistro

FRIDAY, NOVEMBER 25  
6 – 9 p.m.

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

Let us transport you to a cozy French bistro at November's Gourmet Dinner. This engaging four-course dining experience has limited seating so we highly recommend reserving a table!



MEMBER LED

## Discussion Group

TUESDAY, NOVEMBER 29  
7:15 p.m.

*Complimentary event  
\*Limited seating - registration is mandatory*

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.



SAVE THE DATE

## Dish with Bish

FRIDAY, JANUARY 20

6:30 p.m. reception  
7 p.m. dinner

*Price TBA*

*\*Seating will be communal tables of 8*

Collective tears flooded 4th Avenue when iconic Bishop's closed for good on December 31, 2021, after a 36-year run as one of Canada's top restaurants. John Bishop has cooked for legions of devoted Vancouver diners as well as the likes of Boris Yeltsin, Bill Clinton, Sean Penn, and Lauren Bacall. He launched the concept of farm-to-table cuisine and careers of household name chefs. This is a once-in-a-lifetime chance to dine with Bish once again, as he creates a menu just for us, collaborating with Chef Dan Creyke and his brigade, and Director of Wine DJ Kearney.

Register for member events online via Member Central or with Member Services:  
call: 604-681-4121 | text: 604-200-2279 | email: [concierge@tccclub.com](mailto:concierge@tccclub.com)



# HOLIDAY EVENTS at the club

## MEMBERS' HOLIDAY SOCIAL

Wednesday, November 23

5 – 7 p.m.

*\$50 plus tax & service charge*

TCC's annual Holiday Social is an event not to be missed. Kick off the holiday season by sampling some high caliber wine and spirits.

## DICKENS' FAMILY BRUNCH

Saturday, December 3 & Sunday, December 4

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

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

*Kids (4–12): \$45 per person + tax and service charge*

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

## FESTIVE DINNER BUFFET

Thursday, December 8 & 15

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

*\$120 per person + tax and service charge*

The Metropolitan Ballroom becomes your supper club, with a live pianist to put you in the holiday spirit.

## FESTIVE LUNCH BUFFET

Friday, December 9, Thursday, December 15 &

Friday, December 16

12 noon – 1:30 p.m.

*\$95 per person + tax and service charge*

Our Christmas lunch buffets include a spread of new and longstanding holiday favourites, all to the backdrop of live music. Leave room for dessert!

## FESTIVE FAMILY DINNER BUFFET WITH SANTA

Sunday, December 11

5:30 p.m.

*Adults: \$120 per person plus tax & service charge*

*Kids (4–12): \$55 per person plus tax & service charge*

This delicious spread of traditional holiday favourites is sure to secure your spot on the "nice" list this year! Treat you and your family to an evening of fun.

## MEMBERS' FESTIVE LUNCH

Thursday, December 15

12 noon – 1:30 p.m.

*\$95 per person + tax and service charge*

A members' only table at the December 15 Festive Lunch Buffet is reserved for you and your fellow members.

## Save your spot.

Register online via Member Central or with Member Services:  
call: 604-681-4121 | text: 604-200-2279 | email: [concierge@tcclub.com](mailto:concierge@tcclub.com)



# Sparkle this Season!



**❶ CHAMPAGNE JACQUES LORENT GRANDE RÉSERVE BRUT N/V CHAMPAGNE, FRANCE – \$85**

Did you know that about 16,000 individual farmers own 90% of the vineyards of Champagne? This most prestigious of wine regions is all about relationships between the small growers and the maisons and the loyal contracts between them. The tiny house of Jacques Lorent buys fruit from a small-scale co-op with 250 farmers and spins it into magical, frothy wine. This is brioche-scented Champagne featuring zippy pinot meunier, abundant chalky minerality, and lemon curd acidity. Best of all, it comes at a price that refutes the notion that excellent Champagne has to cost big money.

**❷ CHAMPAGNE CHARLES GARDET BRUT TRADITION NV CHAMPAGNE, FRANCE – \$95**

This small Champagne house was established in 1895 in the zone called Montagne de Reims. This is where the red grapes prefer to grow, benefitting from rolling slopes, cool sunshine, refreshing breezes, and deep ancient chalk soils. Pinot noir and cousin pinot meunier make up 90% of this Champagne, giving it heft, persistence, and a delicious red berry character. Aged for three years on lees in the bottle (more than twice the norm!) makes it extra-toasty, rich and undeniably impressive. They clearly love it in the City of Light where it dazzled in a blind tasting for the official Champagne of the City of Paris.

**❸ SELBACH-OSTER PINOT BRUT 2017 MOSEL VALLEY, GERMANY – \$62**

Did you know that Germany both makes and drinks a colossal amount of sparkling wine? Obsessed with bubbles (from beer to brut) is a pretty good outlook, and the Selbach family could not agree more. This dry sparkling wine is made from pinot noir grapes – called Spätburgunder in Germany – with smidges of weissburgunder (pinot blanc) and pinot meunier for balance and extra freshness. Made just like Champagne (and not tanks like most of Germany's Sekt sparkling wines) with fermentation in the bottle, this wine bursts with tiny red berries, vivid citrus, and toasty, nutty complexity.

**❹ FITAPRETA SEXY GOLDEN GLOBE EDITION BLANC DE BLANC BRUT N/V ALENTEJO, PORTUGAL – \$64**

This striking sparkling wine is a revelation to those who taste it for the first time. Perhaps this should not be surprising – the winemaker, Antonio Maçanita has been Portugal's Winemaker of the Year lately. The bling-y bottle is to remind us to celebrate often, and the wine inside is both accessible and fun, and high-quality and complex. Local grapes roupeiro, arinto, and verdelho from four different vintages are treated to the full Champagne method conferring biscuity goodness, the acid is cleansing, definitely eye-popping, and the finish is lingering, dry, and saline.



**CHAMPAGNE MASTERCLASS**

Wednesday, December 7

6 – 7 p.m.

*\$125 plus tax & service charge*

Come and learn about the world's most fascinating wine. Champagne is historic, luxurious and intricate, and deserving of deeper understanding. Join our TCC Wine Director DJ Kearney and discover the secrets of soil, grapes, blending, styles as you taste wines from the Grande Marque to tiny grower Champagne artisans. The right glassware, how to open and even sabrage! Culinary bites to pair with fine bubbles, of course.



# *Tis the Season for Giving*

## CHRISTMAS CARRY OUT

Show your appreciation to family, colleagues, clients, and friends this holiday season with TCC's Christmas Carry Out! With a brilliant variety of offerings, you'll be able to make short work of your holiday shopping.

Order forms are available at Member Services and the Fitness Centre. See the outside back cover for more information.

## HOLIDAY WINE SETS

Wine is always a welcome holiday gift, but if you're at loss as to where to start, look no further than our Christmas Carry Out Wine Sets. Each trio is thoughtfully selected for a delightful experience.

Looking for something else? Contact [wine@tcclub.com](mailto:wine@tcclub.com) for special recommendations.

## GIVE THE GIFT OF MEMBERSHIP

Share your love of the Club!  
Give the gift of membership.

Spousal and Intermediate memberships are available to your immediate family members.

To learn more, contact your membership team at [joinus@tcclub.com](mailto:joinus@tcclub.com) or 604 488 8647.

# TELUS HEALTH CARE COLUMN

## FOUR MYTHS ABOUT LOWER BACK PAIN BUSTED

Low back pain is the leading musculoskeletal complaint worldwide. Naturally, people may seek out answers to find relief – but the search often yields unhelpful results. In fact, misinformation about back pain may lead to more pain, disability, time off work, and medication overuse. Here are some common myths about low back pain.

**Myth 1: Low back pain will become persistent and deteriorate in later life.** Aging does not cause back pain, and the research supports this. Staying active, managing stress, and eating a healthy, balanced diet can help protect against back pain at every age.

**Myth 2: Persistent low back pain is always related to tissue damage.** Your back is strong. If you have had an injury, the tissue healing time is generally around three months. If pain persists longer, it may mean that there are contributing factors to the pain. If you have experienced waking up with low back pain or pain after a simple movement, the onset may be related to increased tension, stress, poor sleep, fatigue, inactivity, or activity you're not used to. These factors may make your back more sensitive to pain, which triggers a protective pain response that is not necessarily due to damage.

**Myth 3: Scans are always needed to detect the cause of low back pain.** Scans rarely show the complete cause of back pain. It's important to note that when you get a scan, your report will note any present disc bulges, arthritis, degeneration, etc. – however, scans of individuals without pain can often reveal issues like these too.

**Myth 4: Pain related to exercise and movement is always a signal to stop or modify the activity.** When pain persists past three months, the surrounding muscles may become more sensitive to touch and movement. When you move and feel pain, it may be a result of how sensitive your surrounding structures have become and not necessarily how much "damage" there is. It's normal to feel some discomfort when you start to move and exercise again after an injury. And it's very important to remind yourself that you are safe and gradually increase your activity with the support of a professional.

To learn more about how to manage back pain, visit [telushealth.com/carecentres](http://telushealth.com/carecentres) or email [ashley.hamilton@telus.com](mailto:ashley.hamilton@telus.com).



# Member of the Month

## SHELLY APPLETON-BENKO

Shelly Appleton-Benko joined Odium Brown as an Investment Assistant in 1996. Today, she is a Vice President and Director of the firm, and a Portfolio Manager with a nine-person team. Her career ascent with the prestigious investment management firm was built on the simple principle of always doing what is in the best interests of the client.

“At work, my clients are my number one priority, and I never want that to change,” she says.

There are other priorities, of course — most notably, growing her business, and mentoring, supporting, and developing the talent on her team. What is not a priority, however, is the pursuit of plaudits: “I am kind of low key and I like being off on the sidelines doing my thing,” says Shelly.

That said, even when you aren’t looking for them, sometimes the plaudits find you.

Last month, Shelly was recognized by *The Globe and Mail’s* Report on Business as one of Canada’s Top Wealth Advisors 2022. “This honour is truly meaningful. It’s great national recognition for the firm,” she says.

Shelly grew up in the Fraser Valley, the youngest of eight siblings. Her mother was a nurse, and her father was an auditor with the federal government. “With such a large family to support, my parents didn’t have a lot of money, but they made a good life happen for all of us. That is how I learned the value of a strong work ethic and making the most of your money.”

In high school, Shelly was gifted both academically and athletically, but struggled with finding a career path after graduation. “I didn’t have anyone in my life saying ‘you should go into finance,’ or ‘you should go into law,’ but I did receive this invaluable bit of advice from my father: ‘Find your passion, and then figure out how to get paid for it.’”



Initially, she considered teaching her passion, but thought the field had structural limitations that simply did not align with her ambitions. She then switched her education trajectory to communications and business administration.

At the young age of 25, Shelly began work at the Vancouver Stock Exchange (VSE), where, not long into her tenure, the VSE asked if she wanted to work for four months at United Way as a loaned rep — a paid volunteer.

Her time with United Way was brief, but the impact of working on such a

big charitable campaign served as the foundation for a life of giving back to the community. Today, Shelly is a board member with the BC Cancer Foundation, an Ambassador for Golf Canada’s First Tee Program in BC, supports the Kettle Society, and likes to lend a hand wherever possible.

Aside from her work with Odium Brown and volunteering, Shelly’s most important and cherished work is as a mother to her adult children, Morgan and Faith, and a spouse to her husband, Tim.

Shelly’s initial motivation for joining Terminal City Club was fitness. The gym was across the street from her office, and it was comfortable and not crowded, she says. “But now I use the Club for so many things — charitable events, client meetings, employee lunches. I try to bring one or two team members here a couple of times a week. It is a valuable way to connect with them one-on-one, and out of the office — no distractions.”

When she is not at work, at the Club, or at home, Shelly is an avid golfer, hiker, boater, pickleball player, and participant in any pretty much any activity that involves the outdoors.

She is also a rigorous goal-setter. “I write them down and keep them in front of me at all times. My advice to others would be to make sure you use SMART goals — specific, measurable, achievable, relevant and time bound — and hold yourself accountable. If you can’t hold yourself accountable, find someone who will. I believe that advice works well in all aspects of life.” 🌱

# Focus ON FITNESS



## SQUASH

### VANCOUVER SQUASH LEAGUE (VSL)

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

TCC is hosting a Division 2 team, a Division 5 team, and a Division 6 team. 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

*Second Wednesday of each month*

**November 9 & December 14 | 5 – 6 p.m.**

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

### 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 MODIFIED HOURS & CLUB CLOSURES

**SAT NOV 5** 7 a.m. – 3 p.m.

TCC Annual Gala

**FRI NOV 11** CLUB CLOSED

Remembrance Day

## SQUASH & POOL

### ADULTS ONLY SWIM TIME

**WEEKDAYS** 6 – 9 a.m.

**WEEKENDS** 7 – 9 a.m.

### SQUASH 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

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 is 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 are limited to six guests per visit. Non-member guests must always be accompanied by a member.

## 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 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. Lessons are available Tuesdays to Thursdays and Saturdays (other days upon request). For more information, contact Barry directly at [squash@tcclub.com](mailto:squash@tcclub.com).

## 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. For more information, or to get started, contact Milwina Guzman at [milwina@milfit.ca](mailto: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 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.



# FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m.		VINYASA YOGA WITH CLARE	MAT PILATES WITH ZORICA	POWER FLOW YOGA WITH VANESSA		
7 a.m.						
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)



# Christmas Carry Out

AVAILABLE DECEMBER 1



## GIFT BOXES

GREAT FOR GIVING

### WONDERLAND GIFT BOX 115

*add TCC red or white wine + 30*

natural nectar white truffle chips, Casa Rinaldi tagliatelle pasta, La Madia Pizette crackers, Cucina Amore rolled wafer cookie, Cote d'Azur cold pressed EVOO, Fattoria 6yrs Modena balsamic vinegar, Cucina Amore artichoke bruschetta, Cucina Amore pasta sauce, Donini milk chocolate bar, Bella Contadina Castelvetro olives

### TCC WINE & CHEESE BOX 100

*select TCC red or white wine*

individual Salt Spring Island blue juliette, island brie, port-soaked stilton, gluten-free crackers, candied hazelnuts, dried fruit

### WINE 3-BOTTLE GIFT PACK 99

*selections vary*

Contact [wine@tcclub.com](mailto:wine@tcclub.com) for a list of available sets or for curated wine recommendations for your holiday entertaining.

## SAVORY STANDALONES

CHRISTMAS CLASSICS TO ENJOY

### MARINATED RAW TURKEY BREAST 75

serves 4-6

### CONFIT ROLLED TURKEY LEG 50

serves 4-6

### TURKEY GOLD GRAVY 25

1 litre

\*limited supply – order early

### CRANBERRY ORANGE CHUTNEY 22

500mL

### PRIME RIB ROAST 170

2.5 kg – oven-ready  
serves 4-6

### TOURTIÈRE 50

traditional french canadian pie with spiced san marzano jam

## SWEET OFFERINGS

FROM THE KITCHEN

### CHRISTMAS PUDDING 50

1 kg – served with brandy butter

### MINCEMEAT TARTS 42

by the dozen

### SHORTBREAD COOKIES 36

by the dozen

### STICKY TOFFEE PUDDING 48

serves 6 – toffee sauce

### CHRISTMAS TREAT SELECTION BOX 75

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

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## TO ORDER

Order forms will be available at Member Services and the Fitness Centre.

### ORDER DEADLINE

Monday, December 19

### PICK-UP

Please allow 48 hours for pick-up. All orders must be picked up by 5 p.m., Friday, December 23.

### DELIVERY

Please allow 72 hours for delivery.

