

TERMINAL CITY TIMES

DECEMBER 2022 • VOL. 29 NO. 12



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




Winter Events

DEC 3 & 4	DICKENS BRUNCH with Santa
DEC 7	WINE MASTERCLASS Champagne
DEC 8	HOLIDAY BUFFET Festive Dinner Buffet
DEC 9	HOLIDAY BUFFET Festive Lunch Buffet
DEC 11	FESTIVE FAMILY DINNER BUFFET WITH SANTA
DEC 12	ANNUAL GENERAL MEETING
DEC 15	HOLIDAY BUFFET Festive Lunch Buffet Festive Dinner Buffet
DEC 16	MEMBERS NETWORKING LUNCH Festive Edition HOLIDAY BUFFET Festive Lunch Buffet
DEC 31	NEW YEAR'S EVE Dinner in the Grill from 6 p.m. DJ in the Lounge from 9 p.m.
JAN 11	TCC SALON How to Stop being a Jerk!
JAN 12	MEET ME AT THE BAR Happy Hour Networking
JAN 13	WINE MASTERCLASS Cabernet World Tour
JAN 15	WSET 1 Wine Education
JAN 19	MEMBERS' NETWORKING LUNCH
JAN 20	DISH WITH BISH Exclusive dinner with John Bishop
JAN 24	TCC SALON The Road to Hell is Paved with Good Intentions
JAN 26	MEET ME AT THE BAR Happy Hour Networking TCC SALON Debunking Sexual Myths
JAN 27	KIDS MOVIE NIGHT <i>Minions</i>
JAN 31	DISCUSSION GROUP Topic TBA
FEB 18	FATHER DAUGHTER DANCE Starry Night

Contact

837 WEST HASTINGS ST.
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

*SEE HOLIDAY HOURS ON PAGE 2

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 DECEMBER 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,

Where did the year go? It has been an honour and a privilege serving as President of Terminal City Club. I have sat on the Board since 2013, and I've seen the Club evolve so much over the years. I am proud of the work we achieved as a Board, and I'm grateful for the hard work exhibited by management and staff throughout the year. Thank you to all the members who continue to support your Club year in and year out. And a special thank you to all the members who generously donated to our Club Fund for 2022!

This year we had the privilege of unveiling a brand-new Grill restaurant (and soon we'll have a new patio to accompany it). Our apologies for any inconvenience caused by the noise or construction on the fitness and grill patios. Early next year you'll see another new addition to the member experience, in the form of small meeting spaces accommodating one to eight guests for daily rental. We'll be sharing more information on the spaces very soon, but I trust that many members will make good use of these.

Another recent highlight was our Annual Gala on November 5, which surely didn't disappoint. It was our highest turnout to date. Kudos to the TCC staff and BrandLive for pulling out all the stops for this special night. It was great catching up with so many members, and the energy at the Club was electric! I'm sure many of you will be counting down the days until the next one...

Our Club is looking very festive this time of year, as you've come to expect. Santa Claus will be making an appearance for our Dickens Brunch on December 3 and 4. Space is very limited for both brunches, so be sure to get your reservations in. Our Festive Lunch and Dinner Buffets are also filling up quickly.

Our Annual General Meeting will take place in the Metropolitan Ballroom on Monday, December 12 from 10:30–11:30 a.m. A reception will follow after the meeting ends. All shareholding members who received the notice of AGM can RSVP with Member Services at concierge@tclub.com, or by phoning 604-681-4121.

I am excited for what 2023 has in store. And I look forward to welcoming Julia Yan as the incoming President for 2022/23. If you want to know more about Julia, you can do so by reading her profile [here](#).

This will also be the last time to survey the membership before the next president takes over. Please find this month's survey using the following link, or by hovering over the QR code on the left of the page. Once again, I have appreciated the opportunity to serve as President for 2022, and I know the Club will be in good hands under Julia's leadership and our dedicated Board.

Wishing everyone a safe and happy holiday season!

Marian Robson
Terminal City Club President

Stay informed AT THE CLUB

CLUB HOLIDAY HOURS

DECEMBER 24–26

The Club and the Pub will be closed for Christmas Eve, Christmas Day and Boxing Day. **We wish you and your families a safe and joyful holiday season.**

DECEMBER 27

CLUB: SUNDAY HOURS
PUB OPEN
ADMIN CLOSED

DECEMBER 31

PUB CLOSED
FITNESS CENTRE 7AM – 6PM

JANUARY 1

CLUB & PUB CLOSED

JANUARY 2

CLUB: SUNDAY HOURS
PUB CLOSED
ADMIN CLOSED

welcome to our newest members!

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

Julie Armour
Daniel Babossalam
Viviana Calderón Ramos
Eric Choi
Lynette Dandurand
Riley Gould
Andrew Kemp
J. Scott Munro
Ivan Rogachyov
Suneal Sandhu
Ayano Soga
Andrés Villegas
Zeal Yim
Douglas Zorrilla



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 / 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 to secure this elegant space for your next working lunch.

SOLD OUT for 2022; some space remaining in January.

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.

new breakfast hours

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

new fall menus

Have you had a chance to try any of the new selections on our fall menu? Don't miss the *Ahi Tuna Club* or the Vegan "Short Rib," not to mention the *White Chocolate Passionfruit Crème Brûlée*.

seasonal cocktails

Sample stylish and seasonal beverages created by your Bar Manager and resident expert Ray Yoon. Whether you prefer something gentle (*Hibiscus Fizz*), or a more challenging cocktail (*Smokin' Mirrors*), our team has curated the best of the season.

Our wine list has also been updated with seasonal selections. Cheers!

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 DECEMBER

5:30 – 8:30 p.m.

Thursdays & Fridays
in Cuvée, Saturdays in the
Members' Lounge

01	Julia Nicholson
02	Dave Paterson
03	Olaf De Shield
08	Dave Martone
09	Connor Roff
10	Julia Nicholson
15	Dave Martone
16	Olaf De Shield
17	Jim Kwan
22	Jim Kwan
23	Connor Roff
29	Rob Eller
30	David Capper

December EVENTS



WINE MASTERCLASS

Champagne

WEDNESDAY, DECEMBER 7
6 – 7:30 p.m.

\$125 plus tax & service charge

**Sold out - waitlist only*

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.



SHAREHOLDING MEMBERS

Annual General Meeting

MONDAY, DECEMBER 12
10:30 – 11:30 a.m.

The Annual General Meeting will be held on Monday, December 12 at 10:30 a.m. Formal notification has been forwarded by e-mail to those members/shareholders who are eligible to attend; please RSVP with Member Services (conciierge@tcclub.com) or by phoning 604-681-4121. After the meeting, TCC President Mrs. Marian Robson invites all those in attendance to join her for light refreshments.



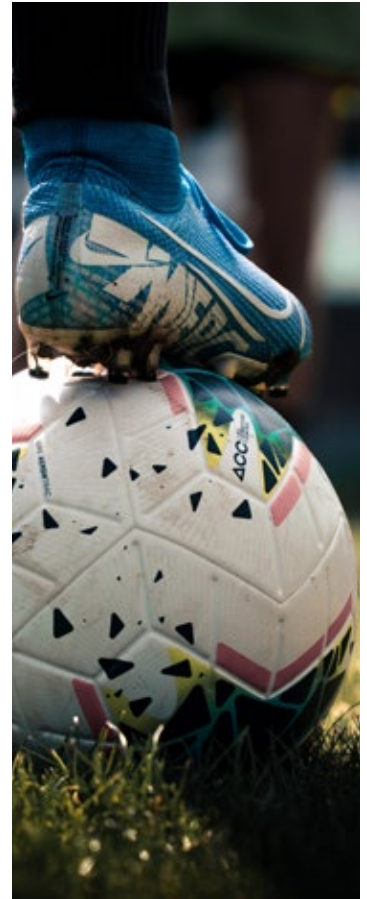
MEMBERS ONLY

Members' Networking Lunch

FRIDAY, DECEMBER 16
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 month it has been moved to Friday). This is a terrific opportunity to meet and mingle with other members representing diverse industries.



WORLD CUP

FIFA 2022

UNTIL DECEMBER 18
From 7 a.m.

Get into the tournament spirit with TCC! The captivating game will be shown in the Members' Lounge and the Lions' Pub for the duration of the 2022 World Cup. Ask us for a schedule of games taking place during our opening hours. The Grill will be serving breakfast starting from 7 a.m. so you can catch the action as you start your day. Our Members' Lounge is offering a burger & beer special on game days. GOAL!

HOLIDAY EVENTS at the club

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 TCC! Kids love our crafting activities and they can deliver their Christmas wish lists to Santa directly. Don't forget to head over to the photobooth to capture this holiday memory. 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.

NEW YEAR'S AT THE CLUB

Saturday, December 31

In the Grill 6 p.m. – 9 p.m.

In the Members' Lounge 9 p.m. – 1 a.m.

***Please make separate reservations for each room.*

Dust off your finest outfit for an elegant New Year's Eve celebration at the Club. Our culinary team will be pulling out all the stops to bring you a fabulous dinner. Enjoy dinner with a live Jazz trio, then dance in the New Year with a DJ in the Members' Lounge!

Save your spot.

Register online via Member Central or
with Member Services:

call: 604-681-4121 | text: 604-200-2279

email: conciierge@tclub.com

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@tclub.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@tclub.com or 604 488 8647.

January EVENTS



HELLO 2023

NYE at the Club

SATURDAY, DECEMBER 31

Dinner in the Grill: from 6 p.m.

DJ in the Lounge: 9 p.m.–1 a.m.

**Separate reservations required for each room.

Dust off your finest outfit for an elegant New Year's Eve celebration at the Club. Our culinary team will be pulling out all the stops to bring you a fabulous dinner. Enjoy dinner with a live Jazz trio, then dance in the New Year with a DJ in the Members' Lounge!



TCC SALON

How to Stop Being a Jerk!

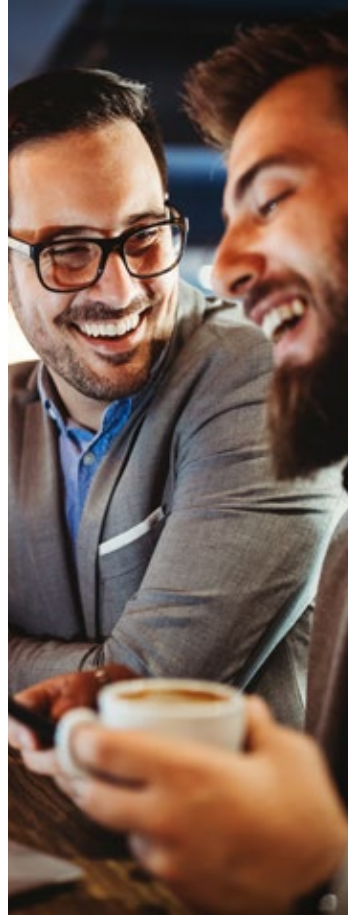
WEDNESDAY, JANUARY 11

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Do we easily slip into perspectives and behaviour that prevent us from being truly happy? Jeffrey Hopkins, Ph.D., will discuss some basic mistakes we all make; anger, hatred, selfishness – the primary obstacles to happiness – all lead to personal turmoil. He will also suggest proven antidotes to these destructive emotions that allow us to maintain peace of mind.

Jeffrey Hopkins served for a decade as the interpreter for the Dalai Lama. A Buddhist scholar and the author of more than 35 books and translations, he is emeritus professor of Tibetan and Buddhist studies at the University of Virginia, where he founded the largest academic program of Tibetan Buddhist studies in the West.



MEMBER MINGLE

Meet Me at the Bar

THURSDAY,

JANUARY 12 & 26

5 – 7 p.m.

Complimentary event

We are thrilled to bring this member favourite back to Cuvée. Come with a friend or fly solo – meet and connect with fellow members in a convivial atmosphere, enjoy a featured cocktail and other specials, and bop along to the DJ spinning beats into the evening.

Meet you at the bar!



WINE MASTERCLASS

Cabernet World Tour

FRIDAY, JANUARY 13

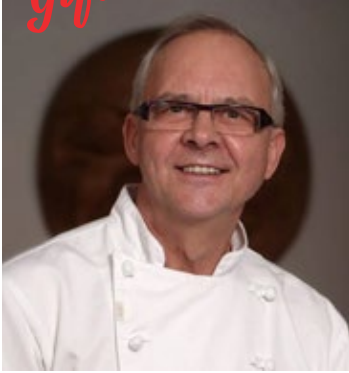
6 – 7:15 p.m.

\$95 plus tax & service charge

The undisputed aristocrat of wine grapes is King Cab. So famed for blends in Bordeaux and Napa, mighty cabernet sauvignon has roamed the earth for many centuries now, putting down roots in Australia, Chile, Italy, Spain and BC. If you love this grape, join DJ, our globe-trotting Club Wine Director for a fascinating tasting of the many flavours, stories, and origins of King Cab. Cab-worthy bites to pair courtesy of the TCC kitchen brigade, who also enjoy a sip of rich red wine after hours.

January EVENTS

gift idea!



TCC EXCLUSIVE

Dish with Bish: A Dinner with John Bishop

FRIDAY, JANUARY 20

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

\$240 plus tax & service charge

**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 very special, 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.

TCC SALON

The Road to Hell is Paved with Good Intentions

TUESDAY, JANUARY 24

6 – 9 p.m.

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

This Salon will challenge how we see right and wrong. We use simplistic and in-the-moment moral models to judge whether our actions are ethical. If we mean no harm to the other person then we believe our actions are ethical. However, when we examine our actions within a broader context we can often come to different conclusions. One unintended consequence: harm is done when we believe our actions are moral and correct. Grant Charles, a TCC member, is an Associate Professor in the School of Social Work and an affiliated faculty with the Division of Adolescent Health and Medicine in the Department of Pediatrics with the Faculty of Medicine.

COCKTAIL MASTERCLASS

Lo-Fi Spirits

WEDNESDAY, JANUARY 25

6 – 7:15 p.m.

\$95 plus tax & service charge

Cooling down the consumption in January? We all tighten our belts a bit this month, making it an apt time for lighter, trimmer cocktails. From lower alcohol to fully spirit-free, our TCC Bar Stars (led by alchemist-in-chief Ray Yoon) will shake up four utterly delicious libations to get you through January in fine health. This is a hands-on class, so come and learn shaking techniques, ice and dilution, and how to adapt to the home bar.

TCC SALON

Debunking Sexual Myths

THURSDAY, JANUARY 26

6 – 9 p.m.

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

From her extensive research on sexual well-being, Dr. Lori Brotto knows that distraction, judgment, irrational thoughts, and preoccupations, have all been shown to contribute to sexual difficulties, especially low desire. Mindfulness is a simple set of skills that addresses all these potential barriers that impede sexual satisfaction. Lori will discuss some of the sexual myths prevalent in our culture and answer participants' questions. Dr. Lori Brotto is a Professor in the UBC Department of Obstetrics and Gynaecology, and a Registered Psychologist. She is also the Executive Director of the Women's Health Research Institute of BC. Dr. Brotto holds a Canada Research Chair in Women's Sexual Health and is the author of *Better Sex Through Mindfulness* (2018).

Liquid Assets

STATEMENT WINES

FOR THE HOLIDAYS

❶ BODEGAS ALTO MONCAYO GARNACHA 2019 – CAMPO DE BORJA, SPAIN – \$90

The town of Borja (say Bore-ha) in the north of Spain is defined by old strains of the garnacha grape, grown on complex soils of stony limestone cobbles and farmed organically. Garnacha (grenache, as it is called in France) is brilliant at conveying terroir, but only when the yields are low, and the vines are mature and wise. Alto Moncayo is powerful, concentrated and full-bodied, with dark plums, intense spice and massive structure. Pork and garnacha are a natural and delectable pairing, but a wedge of fine mature cheese would also delight.



❶



❷



❸

❷ MAYACAMAS CABERNET SAUVIGNON 2007 – MOUNT VEEDER, CALIFORNIA – \$470

The shallow, rocky, volcanic soils at Mayacamas Vineyards on Mount Veeder in western Napa County are the source for this magnificent cabernet. Mountain-grown fruit is intensely flavoured, firmly structured, highly ageable and always sought-after. Mayacamas is one of the old guard wineries, founded in 1889, and beloved for classic wines that are never over the top. Rich, fleshy and textured, the 2007 captures a gorgeous balance between the raciness of the excellent vintage and the inherent structure of this hillside site. Aged for 18 months in fine French casks, this is balanced, expressive cab that is drinking superbly now. Crispy breast of duck, or steak frites, anyone?

❸ CHÂTEAU D'ISSAN MARGAUX 2018 – BORDEAUX – \$224

A star of the 2018 vintage, this genteel claret features 60% cabernet sauvignon and 40% merlot, burnished in fine French oak barrique for 18 months. Chateau d'Issan, who's history reaches back to 1152, was recognized in 1855 as one of the finest estates in the Médoc. It is one of just fourteen domaines in the Troisième Cru of the 1855 Classification and has always had a special place in the hearts of all who revere elegant, perfumed, serene Bordeaux. Brilliant with prime rib or roast leg of lamb, but also a chic and discerning gift for a valued colleague.



WSET
WINE & SPIRIT
EDUCATION TRUST

Elevate your wine knowledge.

Our Director of Wine DJ Kearney is a vastly experienced wine instructor with a special talent for bringing wine regions to life through pictures, words and, of course, the wines you will sip in the classroom.

WSET LEVEL 1
Sunday, January 15
9 a.m. – 5:30 p.m.
\$399 plus GST

*Registration deadline:
December 14

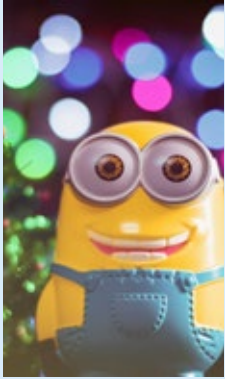
For the beginner and those with a basic knowledge of wine. **You'll drink better and buy smarter after this course.**

WSET LEVEL 2
Sundays,
February 5, 12 & 26
9 a.m. – 5:30 p.m.
\$1,150 plus GST

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

REGISTRATION & INFORMATION:
wine@tcclub.com

...UPCOMING EVENTS



Kids Movie Night: *Minions*

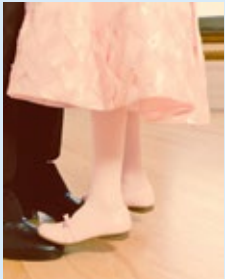
FRIDAY, JANUARY 27

6 – 9 p.m.

**For kids 5+*

\$35 plus tax and service charge (includes snack, movie screening, and child-minding); dinner à la carte available

Kids will enjoy a special screening of *Minions*. Parents can treat themselves to a quiet dinner in the Grill on the same evening!



Father Daughter Gala

SATURDAY, FEBRUARY 18

5 – 8 p.m.

Save the date for an enchanted Starry Night at our annual Father Daughter Gala. (Grand)fathers, (grand)daughters and friends of all ages are welcome!



Not a member? Join Kids Club today!

Membership includes a personalized member ID card, stamp card, and first dibs on Kids Club events.

Every time you visit the Club, visit Member Services for a stamp. Collect 10 stamps and get any dessert from the Grill for free!

Scan the QR code below to access the application form.



For more information, contact our Events Coordinator and Kids Club Captain Thea Rawjee at trawjee@tcclub.com.

TELUS HEALTH CARE COLUMN

HOW TO SUPPORT A LOVED ONE WITH DEPRESSION

Depression can take many forms. No two situations are the same, and one person's experience with depression may vary greatly from another's.

One thing is clear: unfortunately, chances are that at some stage, someone you know will be affected by depression. One in eight Canadians will experience clinical depression at some point in their life. Knowing how to help support someone experiencing depression may be helpful.

Showing your friend or family member that you truly care about them is the first step. This may take the form of starting a conversation. While sometimes it may be difficult to know what to say, know that oftentimes the most valuable thing for someone experiencing depression may be a listening ear.

"I've often heard clients tell me that they wished their friends and family would simply listen and empathize, without trying to problem solve or offer unsolicited advice," says Dr. Ong. "Being present to listen, without judgment and without offering 'quick fixes' is crucial." Dr. Ong suggests asking a loved one how best you can support them, as

individual needs for support tend to differ - there's no one size fits all. "Try to choose words and behaviour that show acceptance and non judgemental support," she says.

You can start the conversation by asking questions like:

"Do you want to talk about it?"

"That sounds really hard. How are you coping?"

"What can I do to help you today?"

"How best can I support you?"

"I care about you, no matter what"

"When experiencing depression, people may feel very alone and may believe that no one understands them," Dr. Ong says. By opening the door for conversation, you can show your loved one that you genuinely care about how they are doing and are there to listen.

To learn more about TELUS Health Care's services, visit telushealth.com/carecentres or email ashley.hamilton@telus.com.

Member of the Month

ERIK CHURCH

Erik Church was on safari in Africa when he got a call from Brian Scudamore, the founder of 1-800-GOT-JUNK?. He was reaching out because he was looking for a President and COO to help take the company to the next level. He had previously met Erik and their connection was solid, which was better than Erik's cell phone connection on the Serengeti that day.

"I'm with my wife and daughter trying to hear a word Brian is saying," says Erik. "I am literally standing on top of a rock, pointing my phone to the sky to get a better signal." What emerged from that fractured phone call is now a solid partnership leading O2E Brands, a collection of companies that take ordinary home services and make them exceptional, including 1-800-GOT-JUNK?, WOW 1 DAY PAINTING and Shack Shine.

That was in 2011. In his 2022 business book *BYOB (Build Your Own Business, Be Your Own Boss)*, Brian lauds Erik this way: "Erik quickly helped our team go from \$100 million to \$500 million, and in five years, when we hit \$1 billion, we will have the party to end all parties." Erik modestly deflects the praise and acknowledges the two have managed to build something that has changed thousands of lives and continues to grow on its many successes, including being named No. 17 of the top 100 Most Loved Workplaces by *Newsweek*.

Erik was born in Winnipeg and grew up in Montreal and Toronto and attended Carleton University. After four years in the military, he moved to New York and partnered with his brother expanding his brother's fashion import business into the US. Realizing that Manhattan wasn't his ideal location, he moved the business to Burlington, VT, where he met his wife, Paige.

Paige was studying at UVM medical school and eventually became the first physician to be double boarded in Neonatology and Developmental Pediatrics after her residency at the University of Chicago and fellowship at Tufts. Paige is now a Physician and Professor at Harvard. Their daughter Izzy is in boarding school in New Hampshire.

These days Erik spends a lot of time travelling between the three hubs in his life: Toronto, Vancouver, and Boston. That's a lot of time spent in the air. "Enough to have landed an article about me in *En Route* magazine," he says with a laugh.

Aside from his family and work, Erik has a few other loves, including biking around the world on BMW 800GS Adventurers with three buddies. "We've travelled about 60 per cent of our way around the world since starting the journey in 2007. We leave the bikes somewhere and every year we all meet for three or four weeks of

riding. Right now, they are in Pretoria and waiting to be picked up next May as the group of friends head up the east coast of Africa."

The four of them each lead companies, and Erik describes them all as Type As who like to take control. "Every day on these trips, we find ourselves in challenging situations. It's fascinating to see how we navigate these challenges and each other."

Erik is also an avid outdoorsman who loves wilderness canoeing, backcountry horseback trips, fly-fishing, and upland hunting. His upland adventures include working with his dogs. "It's amazing watching them hunt together. Berkeley the English setter will do the pointing, while Scout the black lab and Waylon the yellow lab will do the flushing and retrieving." Yet another example of how the value of effective teamwork intersects his life.

Erik joined TCC five years ago. As a world traveller, he has the good fortune of belonging to several private clubs and rates ours as, "by far the most relaxed and casual." When he is in town, Erik lives across the street and pops into the TCC for a workout and breakfast before starting the workday. "I have a locker stocked with my favourite liquor, and I can bring friends over and it's like I am in my living room. I love it here."

Erik says he's happy that what started as a fractured phone call from halfway around the world led him here to Vancouver and to TCC, "a place I can call home."



Erik Church with his wife Paige and daughter Izzy.

Focus ON FITNESS



SQUASH

VANCOUVER SQUASH LEAGUE (VSL)

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

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

FREE BEGINNERS CLINIC

December 14 & January 18 | 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.

COMPLIMENTARY JUMPSTART

Wednesday, January 11 | Womens 5 – 6 p.m. | Mens 6 – 7 p.m.

Our free quarterly Jumpstart series is for experienced squash players at TCC. As a season opener, it is a great way to get you back into squash fighting shape. Fitness drills and conditioning games are orchestrated by Barry to rekindle your squash spark. Please register at the Fitness Centre Front Desk by 8 p.m. on Tuesday, January 10.

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.

SQUASH LESSONS WITH BARRY GIFFORD

Barry is a seasoned squash professional (a reigning 60+ National Champion and past Squash Doubles World Masters Games gold medalist) with over 30 years of coaching experience. He is a NCCP Level 3 certified professional, coaching adults & children of all levels from beginners to NCAA Ivy League Champions. Barry teaches total beginners the game of squash in a simple and fun way. Intermediate to advanced players are introduced to game-like drills that help to improve fitness, anticipation, speed, power, and finesse.

Are you ready to take your game to the next level? For private or partner lessons, contact Barry Gifford at squash@tclub.com or 604-219-8233. Wednesdays, Thursdays, or Saturdays available. (Other days upon request.)

HOURS

WEEKDAYS 6 a.m. – 10 p.m.
WEEKENDS 7 a.m. – 8 p.m.

UPCOMING MODIFIED HOURS & CLUB CLOSURES

SAT DEC 24 CLUB CLOSED
SUN DEC 25 CLUB CLOSED
MON DEC 26 CLUB CLOSED
SAT DEC 31 7 a.m. – 6 p.m.
SUN JAN 1 CLUB CLOSED

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. New users: please contact the Fitness Centre front desk for registration.

RACQUET 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.

TRAIN

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.

GIFT OF HEALTH: For all personal training clients — refer a friend and they will receive one free personal training session (no purchase necessary). If your referral purchases a package of five or more sessions, you also receive a free personal training session.

FREE JANUARY CONSULTATION: Get an amazing start to you 2023 by booking a complimentary health, fitness, and wellness consultation with one of our expert certified personal trainers. They can answer any questions you have and go over an optimal plan to help achieve your New Year's goals.

For more information, or to get started, 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 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)



45-DAY FITNESS CHALLENGE

It's that time of year again. For the month of January and February, the Fitness Centre challenges you to commit to at least **45 workouts in 57 days**. Members can choose any type of exercise: cardio, weight-training, squash, swimming, yoga, or a jog in to the Club.

A progress chart at the Fitness Centre will keep you on track. Sign up at the FC front desk today!

SWIM



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!

KIDS' GROUP SWIM LESSONS

Saturdays, January 7 – March 11, 2023

(10-week term with 9 lessons; no lesson on February 18)

(Family Day weekend)

\$247.50 + GST

10:00–10:40 a.m.	3–5 years
10:40–11:20 a.m.	3–5 years
11:30–12:10 p.m.	5–7 years
12:10–12:50 p.m.	8-9 years
12:10–12:50 p.m.	Stroke Improvement
*12:10 classes run concurrently	

Slight changes in start and end time are possible. Children will initially be grouped based on age but may be moved to a different group if their ability requires it.

To take part in group lessons, children must have some experience in the water, otherwise private lessons are first recommended to establish that confidence.

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. This class is designed as a Beginner/Intermediate Restorative Flow work out. Please join the Zoom class 5-10 minutes earlier; if you can't make to class on time, you can watch the recording!

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! **December 21 & 28 & January 4 will be on Zoom only.**

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. **Friday December 23 & 30 will be on Zoom only.**

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)

Please note that as of January 2023, we will no longer be offering Sculpt & Stretch or Pure Core with Leila.



Christmas Carry Out



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 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

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.

