

TERMINAL CITY TIMES

JANUARY 2023 • VOL. 30 NO. 1



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




Winter Events

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 18	MEMBERS' WINE TASTING with live music
JAN 19	MEMBERS' NETWORKING LUNCH Preparing for a recession?
JAN 20	LUNCH AGORA Changing social mores DISH WITH BISH Exclusive dinner with John Bishop
JAN 24	TCC SALON The Road to Hell is Paved with Good Intentions
JAN 25	COCKTAIL MASTERCLASS Lo-Fi Spirits
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 5, 12 & 26	WSET 2 Wine Education
FEB 9	MEET ME AT THE BAR Happy Hour Networking
FEB 14	VALENTINE'S DINNER Special Menu
FEB 15	MEMBERS' WINE TASTING with live music
FEB 18	FATHER DAUGHTER GALA Starry Night
FEB 21	BUILDING VANCOUVER Topic TBA
FEB 23	MEET ME AT THE BAR Happy Hour Networking
FEB 24	GOURMET DINNER Menu/theme TBA KIDS MOVIE NIGHT Movie TBA

Contact

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 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 JANUARY 2023

DEAR FELLOW MEMBERS,

Happy New Year and Happy Year of the Rabbit on January 22! I hope everyone had a wonderful holiday season. Perhaps you were able to celebrate with family and friends here at the Club. It was certainly a busy month for our staff; kudos to the team for navigating an eventful season.

Last year, I had the privilege of serving as Vice President alongside Marian Robson. Marian's dedication to the Club, the Board, and TCC Staff as President was on full display throughout the year. Marian – a distinguished trailblazer in the transportation industry, was one of the original women to join TCC and in December 2021 she became the third female President. I'm thrilled to share that Marian has been selected as one of the top 24 Private Club Presidents of 2022 by *BoardRoom Magazine*. An amazing accomplishment, and the only Canadian President to be listed! Marian will be featured in their magazine later this year. Congrats Marian! And congratulations to the Board and all Past Presidents who helped get us to where we are today.

A special thank you to all the members who contributed to the Club Fund late last year. These donations went a long way to adding to the holiday bonus for our staff, and I know our staff were extremely grateful for this.

I joined TCC about eight years ago. My first experience was visiting the Grill as a non-member. I was blown away by the service, specifically how I was treated by Sheila. Sheila remembered my name and my preferences. I knew on my second visit to TCC, this is where I belonged!

It's my honour and pleasure to step into the role of President for the coming year. Being a 130-year-old private club, it's vital we honour our tradition while embracing positive changes. The best is yet to come and our Board and Management are committed to that. Three of my top priorities as Club President in the year ahead are:

- Working with our committee and management to leverage technology to enhance member experience and engagement.
- ESG (environmental, social, and club governance) is top of mind for our committee and will be reporting developments throughout 2023.

- The third priority, which I care deeply about, is to continue supporting our most valuable asset, our staff. We have an amazing space and wonderful members, but our staff are a key ingredient in our success. Thanks to our teams for being such an integral part of our operation.

I will also see through the completion of some important projects our Board and management have been working on over the last few years. The first is expanding our footprint. We will soon be opening six private rooms in our former administration space (located behind the Grill); these meeting spaces will be available for rent during the day and become private dining rooms in the evening. We received our permits in December and should have this area completed over the next couple of months. Details on how to book the space will be shared soon.

Next, we will be completing our Fitness and Grill patios, a much-needed membrane replacement that will ultimately improve the patio experience for decades to come.

As we look forward:

- If you consider yourself a foodie, this event is for you – John Bishop will be leading our culinary team for a very special dinner on Friday, January 20 with wine pairings from our Wine Director, DJ Kearney.
- We have our annual fitness challenge – 45 workouts in the Fitness Centre in 57 days in January and February – a great way to kick off 2023.
- Did you know your Club has a secret menu? Ask your server for details, and you might be surprised by what is available as it is constantly changing.

Until next month, best wishes for the year to come!

Sincerely,

Julia Yan
Terminal City Club President

Stay informed AT THE CLUB



welcome to our newest members!

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

- Jian Chen
- Claire de Weerd
- Sheena Duddy
- Natalie Genest
- Dennis Hettinger
- Karl Hinderks
- Elaine Hinderks
- Neil Jensen
- Anusha Kassin
- Maria Largo
- Vivian Paul
- Mark Simmons
- Jill Simmons
- Graham Talbot
- Tommaso Vanin
- Glen Vause
- Barbra Wandolo
- Lin Zhang

CLUB HOLIDAY HOURS

DECEMBER 31

PUB CLOSED
FITNESS CENTRE 7AM – 6PM

JANUARY 1

CLUB & PUB CLOSED

JANUARY 2

CLUB: SUNDAY HOURS
FITNESS CENTRE: 6AM – 10PM
PUB: CLOSED

in memoriam

We regret to announce the passing of Mr. Rae Clarkson, who was a member for 24 years. Mr. Clarkson will be missed; our thoughts are with his family and friends.



2023 MEMBERSHIP FEES AND DUES

	Dues	Capital Reserve
Resident & Corporate	\$292/month	\$40.40/month
Resident (34 & under)	\$198.50/month	\$40.40/month
Diplomatic & Non-Profit	\$292/month	\$40.40/month
Intermediate	\$146/month	\$20.20/month
Country	\$146/month	\$20.20/month
Non-Resident	\$1,017/year	\$225.60/year
Spousal	\$444/year	\$225.60/year
Life (35+ years)	\$876/year	\$121.20/year

*Resident and Corporate members wishing to prepay their 2023 dues will be billed the 2022 rate. Contact your Membership Administrator at members@tcclub.com or 604-488-8607.

FITNESS CENTRE (OPTIONAL)

- Day locker: complimentary
- Fitness locker (annual): \$591
- Cube locker (annual): \$321
- Laundry* (monthly): \$52.75
- Dry Cleaning: prices vary
- Guest (adult) drop-in: \$27.50
- Members’ children under 19: complimentary
- Guest (child) drop-in: \$15.95

**Laundry is only available to members renting a Fitness or Cube locker.*

BEVERAGE LOCKERS (OPTIONAL)

- Liquor locker: \$267
- 12-bottle wine locker : \$468
- 24-bottle wine locker: \$873

MONTHLY PARKING

- Random monthly: \$257
- Member reserved 24hrs: \$357
- Premium reserved 24hrs: \$402
- Service level: \$467

Secure underground parking is complimentary all weekend, and before 9 a.m. and after 4 p.m. Monday through Friday.



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.

We are currently taking bookings for January and February.

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 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.

meet me at the bar

Cuvée is bringing back a member favourite, Meet Me at the Bar. On Thursday, January 12 & 26, join us for happy hour drinks and live music. The first 10 members will receive a curated treat. See you there!

sunday champagne

Make the new year shine with bubbles! We will be featuring some fantastic deals on our Champagne and sparkling wines to make your Sunday nights in January most celebratory. Hot tip: pair this with our Sunday Prime Rib offering!

Dining AT THE CLUB

feature cocktail

"Wayward Distilleries in Comox was always my Dad and my first stops when we went to visit my grandpa; it was a ritual of ours to visit and buy Krupnik, a Polish liquor distilled from honey. When he passed away this summer, I realized I would likely never visit Wayward again. "Milk and honey" means to be content and satisfied, which is how I always thought of Grandpa Rowan. This cocktail, with a Wayward Krupnik base, honours him and the lost ritual of visits to Wayward with my dad."

—Sebastian Ley, Bartender & creator of the Milk and Honey

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!

JANUARY
5:30 – 8:30 p.m.

Thursdays,
Fridays, and
Saturdays

January EVENTS



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 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. The first 10 members will receive a curated treat. 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.



FOR OUR MEMBERS Members' Wine Tasting

WEDNESDAY, JANUARY 18
5 – 6:30 p.m.

*\$10 + tax and service charge
Registration mandatory

Join us for our monthly Members' Wine Tasting.

Sample a suite of special wines and enjoy live music. Bring a friend or fly solo and enjoy this wonderful opportunity to meet and mingle with other members and guests.

Don't forget to make a dinner reservation for after the tasting!

January EVENTS



MEMBERS ONLY

Members' Networking Lunch

THURSDAY, JANUARY 19

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 owners for conversation over a power lunch. This is a terrific opportunity to meet and learn from other members representing diverse industries. Host TCC member Ruben Ugarte will be there to make introductions and ensure everyone has entered to win a bottle of wine!

January's Networking Lunch discussion topic will focus on how businesses should be preparing for a possible recession in 2023. What lessons or strategies worked during previous downturns? Is it all doom and gloom or is there an optimistic approach? Come share your thoughts and hear what your peers are thinking.



TCC LUNCH AGORA Changing Social Mores

FRIDAY, JANUARY 20

12 noon – 1:30 p.m.

Complimentary event with the purchase of lunch à la carte

The agora was a meeting place in ancient Greece where people came together to discuss all kinds of topics. The Lunch Agora, facilitated by TCC member Ruben Ugarte, is a forum for members to discuss thought-provoking and contemporary topics over a 90-minute lunch.

The topic for this month will be on the changing social mores around us. There's plenty being said on the "good old days" or how things were better in the past. What things should we hold on to versus accepting new expectations and behaviors?



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.

January EVENTS



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).



Bring your newly engaged friends or family to the Club for a wedding tour and receive a \$50 Club restaurant voucher to use after the tour.* Should your guests book their wedding in 2023, you will receive a \$250 credit on your member account!**

**Voucher for the Club restaurants must be redeemed on the same day as the wedding tour. The member must be in attendance for guests to dine at the Club. Cannot be redeemed on February 18, 2023.
**To receive your \$250 wedding referral credit, the wedding must be completed by December 31, 2023.*

WEDDINGS OPEN HOUSE

Saturday, February 18

View the Terrace Ballroom staged for the occasion!
Email weddings@tcclub.com today to book a tour
at one of the most sought-after wedding venues in the city.



save the date

FEBRUARY 14
CELEBRATE LOVE IN
STYLE!

Join us for a romantic evening of
live music, and a special menu
with curated wines & cocktails.



LOVE IS IN THE AIR AT TCC!

Have You Heard?

MEMBER NEWS



A NEW BOOK BY NELSON TSUI

What to do during the COVID-19 pandemic? Unable to return to the studio to paint, Nelson Tsui decided to write a book about his paintings. These stories are less dramatic than those of van Gogh and Michelangelo. He promises neither mutilation of himself in despair nor demonization of others who disagree with his art. And the stories vary from chapter to chapter: about artists and their works Nelson studied and reproduced; inspirations derived from travelling locally or abroad; reflections on compositions and the use of colours; challenges encountered with various subject matters; etc. *Stories Behind My Paintings** *or, *Paintings Behind My Stories* is a book about his selected drawings and paintings, some of which were sold, some given away as gifts or charitable donations, some mysteriously disappeared over time and survived only in photographic images.

Copies can be obtained from Nelson directly. Email nmtlaw@telus.net to order yours!

MEET OUR NEWEST BOARD DIRECTOR: BRIAN DUONG

Brian Duong maintains a generalist practice in civil and administrative litigation. His experience involves a broad range of matters including complex contract and shareholder disputes, property issues (including expropriations and certificates of pending litigation), franchise litigation, wrongful dismissal claims, and freedom of information requests. Brian has appeared as counsel before all levels of court in British Columbia, and has represented clients in mediations, arbitral proceedings, and inquiries before the Office of the Information and Privacy Commissioner for BC.



IN OUR COMMUNITY: BIV 40 UNDER 40

A special congratulations to three of our members, who have been included in *Business in Vancouver's* 40 Under 40 for 2022.



Ashiq Ahamed
Managing Partner
SolvedAF Consulting Inc.



Chris Thom
Portfolio Manager
Odlum Brown



Maxime Charron
CEO
LeadingAhead Energy

DO YOU HAVE NEWS YOU'D LIKE TO SHARE?

Celebrating an engagement, wedding, or new addition to your family? Recently started a new role, joined a Board, or authored a novel? Did your or a fellow member win an award or earn special recognition? Email joinus@tcclub.com to submit your announcement for our Club newsletter.

Liquid Assets

CURATED BY DJ KEARNEY

BC wine steals to uplift your January.

❶ BLACK HILLS ROSÉ 2020

– \$52 \$40 January sale

Black Hills is a bona fide cult estate in Canada, but did you know that a brilliant Master of Wine is at the helm? Ross Wise MW made the first wines at Phantom Creek, but in 2018 he crossed the road to take up a new challenge at Black Hills. This New Zealand farm boy turned chef turned winemaker has revolutionized the already high quality, adopting a subtle, less is more approach to the wines. This savoury, salty Provence-styled rosé will transport you to the sunny south of France and prompt you to make a winter bouillabaisse or relax with a fireside charcuterie picnic.

❷ PHANTOM CREEK VINEYARD SYRAH 2018

– \$103 \$80 January sale

Phantom Creek's spectacular winery is the jewel of the South Okanagan. Opening doors in 2020, its famous vineyards were established decades ago and have since helped put BC on the global wine map. This syrah is from the Phantom Creek vineyard, established in 1996 on a sun-drenched, heat-infused site on the Black Sage Bench. The fruit quality is peerless from this privileged terroir, exploding with fragrant violet, peppered blackberries and fine milk chocolate. With sumptuous silky tannins, this syrah is destined for a fine prime rib dinner.

❸ MISSION HILL COMPENDIUM 2016

– \$120 \$99 January sale

Mission Hill is the undisputed centrepiece in BC's wine landscape. Established in 1966, it went through three name changes (including Uncle Ben's Gourmet Wines!) until current owner/entrepreneur Anthony von Mandl purchased and named it in 1981. Now farming all its 900 acres organically, their top wines continue to dazzle. We love Compendium, a bold, swashbuckling blend of cabernet sauvignon, merlot and cabernet franc, rich with ripe dark fruit, structured with substantial tannins, and lacquered with fine French oak.

- Email wine@tcclub.com to secure your bottles! -

A wine no-brainer!

We are delighted to offer you an easy and seamless way to replenish your wine locker, or your home cellar.

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! This is a quarterly offering, and the next compilation will be available in February 2022. Preview tasting will take place Thursday, February 23 from 5 – 6 p.m.

You may choose a mixed selection of white/pink and reds, or a red wine-only line-up (or how about both?!). There are just 24 of these offerings available, so please email wine@tcclub.com to arrange yours.



❶

❷

❸



WSET
WINE & SPIRIT
EDUCATION TRUST

WSET LEVEL 2

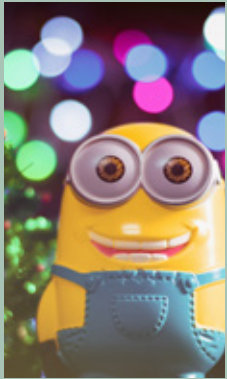
Sundays, February 5, 12 & 26

9 a.m. – 5:30 p.m.

\$1,150 plus GST

Cover the fundamentals of wine by diving into the major grapes and regions of the world to hone your tasting and buying skills. **WSET 1 is not a pre-requisite.**

...UPCOMING EVENTS



Kids Movie Night: *Minions*

FRIDAY, JANUARY 27, FEBRUARY 24

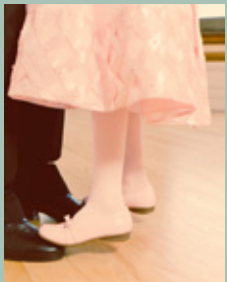
(NEXT MONTH'S MOVIE TBA)

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

5 WAYS TO HELP NURTURE YOUR CHILD'S MENTAL HEALTH

There are steps you can take to nurture your child's mental health. Here are some that you may find helpful:

1. **Be aware of your children's screen time and use of social media.** It is important to stay on top of both the amount of screen time and the content of the material your children are exposed to. Monitor who they are interacting with on social media and what sites they are visiting.
2. **Listen to and respect their feelings.** Feelings of sadness and anger are normal for children. Keep communication and conversation open by encouraging them to talk about how they feel. There is a chance that your child may not feel comfortable talking to you - if this is the case, help them find someone (an aunt, family friend, teacher or counselor) who they may be able to talk to.
3. **Be cautious about discussing serious family matters around children.** Children are often listening to what adults are saying, even if it doesn't seem obvious. Be mindful of when and where you discuss serious family matters. These issues can cause children to worry excessively.

4. **Be a role model for healthy lifestyle choices.** Children often model their behaviour based on what they observe from adults. Let your children see you eating healthy, being physically active, making time for things you enjoy and talking about your feelings.
5. **Help children develop self-esteem.** Showing lots of love and acceptance, recognizing their efforts when they do something well and asking questions about what they are interested in and what activities they have been doing recently are all ways to help foster a child's self-esteem.

Get the support you need. If you suspect that your child may be dealing with a mental health issue, it may be helpful to speak with someone.

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



Member of the Month

NICOLE PORTER

Nicole Porter is the founder of Nicole Porter Wellness — a five-year-old company that was recently named one of the top 10 corporate wellness service providers in Canada for 2023 by Manage HR Canada. Leading up to this remarkable achievement, Nicole's career path was something of an adventure — maybe unpredictable or risky to those on the outside, but always with a purpose. "I think I'm like my dad," she says with a bit of a laugh and whole lot of pride. "We're not scared of taking risks."

Nicole grew up in Saskatoon, then moved to Vancouver in the early 1990s to attend UBC. Although her first job was in the fitness industry at 16 years of age, her first career was in tech recruitment. Her second opportunity was with a software company where she quickly ascended the corporate ranks from marketing coordinator to operations manager to COO.

When the software company closed, she got into the world of advertising, one of her passions, selling radio advertising at Z95. "I never pictured myself in sales, but as it turned out, I was able to be more of a consultant, helping the businesses grow, and I loved it."

It was then, while working at this prestigious, satisfying six-figure media sales job, Nicole did the most remarkable thing: She quit and moved back to Saskatoon to go back into dancing — tap, jazz, ballet, and musical theatre. Her Sales Manager at Z95 thought she was crazy. Nicole just thought it was unfinished business.

"I've tried to live life so I have no regrets. I quit competitive dancing when I moved to Vancouver, and it was something I felt like I never finished. So, I went back to get it out of my system, and I'm so glad I did. No regrets."



When Nicole returned to Vancouver in 2002, having shuffled her dance ambitions to the side, she immersed herself in the burgeoning world of brand integration and product placement in TV and film. "It was still relatively early days for brand integration and advertisers were having a hard time understanding how something like this would be as effective as traditional advertising. I worked closely with clients educating them on the opportunities and benefits."

In 2008, she started her first company, Shift Brand Integration Group, which led to producing the world's first cross-platform wine and food series, airing on TV, airlines, iTunes, and other media. "I'm a fan of advertising that educates. I don't want you to buy something just because it's the most expensive or the cheapest or because of the marketing on the label. I want you to be informed. This educational strategy builds trust in the consumer, and ultimately, it increases sales."

But in 2016, Nicole decided to do what she originally had planned when she moved to Vancouver — she started a wellness company. She sold her condo, returned to school, and in 2017, she opened Nicole Porter Wellness. "The company helps busy stressed-out professionals understand and overcome the top 10 unhealthy habits that add hidden stress to the body and mind and ultimately keep them from optimal health, mindset and productivity."

A few of these unhealthy stressors include nutritional stress, imbalanced exercise programs, poor sleep, and excessive screen time. "These habits can wreak havoc on the body."

Nicole started the company offering private coaching and seminars, but now offers seminars, workshops, group coaching and an online course.

"All the different work I had done — tech, media, sales, education, public speaking — these jobs gave me the tools I need to develop and build my own brand rather than someone else's brand. My mom always said, 'do what you love', and I do. This is exactly what I'm meant to do."

Nicole joined Terminal City Club three years ago. At the time she was attending a regular meeting of a networking group that met at the TCC, and one of the members in the group urged her to join.

"I remember telling Jennifer Silver [TCC Director of Membership and Marketing] that the membership was for business, that it had to pay for itself. Little did I know that the friendships I was about to make would be invaluable. I love this place. In fact, I told my mom the other day, the only regret I have about joining Terminal City Club is that I didn't join sooner."

Focus ON FITNESS



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 your 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)

HOURS

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

UPCOMING MODIFIED HOURS & CLUB CLOSURES

SAT DEC 31 7 a.m. – 6 p.m.
SUN JAN 1 CLUB CLOSED
SAT JAN 28 6 a.m. – 4 p.m.

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 sportyqh.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 \$27.50 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.

SQUASH

2023 WINTER/SPRING JUNIOR SQUASH

Saturdays, January 7 – March 11 (10-week term; 9 lessons)

No lesson on February 18 (Family Day) | \$180

1:00-1:45 p.m. 6-8 year old
1:45-2:30 p.m. 9-12 year old
2:30-3:15 p.m. 12-15 year old

Private lessons available upon request.

VANCOUVER SQUASH LEAGUE (VSL)

January to mid-March (Winter/Spring 2023 Season)

TCC is hosting a Division 3 and 6 team. Please contact Barry Gifford to register with a team as a full-time or part-time player.

FREE BEGINNERS CLINIC

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. 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 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@tcclub.com or 604-219-8233. Wednesdays, Thursdays, or Saturdays available. (Other days upon request.)

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
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.					
9:15 a.m.					
9:30 a.m.					
10 a.m.					
12 p.m.					TOTAL BODY STRENGTH WITH LEILA
12:15 p.m.	F.I.T. WITH VANESSA	CORE CONDIT. WITH LEILA	CARDIO KICKBOXING WITH LEILA		
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.

CORE CONDITIONING 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!

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.

TOTAL BODY 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.

Class Legend:

■ ZOOM ■ IN-PERSON (12 MAX PER CLASS)

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 into the Club.

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



The poster has a purple background with a thin gold border. The top half is filled with many small gold stars. The text is arranged in a central column. The word 'STARRY NIGHT' is in white serif font. Below it, 'TCC ANNUAL' is in gold sans-serif font, and 'FATHER DAUGHTER' is in purple sans-serif font. The word 'GALA' is in a large, purple, outlined serif font. The date 'FEBRUARY 18, 2023' is in gold sans-serif font. Below that, '5 - 8 P.M.' is in white sans-serif font, and 'DINNER & DANCE' is in gold sans-serif font. 'IN THE' is in white sans-serif font, and 'METROPOLITAN BALLROOM' is in purple sans-serif font. At the bottom, the registration information is in white sans-serif font. On the left and right sides, there are decorative floral and branch illustrations in shades of purple and gold.

STARRY NIGHT

TCC ANNUAL

FATHER DAUGHTER

GALA

FEBRUARY 18, 2023

5 - 8 P.M.

DINNER & DANCE

IN THE

METROPOLITAN BALLROOM

REGISTER ONLINE VIA MEMBER CENTRAL
OR WITH MEMBER SERVICES:
CALL 604-681-4121 | TEXT 604-200-2279