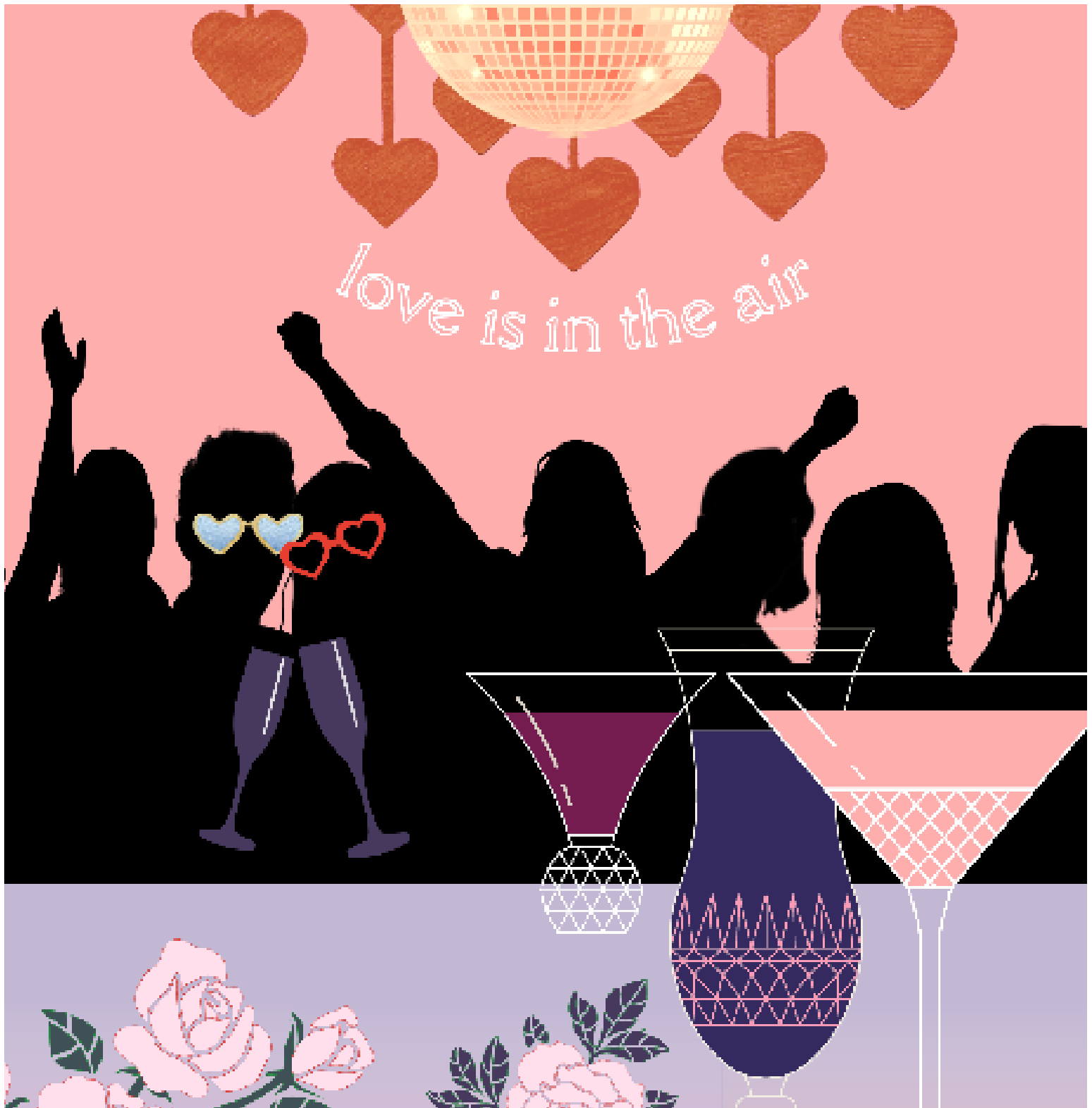


TERMINAL CITY TIMES

FEBRUARY 2023 • VOL. 30 NO. 2



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

Upcoming Events

FEB 5, 12 & 26	WSET 2 Wine Education
FEB 9	MEET ME AT THE BAR Happy Hour Networking TCC SALON Glenn Sigurdson on Trust
FEB 12	SUPER BOWL LVII Playing in the Members' Lounge and Lions Pub
FEB 14	VALENTINE'S DINNER Special Menu & Live Music
FEB 15	MEMBERS' WINE TASTING With Live Music
FEB 16	MEMBERS' NETWORKING LUNCH Artificial Intelligence & Industry
FEB 17	TCC SALON Eric Kim on Purpose
FEB 18	WEDDINGS OPEN HOUSE TCC Exclusive FATHER DAUGHTER GALA Starry Night
FEB 23	MEET ME AT THE BAR Happy Hour Networking QUARTERLY WINE PACK TASTING For Subscribers
FEB 24	LUNCH AGORA China vs. the West on Values THE POWER OF BUSINESS ETIQUETTE Member-led Masterclass GOURMET DINNER Flavours of the Middle East KIDS MOVIE NIGHT <i>Sing</i>
FEB 28	DISCUSSION GROUP Topic TBA
MAR 12	OSCAR NIGHT In the Members' Lounge
MAR 17	MASTERCLASS Great White Wines of the World

REGISTER FOR EVENTS

online	via Member Central
email	concierge@tcclub.com
call	604 681 4121
text	604 200 2279

Contact

837 WEST HASTINGS ST.
VANCOUVER, BC V6C 1B6, CANADA

call	604 681 4121	 terminalcityclub
text	604 200 2279	 @tcclub
web	TCCLUB.COM	 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	
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.
Brunch	9 a.m. – 2:30 p.m.

CUVÉE & 1892 (WORKSPACE)

Monday – Friday	11:30 a.m. – 7:30 p.m.
- Weekend service available upon request from Grill	
- 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 FEBRUARY 2023

DEAR FELLOW MEMBERS,

Annually, Terminal City Club celebrates the Employee of the Year, and this year's winner is truly deserving of the distinction. A big round of applause to Wlady Sokolowski, an outstanding employee with over 42 years of service for earning the well-deserved honour! Not only Wlady, but all the nominees were truly worthy of recognition. They have all demonstrated excellence in their work and have made valuable contributions to TCC. A huge congratulations to Wlady and all our team members.

We have an amazing space and wonderful members, but our staff are a key ingredient to our success the past several years. Our staff is our most valuable asset. Note page 6; it lists over 40 staff who have been with the club for more than 10 years. At the time of writing, we currently have 75 employees who have been with the Club for over 5 years. So impressive! To all the staff, your hard work and dedication are truly admirable and appreciated.

Way to go, Fitness Challengers! The 2023 TCC Fitness Challenge is here and we've got a whopping 152 members including myself ready to sweat it out. With so many first-timers taking on the challenge, I'm impressed by your positive and habit-forming initiative and dedication. Just remember, 45 workouts in two months is a tall order, but with the right attitude and a lot of grit, we can do this. If you're looking for a change of pace to keep the momentum going, check out the new fitness class schedule on page 13. Keep it up and make it a habit for 2023 and beyond!

There's never a dull moment at the Club! Don't miss the Valentine's Pop-up Dinner on February 14, and of course, the memory-making annual Father/Daughter Gala on February 18. And

don't forget, it's always a good time to share your Terminal City Club member experience with your colleagues and clients. Book a Club meeting space for a refreshing change of scene, and let our culinary team inspire your group's creativity. Our catering team is always available to work with you to ensure that your event reflects your unique style.

At our Annual General Meeting in December, we received some feedback regarding our dress code policy, so we wanted to remind everyone of the rules. Our goal is to keep our Club looking fresh, fabulous, and comfortable for everyone. So, when dining in our beautiful restaurants, let's make sure our members and your guests look as good as the decor.

To make it easy to remember, please leave ripped denim, baseball caps, hoodies, and clothing with slogans or commercial messages at home. Our staff are happy to remind you of the dress code, but we want to make sure everyone is following the rules and having a stylish and enjoyable experience. Together we can make it happen! If your guest is out of dress code, or you want something more casual, the Lions Pub is always an option. See you in the gym!

Sincerely,

A handwritten signature in black ink, appearing to read 'Julia Yan'.

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:

Faizan Abid
Danilo Ciaccia
Aldo Diaz-Rodriguez
Jin Fan
Banghua Huang
George Kondopulos
Jonathan Lu
James McGregor
Brett R. Matich
Rabinder Nijjar
Enrique Ochoa Reza
Enrica Paris
Taufiq Rahim
Greta Rojas Sanchez
Jill Tipping
Eleni Tsimpragos
German Villarreal
Angela Yousofi

CLUB HOLIDAY HOURS

FEBRUARY 20
FAMILY DAY
CLUB & PUB CLOSED

LIVE MUSIC!

FEBRUARY
5:30 – 8:30 p.m.

*Thursdays,
Fridays, and
Saturdays*



share the love! give the gift of membership

Valentine's Day is just around the corner, so it's time to start planning a special gift for your significant other! Terminal City Club offers a truly amazing Spousal subscription of \$950, with annual dues of only \$669.60, and no quarterly food minimum. Invite your partner to enjoy all the benefits our Club has to offer.

Contact joinus@tcclub.com or 604 488 8647 to learn more.



WEDDINGS OPEN HOUSE

SATURDAY, FEBRUARY 18

1 – 4 p.m.

Curious about TCC weddings?

The club is one of the most sought-after wedding venues in the city, with its stunning views, extraordinary culinary team, lovely interiors, and attention to detail by our staff.

Our Weddings Open House is an opportunity for you to view the club staged for celebration. No reservation required, please email weddings@tcclub.com if you have any questions. No private meetings will be accepted on February 18, but the team will gladly arrange a private meeting with you prior or after the open house. Bubbles and a selection of sweets will be offered.

We're looking forward to seeing you there!





the dr. ignatius cheung room

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 February and March.

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.

new lions pub menu

Beat the winter blues with comfort food and good company. Our Lions Pub menu is being revamped this month and will include some fantastic new additions. Keep your eyes open for our new Chip Shop and our Burger of the Month, and be sure to ask your server about the King's Platter.

super bowl at the club

The event of the year for football fans everywhere. We will be showing the game in the Members' Lounge as well as downstairs at the Lions Pub. Cocktail specials in the Lounge along with buckets of select beer and cider, and wine pairings. The Grill kitchen is bringing back a beloved dish, the beef dip au jus. Not to be missed!

Dining AT THE CLUB

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.

a match made in heaven

On Valentine's Day, Bar manager Ray Yoon will be mixing pairs of cocktails in honour of compatible couples. Reserve a table for you and your love, sample Ray's creations while our culinary team prepares fabulous dishes that speak to romance.



February EVENTS



MEMBER MINGLE

Meet Me at the Bar

THURSDAY,
FEBRUARY 9 & 23

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!



TCC SALON

Trust

THURSDAY, FEBRUARY 9

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Trust, like a chameleon, wears many colours. A warning, and assurance, a guide, a solution. Overused and misunderstood, we will explore together the many faces of trust. Elusive to be sure, but together can we capture it? Can we define it? Or can we only know it when we see or feel it? There are linkages between trust and well-being: how trust can be built and maintained, or repaired where it has been damaged. Join the discussion, led by TCC member Glenn Sigurdson, C.M., Q.C., a famed mediator, negotiator, lawyer, and facilitator who was appointed to the Order of Canada in 2020.



TCC EXCLUSIVE

Valentine's Dinner

TUESDAY, FEBRUARY 14

6 – 7 p.m.

Treat your someone special to a divine evening of dinner, dancing, and romance!

A special Valentines prix-fixe menu will be available, with seductive selections like Hokkaido Scallop Carpaccio, Leg of Venison, and John Bishop's Death by Chocolate. Upgrade your evening and pre-order by February 11 the CAD Tomahawk steak for two; your date will be more than impressed. For those that want a few more options, a Chef Select Grill menu will be available a la carte. Bar Manager Ray Yoon will be offering special concoctions for the occasion: cocktails designed to complement one another.

Want to add a bit more sparkle to your night? Pre-order flowers, or contact our beverage team to coordinate a bottle of bubble to meet you at the table. Reservations strongly recommended.



FOR OUR MEMBERS

Members' Wine Tasting

WEDNESDAY, FEBRUARY 15

5 – 6:30 p.m.

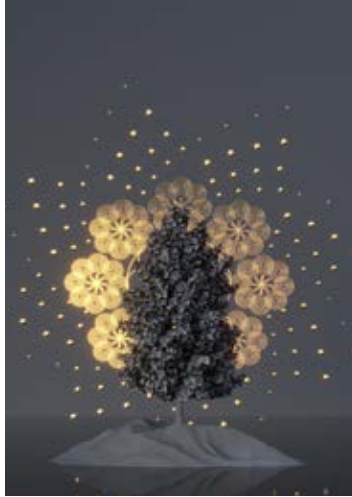
*\$10 + tax and service charge
Registration mandatory

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!

February EVENTS



MEMBERS' NETWORKING
LUNCH

AI & Industry

THURSDAY, FEBRUARY 16

12 noon – 1:30 p.m.

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

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!

The topic for February is on how businesses are using AI right now and how that might change in the future. There is a lot of hype in the AI world and we need to break through to find the practical and tangible benefits. Come share your thoughts and hear what peers are thinking.



TCC SALON

Purpose

FRIDAY, FEBRUARY 17

6 – 9 p.m.

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

Research has shown that those of us with a sense of purpose are less likely to develop Alzheimer's disease, mild cognitive impairment, disabilities, heart attacks, and strokes, and are more likely to live longer than people without this kind of underlying motivation. In general, a sense of purpose promotes healthy behaviors and is associated with better physical and mental health outcomes. It doesn't matter what your purpose is as long as you have one. But where do you look to find your unique purpose as we age? Join the discussion led by Dr. Eric S. Kim, an Assistant Professor of Psychology at UBC.



TCC LUNCH AGORA

China vs. the West on Values

FRIDAY, FEBRUARY 24

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 difference in values between China and the West and what it means for the world. Do we have universal values (freedom of speech, democracy, etc) that apply to every country or is there room for differences?



MEMBER LED MASTERCLASS

Business Etiquette

FRIDAY, FEBRUARY 24

6 – 8:30 p.m.

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

Dr. Clinton Lee will host for the first time at Terminal City Club, an interactive workshop series, The Power Of Business Etiquette.

The focus of this first workshop is how to greet and meet different cultures, as well as possess greater skills in a wining and dining setting

This assortment of etiquette lessons is sure to be a helpful asset to individuals looking to establish healthy relationships, improve their communication and social skills, and make positive changes in their lives.

A Look Ahead...

EVENTS



GOURMET DINNER SERIES

Flavours of the Middle East

FRIDAY FEBRUARY 24
6 – 9 p.m.

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

The earliest written recipes come from the Middle East. It's geographic positioning also means that it has been a centre for recipe exchange from Asia, Africa, and Europe. Executive Chef Dan Creyke invites you to join us for a transportative evening of fine dining influenced by the spices and rich culinary traditions of the region. Reserve a place at this unique event through Member Central.



AWARD NIGHT

Oscar Night

SUNDAY, MARCH 12
5 – 8 p.m.

Share the suspense, glitz and glamour of the 95th Academy Awards from the comfort of our Members' Lounge!

Jimmy Kimmel is slated to host the year's most star-studded awards show, whose Best Picture nominations for 2023 include *The Fabelmans*, *The Banshees of Inisherin* and *Everything Everywhere All at Once*. On the big screen, over curated cocktails and snacks, let TCC bring you to Hollywood for the evening. Dress to impress, don't miss out on prizes for best Oscar outfits and closest predictions.

We so appreciate all of our wonderful staff, and extend a special thank you to the TCC employees below, who have been with us for 10+ years!

Nick Shaw, Grill	59
David Cheng, Grill	49
Wladysl Sokolowski, Banquets	42
Tri Marjuki, Kitchen	32
Sheila De Meerleer, Grill	28
Wayne Chu, Banquets	24
Sergio Hsia, Fitness Centre	24
Karnail Sadhra, Housekeeping	24
Lixin Wang, Kitchen	24
Rowena Tuano, Housekeeping	24
Cynthia Garcia, Laundry	24
Ludy Valencia, Laundry	24
Bill Athanasiou, Lions Pub	24
Terence Mendoza, Housekeeping	23
Conie Lui, Housekeeping	23
Len Semchuk, Fitness Centre	23
Vladimir Sison, Stewarding	22
Jean-Louis Carrier, Grill	20
Newton Rajapakse, Maintenance	18
Alannah Lori, Fitness Centre	18
Tomas Santiago, Housekeeping	17
Roberto Dela Pena, Stewarding	16
Aurelia Popescu, Banquets	16
Jeffrey Bajet, Housekeeping	16
Tommy Chung, Fitness Centre	16
Laura McLachlan, Finance	15
Gemma Cabero, Night Housekeeping	15
Moises De Vera, Night Housekeeping	15
Salvador Gonzales, Maintenance	15
Ruben Rubang, Housekeeping	14
Diosdado Lapurga, Maintenance	14
Marc-André Laurent, Banquets	14
Constantinos Tsiakos, Fitness Centre	13
Megan Powell, Catering	12
Edelyn David-Yeh, Kitchen	12
Jennifer Silver, Membership & Marketing	11
Dan Creyke, Kitchen	11
Iain Fletcher, Grill	11
Robert Pankhurst, Banquets	11
Cole Trowbridge, Kitchen	10
Renee Armitage, Grill	10
De Liang Wang, Maintenance	10
Doug Whidden, Lions Pub	10
Renato Antenor, Stewarding	10

Have You Heard?

MEMBER NEWS

John Bishop Dinner!

You may have heard that TCC hosted a very special event in January. You may have even attended (lucky you)! On January 20, we hosted lauded and truly wonderful Chef John Bishop. John is beloved in our city for putting Farm to Table cuisine on the map in Vancouver and beyond, and for his beautiful restaurant on 4th Avenue, which closed at the height of the pandemic. For one night only, our staff recreated the ambience of the restaurant and the feeling and quality of John's fresh, local cuisine. Special thanks to John and Theresa Bishop, DJ Kearney, and our TCC kitchen brigade led by Dan Creyke.

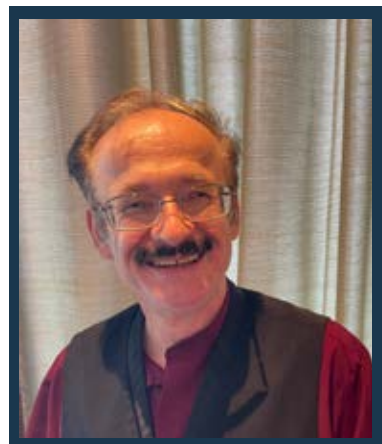


Congratulations to **Chad Price**, Director, Portfolio Manager, at Odium Brown for being recognized as Best in Province by Canada's Top Wealth Advisors 2022! Best in Province is the second of two annual rankings of Canada's most effective and successful financial advisors by Report on *Business Magazine*, presented by *The Globe and Mail* in partnership with SHOOK Research.

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.

TCC Employee of the Year



Congratulations to **Wlady Sokolowski**, Terminal City Club's Employee of the Year! Wlady has been with the Club for 43 years and is a Houseman in our Banquets department. Wlady's hard work and dedication have earned him this special honour. We are thankful for all that he has done and continues to do to make the Club the best it can be for our members and guests. Join us in congratulating Wlady!

Liquid Assets

CURATED BY DJ KEARNEY

Introducing our wine pairings
from the John Bishop Dinner...

❶ ANCRE HILLS BRUT ROSÉ 2013 – MONMOUTHSHIRE, WALES \$120

Ancre Hill is a straw-bale built winery in Monmouthshire, Wales. Gentle slopes, fine limestone clay soil terroir combined with a chilly climate imbue this rare wine with high energy, racy acidity, expressive fruit and huge complexity. The biodynamically farmed pinot noir is bottle fermented just like champagne then aged for a few years to develop toasty, nutty goodness.

❷ FREE FORM VIN GRIS 2019 – OKANAGAN VALLEY, BC \$52

Free Form wines are all ultra-low intervention, organic & natural. Vin Gris is from 40 year old pinot noir vines, fermented in concrete tanks to capture the grapes' delicate red fruit and savoury nature of Summerland's terroir. The unusual label is not paper but made from stone. A waste product from mining, the mineral paper production process uses no trees, no water and no chemicals. It requires significantly less energy in manufacturing and is endlessly recyclable. Additionally stone paper does not generate any toxic emissions during incineration and degrades under UV light. Free Form is made at OCP winery, precisely where our TCC house wines are crafted.

❸ MEINKLANG GRUNER VELTLINER 2020 – BERGENLAND, AUSTRIA \$38

A boutique family winery in the eastern Austrian countryside, Meinklang refers to the 'sound of the land'. Naturally the vines are farmed biodynamically then fermented with native yeast in round concrete vessels. Austria's heroic grape, grüner veltliner, shows delicate green fruits, dusting of white pepper and bracing acidity – and makes a smashing sipping or dinner white. The cow label is the coolest, and yes, Angus cows roam the estate and boost soil health.

❹ MEYER FAMILY VINEYARDS OLD MAIN ROAD VINEYARD CHARDONNAY 2021 – NARAMATA BENCH, BC \$54

Previously known as the Tribute Series, the Old Main Road Chardonnay is produced in the same style from 26-year old vines on the famed Naramata Bench. The vines enjoy a northerly aspect which slows ripening for a greater spectrum of flavour, acid and minerality. Intense in flavour and spiced with just the right touch of French oak, it's one of Canada's best chardonnays.

❺ QUAILS' GATE DIJON CLONE PINOT NOIR 2020

– OKANAGAN VALLEY, BC \$80

This winery's dedication to exploring the potential of pinot noir in the Okanagan decades ago is the reason why we have a global reputation for this noble grape now. Two of the best suited clones, 828 and 777 have been bottled here with an artful stroke of French oak, creating a pinot with glorious red berry fruit, bracing acidity and a touch of pinot's gutsy, earthy charm.

❻ DOMAINE DES TOURELLES CINSULT VIEILLES VIGNES 2020

– BEKAA VALLEY, LEBANON \$62

Established in 1868 in the dry, dusty, incendiary Bekaa Valley, this is one of Lebanon's pioneering wineries. Extreme altitude is what cools down and extends the growing season here, allowing bright acidity to balance sweetly ripened fruit. Ancient cinsault vines with potent silky were fermented in concrete vats with wild yeasts, then relaxed in old oak casks to soften and harmonize. Fascinating and riveting red.

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



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



Father Daughter Gala

SATURDAY, FEBRUARY 18

5 – 8 p.m.

Adults: \$98 plus tax & service charge

Kids: \$48 plus tax & service charge

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!



Kids Movie Night: Sing

FRIDAY, FEBRUARY 24

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 Sing. Parents can treat themselves to a quiet dinner in the Grill on the same evening!

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

WAYS TO PRACTICE SELF-CARE AND SELF-LOVE EVERYDAY

Self-love can mean many different things from one person to another. But everyone strives for happiness and well-being. Valentine's Day is around the corner. And as happens every year at this time, you'll be reading about tips to help you choose the best gift for your partner. But what if, for once, you decided to give a gift to the most important person in your life - you? Here are 10 ways to practice self-care and love yourself unconditionally every day.

1. Take time to stop: The day has barely begun, and you are already running around? This mad race against the clock prevents you from stopping and savoring the present moment. When was the last time you sat down comfortably, without your phone, away from the screens, to enjoy your cup of coffee or tea? When was the last time you actually listened to a bird sing or watched a beautiful sunset? As you can see, taking care of yourself often involves simple things that do us so much good.

2. Take time for yourself: We spend our lives taking care of others, putting their needs before our own. What if, for once, you learned to regularly take some time for a one-on-one with yourself? There is no better way to reconnect with yourself. Take the opportunity to do things you enjoy: a skincare routine, a walk away from the

hustle and bustle of everyday life, art or dance classes, etc. What is important is to find something that makes you feel good. Self-care means putting yourself at the top of your list of priorities.

3. Celebrate your victories, no matter how small they may be:

Are you the type of person who sees the glass as half-full or half-empty? Recognizing your small victories on a daily basis is another way to practice self-care. It helps you appreciate what you've achieved, keeps you motivated, and reminds you how amazing you are. Great things are the sum of small things and never forget that. Discover the benefits of practicing gratitude.

4. Be more indulgent with yourself: Perfection is not of this world. Stop setting unrealistic goals for yourself. Why do you forgive others more easily than you do yourself? After all, you too are human, with your weaknesses, frailties, and flaws... Isn't that what makes you unique? Accept yourself as you are and consider your mistakes as opportunities to learn, improve, and not to self-flagellate.

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



Member of the Month

MICHAEL MCKNIGHT

In 2004, Michael McKnight was appointed President and CEO of the United Way of The Lower Mainland. Today, he is President and CEO of the United Way of British Columbia. Under his 19-year stewardship, millions in this province have benefitted from his work.

This magic — this synergy of the right man at the right time with the right organization — might never have happened had Ryerson Polytechnic University offered a football program in the early 1980s.

Michael grew up in Mississauga, Ontario. He never excelled academically but had a prodigious passion for sports.

"All except hockey," he says with a laugh.

Football was the game he wanted to play at a post-secondary level. When he learned Ryerson (now called the Toronto Metropolitan University) didn't have a team, he scrubbed his plans for a journalism career there and instead entered the communications department of Carleton University in Ottawa.

After graduating and working as a child welfare worker and then in the private sector for 10 years, he pursued a degree in social work. He needed a practicum to finish the degree and found one with the federal government. That practicum led to a full-time job.

"But the timing wasn't great," he says. "The Liberal government was just elected on a promise to reduce the number of public service employees."

With two young children, a mortgage and unemployment a distinct possibility, Michael went career hunting. At the young age of 32, he left public service to take on the challenging work of CEO for Big Brothers Big Sisters of Canada, a position he held for nine years.

"I knew nothing about being a CEO; nothing about running a charity; nothing about

anything, actually. It was just by a weird circumstance that I got the job."

Even though Michael loved his position with Big Brothers Big Sisters, he always wanted to move to Vancouver. After a couple of failed search processes, the United Way CEO position opened; the rest is history.

"Since I was new to the province there were some concerns about my ability to build a strong network of donors, supporters and volunteers, but I always enjoyed doing that work and I believe I am good at it."



During Michael's tenure, the United Way has changed in dramatic and positive ways.

"When I started, most people thought of it as only a workplace fundraiser that gave out grants. But the world was changing, and that approach was losing its value proposition. Workplaces were becoming more democratized and the days of the company CEO impacting staff donations were disappearing. Our campaigns were declining. We were cutting everywhere. It was exhausting."

It was then the UW decided to pivot and change its focus to working in neighborhoods reconnecting people. Social isolation was a growing problem and the United Way stepped up and stepped in.

"We started a bunch of small programs like

little libraries, and community gardens. Our network was growing in ways it had never grown before, and when the pandemic hit, we were able to use that network to springboard into providing crucial services at a time of greatest need."

That model of community outreach next worked its magic when fires and floods devastated the towns of Lytton and Merritt, and again when Ukrainian refugees arrived in British Columbia with little more than the clothes they were wearing.

"We changed our brand and our culture. Staff and volunteers suddenly went from being down about our vision and our work, to now being super energized every day. It became a completely different place."

Of the many life lessons learned through the journey of a remarkable career, he says "always do the right thing" is the most valuable.

"No matter what the books say, or the advisers say, lead with your conscience. I learned that at Big Brothers Big Sisters, and I have used it throughout my work life."

At 61, Michael is starting to warm to the idea of retirement.

"When I think about retirement, I think about the opportunities the extra time will afford me. I want to be able to ride my bike more, go to Whistler on weekdays, travel when it is cheaper and quieter, become a better cook."

Michael joined the TCC when he first started at the United Way. It was a convenient and central location to meet donors, to network.

"Peter Jackman's leadership and the hard work of the dedicated TCC staff has really rejuvenated the club in recent years."

Kind words from a CEO who clearly understands the value of rejuvenation.

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.

For more information, or to get started, contact Milwina Guzman at milwina@milfit.ca or 604-716-8927.

PRIVATE PILATES WITH ZORICA

Availability: Tuesday to Friday, 10:30 a.m. onwards
(one-hour session will be held in non-peak squash court time)
Packages available: single, 5, 10, 20

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

MON FEB 20 CLOSED
FAMILY 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. 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 SPRING JUNIOR SQUASH

April 5 – June 25 (13-week term; 11 lessons)

No lesson on April 8 (Good Friday)

or May 20 (Victoria Day) | \$220

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

Wednesday, February 15 | 5 – 6 p.m.

This Beginner's Clinic introduces members of the Club to the exciting game of squash. Learn the basics of squash in a fun environment! Please register with the Fitness Centre front desk by 8 p.m. by the Tuesday 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.

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?

Try a private or partner lesson:

Wednesdays, Thursdays, or Saturdays (other days upon request).

SQUASH@TCCCLUB.COM

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

April 1 – June 24 (13-week term; 11 lessons)

No lesson on April 8 (Good Friday)

or May 20 (Victoria Day) | \$302.50

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 halfway into the 45-Day Fitness Challenge and we've seen a lot of enthusiasm and great energy around the Fitness Centre. Congratulations to all 146 participants!

You're almost there!



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