

TERMINAL CITY TIMES

MARCH 2023 • VOL. 30 NO. 3



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

Upcoming Events

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- MAR 7** TCC SALON
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with Director of Wine DJ Kearney
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A Rock 'n Rollin' Good Time!
- APR 26** BIG BOTTLES/SMALL BITES
Exclusive Tasting

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.
<i>- Weekend service available upon request from Grill</i>	
<i>- Please note that calls are permitted only in Cuvée</i>	

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 MARCH 2023

DEAR FELLOW MEMBERS,

I hope everyone managed to navigate through the uncharacteristic late-February snow. As we enter March, let's hope spring is just around the corner.

Our Board has been keeping busy lately! We've had our annual Board Planning Day and it was very productive, thanks to our awesome Management team. We've got a bunch of projects coming to a close soon, like sprucing up the patios just in time for the warm weather and making it easier for members to stay in the loop with TCC app updates coming in the months ahead. Plus, we're excited to announce some fun secret projects in our next letters! Stay tuned.

February was another busy month at the Club with Valentine's Day, the Club's annual Father Daughter Gala, and Wedding Open House. We also had several corporate events and member-led discussions in the condensed month. Additionally, we were honoured to host prominent Vancouver figures such as Mayor Ken Sim and Chip & Summer Wilson, in support of Zajac Ranch's Lunch with a Legend series.

This month is shaping up to be another busy one at TCC. Although many events are almost fully booked, there is still space left for the Agora Dinner and TCC Discussion Group later this month.

We'll also be screening the Oscars in the Members' Lounge on Sunday, March 12 – have you made your reservation? Furthermore, please save the date for Duelling Pianos on Saturday, April 22. Be sure to register soon as this Vegas-themed piano showdown will sell out.

In April, we will be re-launching Meet Me at the Bar: New Member Night. Starting April 13, stop in to Cuvée every second Thursday of the month to meet and mingle with the newest additions to the TCC community. This is a terrific opportunity for new and longstanding members to connect with one another,

enjoy craft cocktails, and bop along to beats by a local DJ.

For all you wine aficionados, TCC's Director of Wine, DJ Kearney is curating quarterly wine packs. You can choose a mixed case of six bottles or a red-only case for \$275 per quarter. Additionally, you'll receive an invitation to a private launch party ahead of each release. For more information, please reach out to the team at wine@tcclub.com.

I want to say a special congratulations to the 94 members who completed their 45 workouts in 58 days. Way to go! It's not an easy challenge, but I had lots of fun completing it. I'm sure many of you are looking forward to a lighter schedule in March (I know I am).

If you get the chance to get away for Spring Break, I hope you have an enjoyable couple of weeks filled with quality time with your family. Check out one of the hundreds of reciprocal clubs we have access to on your travels. And, don't forget to secure your Letter of Introduction from Member Services before you go! I'm sure many of us are looking forward to leaving winter behind.

Until next month, take care of yourselves.

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:

Rafaella Bastos
Elaine Chis
Joshua Davidson
Naz Degan
Camran Monsef
Samir Nathwani
Charles Negron
Patricia Negron
Charlene Ripley
Jason Sangha
Cameron Sobolik
Lorelei Sobolik
Jordan Switzer
Andriy Us
Iryna Us
Tamara Van den Brink
Justin Webb
David Wotherspoon
Paul Zimeras
Aeronn Zlotnik

CLUB HOLIDAY HOURS

EASTER WEEKEND

Please note: the Club will be closed on Friday, April 7 for Good Friday.

The Club is open on Sunday, April 9 - have you made your reservation for Easter Family Brunch yet?

LIVE MUSIC!

MARCH
5:30 – 8:30 p.m.

*Thursdays,
Fridays, and
Saturdays*



sustainability efforts at TCC

Canadians go through more than two billion plastic bottles of water every year. In 2016, TCC invested in a Vivreau water system which helps us reduce our carbon footprint by eliminating the production, transportation, and disposal of pre-packaged still and sparkling water. One Vivreau dispenser means 1,115 pounds less waste each year!



credit: Vancouver Wedding Studios

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 dedicated TCC team is here to answer your questions about weddings, Terminal City style.

For bookings and all other inquiries, please contact weddings@tclub.com.



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@tccclub.com to secure this elegant space for your next working lunch. Book ahead to secure this popular member's only room

private bookings in cuvée

Cuvée is 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 reserve@tccclub.com.

celebrate st. paddy's day at lions pub

St. Paddy's in the Pub is always good craic! Pints of Guinness, Kilkenny, and Harp will be flowing. Did you know we have over 25 different Irish whiskies on our list? Pub Manager Doug Whidden's favourites include Redbreast 12 year and Greenspot. For something unique, try Connemara, Ireland's only peated whisky.

oscars night at the club

Share the suspense, glitz, and glamour of the 95th Academy Awards from the comfort of our Members' Lounge! 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 Oscars outfits and closest predictions. Reservations strongly recommended.

Dining AT THE CLUB

tcc gourmet dinner series

Flavours of the Middle East was an event to be remembered; Executive Chef Dan Creyke created a fabulous menu of evocative flavours. A dancer performed *Raks Sharki*, known in the west as 'bellydance'. Thank you for joining us for this unique Gourmet Dinner experience and stay tuned for next month's theme!



sunday prime rib dinners

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

March EVENTS



TCC SALON

The Art of Taijiquan

FRIDAY, MARCH 3

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Often called “meditation in motion, its hard to imagine that taijiquan’s slow, gentle, choreographed movements could actually make people stronger mentally and physically. But good research doesn’t lie. How one moves also affects what one is able to perceive, and what one perceives affects how one chooses to move. The health-martial art of taijiquan is built around this idea. Sam Masich will lead a discussion on how this centuries old discipline could improve the lives of taijiquan practitioners.

Teaching in 10 countries, Sam Masich is certified eighth degree master and is recognized as one of the 100 Extraordinary Chinese Martial Arts Practitioners in the world today.



TCC SALON

Intoxication

TUESDAY, MARCH 7

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

In the U.S., around one in 10 children live with at least one parent with a drinking problem, and alcohol is the third-highest preventable cause of death. In Canada the latest national guideline on alcohol is simple: “do not drink.” Slingerland’s book *Drunk* is a thoughtful defence of intoxication. He is disturbed by “our general queasiness about risk” and wants to reassert the value of “the simple joy of feeling good.” He argues that, despite its downsides, getting drunk has been, on balance, good for us, “enhancing creativity, alleviating stress, building trust, and to cooperate with strangers.” He wonders why we think it’s great that, say, meditation or exercise can reduce stress or improve mood but don’t applaud when the same results are achieved by a glass or two of Merlot.



MEMBERS' NETWORKING
LUNCH

Health & Work Performance

THURSDAY, MARCH 9

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.

The topic for March is on the role of health and work performance. What are your favorite techniques for staying focused, sharp and happy at work? How do you prevent burnout while working towards ambitious goals? Come share your thoughts and hear what peers are thinking.

Host Ruben Ugarte will be there to welcome everyone and make introductions.



AWARD NIGHT

Oscars 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 Oscars outfits and closest predictions.

March EVENTS



TCC SALON

Exercise & Osteoarthritis

TUESDAY, MARCH 15

6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Half of us will develop painful knee or hip osteoarthritis at some point in our lives. Half of the 500,000 Canadian youth who hurt their knees each year will develop it by the age of 40. Although there is no cure for osteoarthritis, there is a lot we can do to prevent or slow its progression, reduce pain, and maintain or improve function. Staying active and building muscles around our joints are crucial. “A lot of people think that osteoarthritis is just a normal consequence of aging. It’s not inevitable. There’s a lot you can control,” explains Dr. Jackie Whittaker.

Dr Jackie Whittaker's work has been recognized by the Arthritis Society of Canada as one of the top 10 research advances of 2022. She is an Associate Professor of Physical Therapy at the Faculty of Medicine, UBC.



TCC MASTERCLASS

Great White Wines of the World

FRIDAY, MARCH 17

6 – 7:15 p.m.

\$100 plus tax & service charge

White is the new Red! We all love red wine of course, but it’s high time to shine the starlight on whites. Many white wines live longer than reds, transmit terroir in a more profound way, are a little trimmer in alcohol, and most definitely uplift food magically. Join TCC Wine Director DJ Kearney for a masterclass featuring celebrated styles like white Châteauneuf-du-Pape, Meursault, grand cru Riesling, Bordeaux Blanc, Blanc de Blancs Champagne and more – all paired with scintillating nibbles from the TCC culinary team.



TCC DINNER AGORA

Building Resilience in Uncertain Times

TUESDAY, MARCH 21

6 – 8 p.m.

Complimentary event with the purchase of dinner à la carte

The agora was a meeting place in ancient Greece where people came together to discuss all kinds of topics. The Dinner Agora is the place for members to discuss thought-provoking, sensitive and contemporary topics. Join a n engaging 90-minute dinner, facilitated by TCC member Ruben Ugarte, to learn from your peers and share your perspective.

The topic for March will be on resilience. What are your favorite ideas and techniques for building your resilience especially when dealing with uncertain conditions? How can you help others build more resilience in their lives?



FOR OUR MEMBERS

Members’ Wine Tasting

WEDNESDAY, MARCH 22

5 – 6:30 p.m.

*\$10 plus tax & 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.

Wines being poured:

Bodegas Siah Ribiero Blanco 2019 - Ribeiro, Spain; **Cantina Tibaldi Roero Arneis DOCG 2020** - Piemonte, Italy; **Bodegas Cerro Anon Rioja Reserva 2017** - Rioja, Spain; **Troupis Tomh Rose of Moschefilero 2020** - Mantinia, Greece; **Troupis Route 111 Mavrodaphne/Agiorgitiko 2019** - Peloponnese, Greece

A Look Ahead...

EVENTS



EXCLUSIVE TASTING

Big Bottles/ Small Bites

WEDNESDAY, MARCH 29
6 – 7:30 p.m.

There is something magical about the Magnum. The 1.5 litre bottle of wine dates back to the 1700s, first mentioned by Scots poet Robbie Burns. Magnum is an abbreviation of the Latin words magnum bonum, meaning a 'large good thing'. We've decided to celebrate this large good thing with a monthly tasting in our secluded, exclusive hot spot, the Dr. Ignatius Cheung room. We'll be pouring two captivating magnums studiously paired with small bites from the creative culinary team. Space is limited so register early!



MEET ME AT THE BAR

New Member Night

THURSDAY, APRIL 13
5 – 7 p.m.

Complimentary event

Stop in at Cuvée on the second Thursday of every month to meet and mingle with the newest additions to our community!

Meet Me at the Bar: New Member Night is a terrific opportunity for members new and longstanding to connect with one another, enjoy craft cocktails, and bop along to beats by a local DJ. See you at the bar!

Save the Date!

SATURDAY, APRIL 22
7 – 10 p.m.



Music, comedy, dancing – what more could you want on a Saturday night? Come, let loose, and enjoy an interactive, Vegas-style event with Paul Gibbons and his Duelling Pianos! \$75 plus tax & service charge (includes welcome drink, dessert buffet and show.)

Have You Heard?

MEMBER NEWS



Diane Dou just joined the BlueShore team as their new Chief Experience Officer (CXO). As CXO, Diane will lead the strategy and operations of BlueShore's branch network, Solution Centre, and Wealth Management line of business. An innovative leader with strong commercial and governance acumen, she has over 20 years of experience in financial services. Diane is passionate about giving back to the community and serves on a number of Boards, including the Terry Fox Foundation and Atira Women's Resource Society. Congratulations, Diane!

Heartfelt congratulations to **Kareem Allam** who was recognized in Vancouver Magazine's 2023 Power50 roster, #9 on the list. Last February, Kareem helped Kevin Falcon secure a fifth-ballot win in the BC United's leadership race; this past October, he was instrumental in helping Ken Sim and ABC score more than half of the mayoral vote and lock down powerful ABC majorities on council, school, and park boards.



February 18 2023; Our annual TCC Father Daughter Gala.



Bronwyn Bertles recently earned a place among the top 25 advisors with Engel & Völkers Vancouver for 2022; she also achieved both team and individual Medallion Club (top 10% of all realtors in the Greater Vancouver Area Board) recognition. Bronwyn has a diverse background in real estate including administration, property management and mentorship from some of the top producers in Western Canada. Care and diligent work ethic have helped her exceed client's expectations and go above and beyond for everyone she works with. Congratulations, Bronwyn!

TCC congratulates member **Daniel Frankel**, who recently graduated from Harvard Business School's YPO (Young Presidents' Organization) Program! The program offers a unique setting for YPO members to explore new ideas relating to business, strategy, and execution, and to become inspired and network with fellow executives under the guidance of HBS professors. Only a few students are accepted each year to engage over a nine-year program.



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 you 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

Green wines for Spring

Your Club Beverage Team has been working hard to procure wine offerings that are sustainably and ethically made, protecting both people and the planet. The entire wine industry is finally embracing the urgent need to farm more responsibly, use resources efficiently and take care of those who work the land. We hope you are enjoying our increasingly greener selections!

❶ TCC BUB 2018

– OKANAGAN VALLEY, BC \$55

Our toasty, elegant house fizz is made from pinot noir and chardonnay grapes, organically farmed in the Okanagan Valley. Dry, lean and lemony with creamy bubbles and a long, biscuity finish, there is no dosage added at all keeping it very pure and racy with taut acidity. The base wines are fermented in concrete, then blended and bottle-fermented just like Champagne. Relaxing in a cold cellar for over two years allows it to develop toasty, nutty complexity. Brilliant from brunch to lunch to a late night toast, it's a fabulous example of how organic farming delivers extra flavour and personality.

❷ PIEROPAN SOAVE CLASSICO 2020

– VENETO, ITALY \$47

This is a classic, riveting Soave, gleaming pale gold with the telltale greenish tints of youth. Certified organic, the wine is a blend of 85% garganega and 15% trebbiano di Soave, fermented traditionally in glass-lined concrete vessels. It has the excellent balance between generously ripe fruit and juicy acidity typical of the temperate region of Veneto in the northeast of Italy, where ample sun is offset by cool mountain air at night. Aromas and flavours read like a roll call of ripe garganega – white flowers, apricot, almond, peach, and fennel with an underpinning of green apple and earthiness. A definitive aspect of the wine is the pungent twang of minerality imparted by the richly volcanic soils in which the mature vines are planted. You'll sense this in the lengthy, saline finish of this masterful Soave.

❸ WITTMANN SPÄTBURGUNDER ROTWEIN TROCKEN 2020

– RHEINHESSEN, GERMANY \$58

It's always a surprise to learn that Germany has the world's third largest pinot noir plantings (after France and California)! Often leafy, light and juicy, spätburgunders (as pinot is called in Germany) is more similar to Burgundy's weight and structure than pinots from California.

Wittmann has practiced a specialized kind of farming called biodynamics for years now, following the lunar cycle and adding homeopathic treatments to the vines and soils. Sporting energetic cherry fruit and a dusting of spicy oak, there is a special vitality and purity surging through this charming red courtesy of the biodynamic viticulture.

Email wine@tcclub.com to secure your bottles!

You are invited to join our

TCC Wine Locker Club!

*\$275 per quarter (February, May, August, November)
Choose between a mixed case of 6 bottles or an all red case of 6 bottles.*

Replenish your locker effortlessly, or opt to take the pack home.)

Your Club wine experts DJ Kearney and Owen Stuart have curated an exciting collection of bottles from around the globe so that you are never short of an enticing pour for all occasions.

Each set of wines will offer diversity and value, and always include an outside-the-box 'discovery' bottle. Naturally these wines are neither mainstream nor widely available, adding cachet to your locker trove. You'll look like a pro and delight all who are lucky enough to sit at your table! You may choose a mixed selection of white/pink and reds, or a red wine-only lineup (or how about both?!).

There are just 24 of these offerings available, so please email wine@tcclub.com to arrange yours before they are gone.

Best of all, you will be invited to a private launch party each quarter where you can pre-taste the wines, learn the backstory and plot your deployment strategy!



❶



❷



❸

...UPCOMING EVENTS



Kids Movie Night:

The Bad Guys

FRIDAY, MARCH 31

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 *The Bad Guys*. Parents can treat themselves to a quiet dinner in the Grill on the same evening!



Easter Brunch

SUNDAY, APRIL 9

Seatings at 10:30, 11 and 12 noon.

Adults: \$105 plus tax & service charge

Kids: \$45 plus tax & service charge

Join us for our annual TCC Easter Family Brunch, with a long-eared special guest. Can you guess who?

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

IMPROVE JOINT HEALTH WITH PRP THERAPY

Blood is made up of plasma, red blood cells, white blood cells and platelets. PRP stands for platelet-rich plasma. PRP therapy is, simply put, the injection of a concentrated source of platelets into an area of injury. It's also an innovative treatment that has shown promise as an effective line of therapy for osteoarthritis and improved joint health.

PRP first gained popularity in the early 2000s when it was used on athletes trying to recover from various injuries. One of the first documented cases was for San Francisco 49ers quarterback Steve Bono's torn Achilles tendon.

As a sports medicine practitioner, I've had positive outcomes with various uses of PRP, but it's important to understand the difference between successful "case reports," such as those mentioned, and the best evidence-based practice that's built upon unbiased, ideally double-blinded, randomized control trials.

Osteoarthritis, however, has shown benefit, with the knee having been the most studied and showing the strongest evidence for

PRP use. Exercise, strength and weight loss are still the pillars of osteoarthritis treatment, but PRP is now considered among the adjunctive next steps of therapy – exciting news for anyone wanting to maximize conservative therapies for improved joint health!

Factors that can influence the outcome and success of PRP include the area of injury, the tissue type involved, the chronicity or acute nature of an injury, other treatment strategies already employed, performance demands, recovery goals, post-injection rehab, an individual's overall health and medications.

Talking with a healthcare provider who is knowledgeable in PRP and up-to-date on the literature is of utmost importance to ensure the treatment plan is based on the best evidence available globally.

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

Member of the Month

CATHERINE DANGERFIELD

As a successful banker, Catherine Dangerfield is amply qualified to offer this brilliant and bankerly career advice: Reconcile yourself. This bit of wisdom came to her one day in yoga class — the word “yoga” defined literally as “to become one with.”

“I was in a pose and remember the instructor explaining the word means a polarity of opposites — that you are putting your body in two different directions at the same time. When I was in that pose, I realised that my life was a polarity of opposites and I had to find balance.”

Until this “aha” moment on the yoga floor, the conflict in her career was this: With the one hand, she had a firm grip on the corporate ladder with TD Bank; yet, in the other hand there was an artist’s brush eager to create something grand and beautiful. “Find a way to be authentically who you are,” she advises. “The sooner you get there, the more comfortable your life becomes.”

Catherine graduated from York University in Toronto with a Bachelor of Fine Arts. She paid for her education working with TD, primarily as a bank teller. Her post graduate work was at Simon Fraser University, where she earned her MBA. “I avoided marrying art and banking for many years,” she says. “I was a little embarrassed about my art background. In the banking world it didn’t mean anything to anyone, and it wasn’t adding value to anything I was doing, so I would gloss over it.”

Today, Catherine’s title with TD is Assistant Region Head, Pacific Region Private Wealth Management. Aside from a few

years working with a Vancouver credit union, her career has been entirely with Toronto-Dominion. She calls herself a generalist, having worked in a wide range of departments including human resources, retail banking, direct investing, and practice management.

“Outside of my work, it is all about the arts,” she says. Catherine sits on the board



of the Vancouver Opera Association, and she is the Chairperson for this year’s Audain Art Museum gala. “I love being able to contribute my business skills to arts organizations. Some of them need that help — they might need introductions to corporate entities, or they need financial acumen on their board. It’s how I stay involved with art. It feeds my soul.”

Within TD, she sits on the governance board of the bank’s arts council. “Through the art council and my engagement with our art

collection, I have developed partnerships with galleries throughout British Columbia. I am the person most of the galleries will reach out to if they want connections to TD. I love that part of my job.”

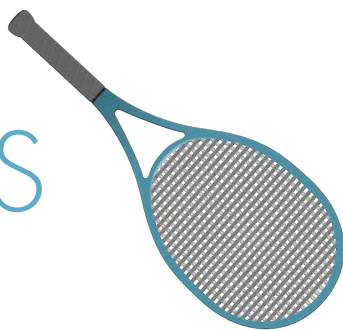
Catherine’s husband Paul is President of Capilano University. The couple first met when they were children in an unlikely location. “We both come from military families, so we grew up all over the world. We met when our dads were stationed in Pakistan. We didn’t meet again until years later.” Catherine was beginning a post-secondary education in Europe and Paul had just completed his degree in Canada when he contacted her and asked if she would be interested in travelling together. Fast forward a few decades and couple have two adult daughters and roots firmly grounded in Vancouver.

“When Paul and I talk about how we first met and how we got to where we are today, we joke that it feels almost like an arranged marriage.”

Outside of work and her involvement with the arts, Catherine loves family ski trips. The Dangerfields have a second home in Whistler. She also loves travel. Barcelona stands out as her favorite destination. “We like to get to Europe at least once every two years.”

Catherine joined the Terminal City Club six years ago. “The membership was passed on from a predecessor at TD. I use it a lot for entertaining clients, hosting events, wine tastings with colleagues. It’s just down the street from my office, so it’s quite convenient having such a great club so close to work.”

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

FRI APR 7 GOOD FRIDAY
CLOSED

MON APR 10 EASTER MONDAY
OPEN

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 1 – June 24 (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.

FREE BEGINNERS CLINIC

Wednesday, March 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:

Tuesdays, Wednesdays, Thursdays, or Saturdays

(other days upon request).

SQUASH@TCCLUB.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.	F.I.T. WITH VANESSA	CORE CONDIT. WITH LEILA	CARDIO KICKBOXING WITH LEILA		TOTAL BODY 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.

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

We are so proud of our 150 TCC Fitness Challengers! 94 of you completed 45 workouts in 57 days – your dedication is inspiring! A special kudos goes out to those with perfect attendance:

Joanne Bryan, Dan Enjo, Ian Fisher, Nathan Hesketh,
Charles Malette, Karen Miller, Charlie O'Sullivan.

We're already looking forward to next year. Nice work, all!

EASTER BRUNCH

Sunday April 9

Seatings at 10:30, 11, and noon



*The Easter Bunny and TCC invite you to join us for our annual Easter Brunch.
Enjoy a seasonal brunch buffet with your family,
as well as a scavenger hunt and a photobooth!*

Register with Member Services or through Member Central.

Adults: 105 plus tax & service charge

Kids (4-12) 45 plus tax & service charge

TERMINAL CITY CLUB