

TERMINAL CITY TIMES

OCTOBER 2023 • VOL. 30 NO. 10



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with DJ Kearney

REGISTER FOR EVENTS

online	via Member Central
email	conciierge@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. – 9 p.m.
Saturday & Sunday	8 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

Sunday – Wednesday	11 a.m. – 11 p.m.
Kitchen	11 a.m. – 8:30 p.m.
Thursday – Saturday	11 a.m. – 12 midnight.
Kitchen	11 a.m. – 9:30 p.m.

For reservations, contact pubbookings@tcclub.com

TERMINAL CITY CLUB



President's Letter OCTOBER 2023

DEAR FELLOW MEMBERS,

I hope everyone has enjoyed the change of season. October is a month to spend some quality time with your friends and family on Thanksgiving, and a time for reflection with the recent National Day for Truth and Reconciliation. It's also a month to spend time indoors (hopefully at the Club) as the rain will surely be more prevalent.

October also marks the start of the Club's 2023/2024 fiscal year. The Club has seen some fortunate growth in the past few years since the pandemic. For the year ahead, our Board of Directors has approved a budget and five-year plan that reflects the changes we've seen to our business coming out of Covid-19. More details will be shared with the Membership at our **Annual General Meeting** on Monday, December 11.

September was a busy month at the Club, and we expect October to be no different. Our member-focused events such as our TCC Salons will take place throughout the month, as will a **New Member Night** in Cuvée, **comedy** in the Members' Lounge, and a special family-focused **Mad Scientist's Lab Halloween party**.

On top of this, the beverage team will be doing a Bond-themed wine tasting leading up to our **Annual Gala** on Saturday, November 4. Also, be sure to look out for our 007-inspired Fresh Sheets in our Outlets later this month. This party is not to be missed and is one event that our team knocks out of the park year-after-year. I expect this year will be no different. Secure your tickets with Member Services today. You won't want to miss this one...

The Catering department has been very busy the past few months and are chock-full of bookings through the fall and into the holiday season. If you have any booking for holidays parties, meetings, and gatherings, I encourage you to get your reservations in as

soon as possible. Please reach out to catering@tcclub.com. Alternatively, our Club Rooms make for a great spot to book a private dinner, staff function, or planning session.

For the sports fans out there, we'll be screening Canucks and NFL games in the Members' Lounge, as much as possible. Don't forget that the Lions Pub is one of the premiere locations in the city for soccer and the Rugby World Cup.

Over the past months, our Club has significantly improved its tech infrastructure. We've hired an in-house IT Manager who works closely with our Managed Service Provider (MSP). Our Internet now boasts a speedy 300 MBPS Wi-Fi (up from 100 MBPS) with fiber and backup coax connection. Dead Wi-Fi zones have been fixed with extra access points. Network security was reinforced with a secondary firewall and domain controller. Our data and communication systems are now in the cloud, using SharePoint and Webex; and we've adopted a three-tiered data backup approach with onsite NAS, cloud, and manual backups. Excitingly, we're partnering with HSMG on an upcoming app update. Stay tuned for more details!

I look forward to seeing some of you around the Club in the month ahead.

Sincerely,

Julia Yan
President, Terminal City Club

Stay informed AT THE CLUB

in memoriam

We regret to announce the recent passing of Mr. Scott Hussey, member for 10 years.

holiday hours

The Club will be closed on **Monday, October 9** for Thanksgiving. For Thanksgiving Dinner, make your reservation in the Grill and enjoy a special menu featuring locally sourced seasonal ingredients, available as a three-course prix-fixe or à la carte.

get social!

Follow us on Instagram [@tcclub](#) for Club news, updates, member event information, Grill fresh sheets, weekly wine and cocktail specials, affiliate club highlights, behind-the-scenes snaps, and more!



welcome to our newest members!

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

Ms. Kaity Arsoniadis
Mr. Mark Blandford
Mrs. Paulina Cameron
Ms. Diana Chen
Mr. Vadim Oskolkov
Mr. Jack Adams
Mr. Stewart Andrade
Ms. Danielle Benn
Mr. Ryan Benn
Ms. Georgina Bushell
Mr. Arnaud Bussieres
Ms. Lisa Carter
Mr. J. Andrew Cochrane
Mr. Craig Davis
Ms. Maria Dominic
Ms. Madelaine Duke

Mr. Geoff Fawkes
Ms. Sadeem Fayed
Mr. Drew Finch
Ms. Nina Huang
Mr. Iman Kashkooli
Mr. Mike Kelly
Mr. Tony Kwan
Mr. Colin Lai
Ms. Shirin Lak
Ms. Kaidra Mitchell
Ms. Aulona Noka
Mr. Douglas Smith
Ms. Nicole Urban
Mr. Edwin Yeung
Ms. Beyhan Zor

dress code reminder

Unless otherwise specified, the Club, with the exception of the Fitness Centre, has a minimum dress code of **smart casual**. Smart casual includes collared shirts, golf shirts, blouses, knee-length shorts, khakis, and solid-coloured denim. T-shirts without large logos or slogans are permitted provided they are worn with a sports jacket. All footwear must be clean and smart. All hats, runners, flipflops, and torn denim are not permitted.

lounge reminder

As we head into the indoor season, please be aware items left unattended at tables in the lounge during lunch hour may be removed to make room for lunch diners.

guest policy when dining

Please remember if your guests arrive before you, food or beverage orders will not be taken without a member present.

for extra efficiency, consider pre-ordering

Coming in with a group? On a tight timeline? Contact reserve@tcclub.com to pre-order your food or arrange for appetizers or wine to be ready on arrival.

bespoke dining experiences

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 members' hideaway for your next working lunch.

corkage update

Bottle pricing for wine and spirits at the Club is calculated based on the BCL cost plus corkage. Effective October 1, 2023, corkage will be:

- Bottles up to \$49 \$20
- Bottles \$50-99 \$35
- Bottles \$100+ \$45
- Bring your own wine
from home \$45

DID YOU KNOW? If you have a Liquor Locker, you may ask a bartender to make a cocktail with the spirits in your locker. A cocktail prep charge of \$3.50 will apply plus any additional ingredients used from the bar. For example, for a margarita, we would use your tequila and add the 0.5 oz charge for the orange liqueur, plus the cocktail prep charge.

Dining AT THE CLUB

weddings at TCC

Recently engaged or know someone who is engaged and on the hunt for the best wedding venue in the city? Contact weddings@tcclub.com for more information about hosting your special day at the Club. Members receive an exclusive rate. We are taking bookings for 2024 and 2025; inquire today to secure your date.

christmas 2023

Our holiday menus are here! Please contact your Catering team at catering@tcclub.com to book your 2023 holiday entertaining.



HOLIDAY OFFERING Thanksgiving Dinner

OCTOBER 5 – 8 in the Grill

Enjoy à la carte or as a three-course prix fixe (\$72 plus tax & service charge)

Bring your friends, family or co-workers for an effortless, delicious meal.

APPETIZER

North Arm Farm Ailsa Craig Onion Velouté | 17
63° organic egg, black truffle, chicken skin crunch, chive oil

Waldorf Flatbread | 20

whipped gorgonzola, toasted walnut,
apples from chef's garden, roasted grapes, celery

MAIN

Solsdedt Roasted Squash Agnolotti | 38
celery root, leeks, the last of the summer tomatoes

Turducken | 46

boneless whole turkey, duck confit, chicken thigh, whipped potato,
roasted vegetables, cranberry gel, gravy

Crispy Skinned Greek Sea Bream | 42

miso mushroom velouté, chanterelles, swiss chard, pumpkin gnocchi

DESSERT

Pumpkin Pie | 14

brown butter caramel, chantilly

Maple Bourbon Crème Brûlée | 14

poached apple, candied pecan

October EVENTS



TCC SALON **The Art of Eating Out with George Frankel**

MONDAY, OCTOBER 2
6 – 9 p.m.

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

Famed restaurateur George Frankel will lead a dinner discussion on how the experience of eating out could either be blissful or fraught with subpar service, overwhelming noise, or the failed ambition of a signature dish. Striking a balance between taste, ambiance, & affordability can be tricky. George, a TCC member and a consummate storyteller, will regale salon guests with his decades of experience as a restaurant founder. At the dinner he will invite personal stories from the table.

George opened Bridges on Granville Island in 1981, the Prospect Point Cafe in 1984, and prior to that he had a number of restaurants in Israel. But his claim to fame? Father of Daniel Frankel, the driving force behind Tap and Barrel.



TCC SALON **A Critical Consideration of Risk-Taking with Kevin Valley**

WEDNESDAY, OCTOBER 4
6 – 9 p.m.

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

Valley's exploration ethos reveals that embracing physical and mental risks imparts life-changing wisdom and counters our risk-averse culture. His daring Arctic journeys and endurance trials highlight hidden lessons, pushing us to discover our resilience and adaptability. In a risk-averse society, Valley's example encourages us to leave our comfort zones, fostering a culture where calculated risks are celebrated for their potential to spark personal growth and transformation.

Kevin is a talent mentor, architect and explorer. He is a member of the Explorer's Club and was honoured as an Explorer's Club Flag recipient for his expedition to the Northwest Passage in 2013. In 2009, he and two teammates broke the world record for the fastest unsupported trek to the Geographic South Pole.



MEMBER MINGLE

Meet Me at the Bar: New Member Night

THURSDAY, OCTOBER 12
5 – 7 p.m.

Complimentary event

Join this lively, quarterly social and welcome new members to TCC. With drink specials, a DJ spinning and longstanding members available to make introductions, this event is designed to expand your network, deepen existing connections, and foster our club community.

A happy hour for old friends and new friends alike, meet you at the bar!



TCC SALON

India's Place in the World: An Evening with Barinder Rasode

THURSDAY, OCTOBER 12
6 – 9 p.m.

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

India's population is the largest in the world. Its economy the fifth biggest. Its diaspora wields huge influence, especially in American business. But under PM Narendra Modi, many Indians believe that they have fewer freedoms. Critics claim he is biased against religious groups, especially the 200 million Muslims, and that he attempts to silence the opposition. As the influence of the West diminishes, India seeks to emerge as a leading force among developing nations, thus competing head-on with China. And Trudeau now alleges that state-sponsored Indian agents assassinated a Sikh leader in BC. Tensions between Hindus and Sikhs are intensifying, and Canada-India relations are at an all-time low.



MEMBERS' ONLY

Members' Wine Tasting: Iconic Bond

WEDNESDAY, OCTOBER 18

5 – 6:30 p.m.

\$10 plus tax & service charge

Registration is recommended as space is limited

To set the mood for our November **Iconic Bond Gala** we've planned a thrilling global dossier of bevies that would stop 007 dead in his tracks.

On Her Majesty's Secret Service was the 1969 spy film that starred George Lazenby. James hit the Swiss alps for après le ski with his athletic Bond girl, Diana Rigg (remember that bobsleigh scene?). Switzerland's key white grape is called chasselas and you don't have to live dangerously to try it! Sean Connery returned for the seventh Bond film, 1971's *Diamonds are Forever*, tempted back to the role with a then record-setting salary of \$1.25 million. Set in Vegas, Bond sips his way through quite a few cocktails, like the Old Fashioned, but perhaps his favourite has always been the Vesper martini. In his honour, we'll shake up a taster for you. Roger Moore starred in the 1974 *Man with The Golden Gun* set mostly in Thailand (iced beer!) and Lebanon where wines have been made for two millennia. *Skyfall* invites us to Istanbul's Grand Bazaar and Scotland for a wee dram, Highland, of course! One of the most expensive films ever made, *Spectre's* most dramatic scenes are in Mexico, so naturally we will serve you a tempting sangria as well as a fine Mexican red wine!

We cordially invite you to join us on Wednesday, October 18 and drink like the International Man of Mystery himself!

Quails' Gate Chasselas Blend 2022

Vesper Martini *demi taster*

Singha Thai Beer *on ice*

Domaine des Tourelles 2020 Red Blend from Lebanon

Scotch Whisky *demi taster*

Dia de Los Muertos Sangria

Mariatinto Red Blend 2021 *Baja, Mexico*



COMEDY NIGHT

ft. Chris Griffin & host Lukas Purm

THURSDAY, OCTOBER 19

Doors at 5 p.m.

Show at 7 p.m.

\$15 plus tax & service charge

Registration is mandatory as space is limited

Lukas Purm is back to host another hilarious night of comedy at TCC, this time with comedian **Chris Griffin**. Griffin has won the Vancouver Comedy Competition, made the finals of the prestigious San Francisco International Comedy Competition, appeared eight years in a row at the Just For Laughs Northwest Festival, along the way sharing the stage opening for comedic legends like Norm MacDonald, Doug Stanhope, and Tom Papa, as well as trailblazing talents Mark Normand, Fortune Feimster, Dave Merheje, Dulcé Sloan, Bert Kreischer, Ismo, and fellow bad dude Bret "The Hitman" Hart. Make sure you register early! Drink specials and food will be available to order.

October EVENTS

live music in the members' lounge

6 – 9 p.m.

Thursday October 5
Connor Roff

Friday October 6
Olaf De Shield

Saturday October 7
Rose Ranger

Thursday October 12
DJ Wonjo

Friday October 13
Colin Sankey

Saturday October 14
David Capper

Wednesday October 18
DJ Wonjo

Friday October 20
Rob Eller

Saturday October 21
Colin Sankey

Thursday October 26
Dave Martone

Friday October 27
Olaf De Shield

Saturday October 28
Cole Petrone

Upcoming EVENTS



MASTERCLASS

Brandy & Cognac

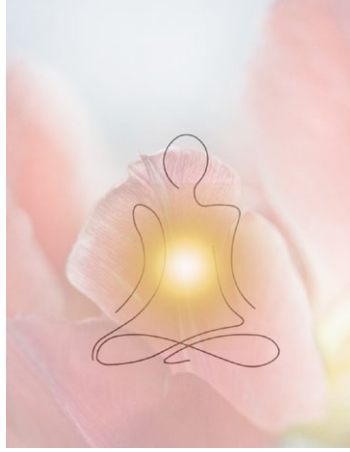
FRIDAY, OCTOBER 20

6 – 7:15 p.m.

\$95 plus tax & service charge

Join our TCC bar stars to examine the world of French Brandy and Cognac (yes, there is a difference!), and immerse yourself in one of the world's oldest spirits. Distilled from wine made from white grapes and cask-aged to mellow, there is exciting stylistic diversity across the country, especially within the Cognac appellation.

This interactive session will teach you the history, production methods, how to decode the terms from VS to XO, how to taste, serve and even cook with these grape-based spirits. You'll also shake up a classic cocktail and indulge in pairing delights from the TCC culinary team. Best of all, these celebrated spirits are all from the house of Remy-Martin!



MEDITATION

Breathing Techniques

MONDAY, OCTOBER 30

5:30 – 6:30 p.m.

\$15 plus tax

Building a beneficial meditation practice begins with effective breathing. Learn a variety of breathing techniques to help enhance your meditations and your everyday life.

As the class will involve sitting and lying down, participants are encouraged to bring a yoga mat and/or any cushions, blocks or blankets to make themselves comfortable.

Denise has been practicing meditation and various healing techniques for over 20 years. She has a Master's degree in Metaphysical Sciences, and is living proof that meditation is beneficial for the mind, body, and soul.

Next session: Monday, November 20: Sound Bath



TCC ANNUAL GALA

Iconic Bond

SATURDAY, NOVEMBER 4

7:30 p.m. until late

\$285 plus tax & service charge

**Tickets are final sale and non-refundable*

Your mission, should you choose to accept it: TCC's annual gala. The 007 theme is a member favourite and a night not to be missed.

Your ticket represents tremendous value as it includes an open bar, an extensive array of culinary offerings throughout the evening, themed rooms, live entertainment (live band and DJ), dancing, and a few surprises. Come dressed to impress!

The Metropolitan Ballroom will become Mexico City on Día de los Muertos (Day of the Dead), inspired by the scene in *Spectre* – bright, colourful, and frenetic. As usual, we will have award-winning band Side One take the stage.

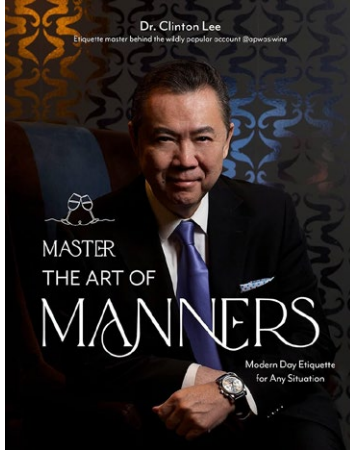
1892 and Cuvée is your casino from *Diamonds are Forever*. Roll up your sleeves for craps, roulette, and blackjack, though I expect the real attraction will be the six slot machines!

Cool off in the **Swiss Alps at Piz Gloria (formerly known as the Terrace Ballroom)**, à la *On Her Majesty's Secret Service*. The ice luge is a must, and the DJ will keep you on your toes. Watch out for the ski bunnies!

We'll whisk you off to the **Grand Bazaar, Istanbul**, on the Grill patio (*Skyfall*). You'll forget the November chill here – we are tenting the patio and draping the interior in plush fabrics, rolling out Pete's luxe collection of rugs, installing plenty of lounge poufs, and stringing up warm lights. If you visit at the right time, you'll catch the belly dancer.

Should you choose to accept this mission, you'll be pulled into **M's Office (the Members' Lounge)** for your briefing. (Yes, the foot massages are returning to this space!)

At the Club EVENTS



GREETINGS & DINING ETIQUETTE MASTERCLASS: ELEVATE YOUR PRESENCE WITH CONFIDENCE & ELEGANCE | Wednesday, October 4 • 10 a.m. – 12 noon

Have you ever found yourself in a social setting, unsure of how to make that impeccable first impression or navigate a formal dining experience with grace and poise? This masterclass is a transformative journey that will turn you into a true connoisseur of charm and refinement. To register, visit apwasi.com/product/greeting-dining-etiquette-masterclass

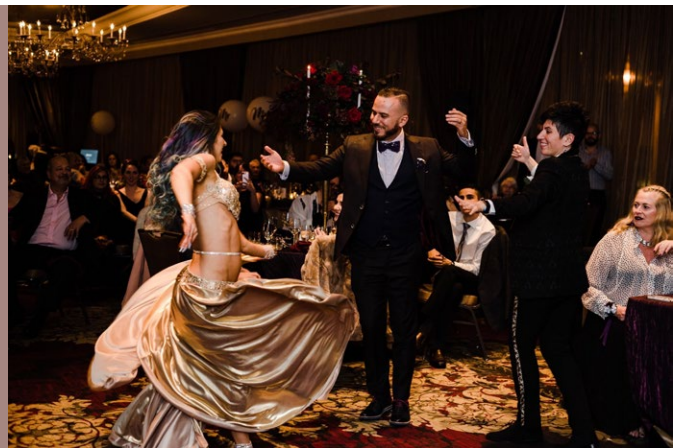
GREETINGS & CULTURAL ETIQUETTE MASTERCLASS: MASTERING GREETINGS WORLDWIDE Wednesday, October 4 • 2–4 p.m.

In today's globalized world, understanding and appreciating diverse cultures isn't just a nice-to-have skill; it's a game-changer that can open doors to extraordinary opportunities. This masterclass is an enriching journey that will not only transform the way you connect with people but also broaden your horizons. To register, visit apwasi.com/product/greeting-cultural-etiquette-masterclass-oct-4

AN EVENING IN DAMASCUS

Tuesday, October 17 • 5:30 p.m.

RBC Presents: An Evening in Damascus is an annual community-run fundraiser that celebrates its ninth year in 2023. An Evening in Damascus has raised over \$300,000 since it started in 2015, providing support to bring 28 queer and trans refugees to find safety and prosperity in Canada. This beautiful evening introduces the Canadian community to an authentic representation of Syrian culture and heritage through our cuisine, music, dance, storytelling, and performances; it also builds a safe space for Syrian queer and trans refugees to celebrate their Syrian identity, as well as their pride in belonging to the LGBTQ+ community, possibly for the first time. For more information and tickets, visit eveningindamascus.com.



TCC MEMBER WALK OF FAME

Members who purchase eight or more tickets to our 2023 annual gala **Iconic Bond** will be recognized with a star on the TCC Member Walk of Fame and invited to join a VIP pre-party starting at 6:30 p.m. Bring your friends for a night to remember!

For more information or gala-related inquiries, email joinus@tcclub.com.



Liquid Assets

CURATED BY DJ KEARNEY

Celebrating Claret!

Claret is the nickname for red wine from Bordeaux. Claret is made from a blend of noble red grapes, primarily cabernet sauvignon, cabernet franc, and merlot. Typically these wines are oak aged, with bold fruit, firm tannins and always brisk, refreshing acidity. The best clarets age for decades, showing cedar and cigar box complexity when mature.

❶ CHÂTEAU GRAND-PUY DUCASSE 2012 PAUILLAC, BORDEAUX \$250

A 5th growth in the classification of 1855, this estate makes bullseye claret in the commune of Pauillac, where the iconic gravel soils are deepest. Cabernet sauvignon leads the blend, delivering crème de cassis fruit, vivid acids and ripe, firm tannins from the wonderful 2012 vintage. See what mature claret is all about!

❷ CHÂTEAU D'ARMAILHAC 2018 PAUILLAC, FRANCE \$200

Château d'Armailhac neighbours the famous First growth property, Château Mouton Rothschild. Armailhac owns lovely old vineyards averaging 50 years, which brings significant fruit heft to the dinner table. From the heralded 2018 vintage, this claret shows crushed ripe blackberries, spice cake and graphite, with tightly knit tannins and an opulent finish. This Fifth Growth cru classé is just entering its drinking window, but needs a few hours of breathing in a decanter. Call TCC in advance and the team will open and decant it for you.

❸ CATHIARD VINEYARD HORA 2018 NAPA VALLEY, CALIFORNIA \$205

❹ CATHIARD VINEYARD FOUNDING BROTHERS 2018 NAPA VALLEY, CALIFORNIA \$505

This is claret from the Napa Valley! One of the most characterful families of Bordeaux, the Cathiards, have set their sites on making fine wine in California. Cathiards own the incomparable Château Smith Haut Laffite, one of the oldest estates in Bordeaux. They found a venerable property in Napa and went to work bringing all their expertise and exquisite good taste to the venture. Hora is a cab/merlot blend with a silky smooth texture, and savoury, gravelly claret finish; and very well-priced by Napa standards! Their Founding Brothers is a majestically structured wine, showing potent black fruit flavours and sophisticated spices with substantial tannins that are ripe and plush. Despite their Napa provenance, there is a clear Bordeaux-ness about these two very handsome reds. Highly allocated, they are new to the TCC cellars. It's fabulously priced by Napa standards!

UPCOMING WINE EVENTS

Wednesday, October 18
Members' Wine Tasting: 007-inspired

Friday, October 20
Masterclass: Brandy & Cognac

Thursday, November 30
Wine Masterclass: Champagne



❶



❷



❸



❹

Email wine@tclub.com
to secure your bottles!

...UPCOMING EVENTS



Kids Halloween Party: Mad Scientist's Lab

SUNDAY, OCTOBER 29

4 – 6 p.m.

Adults: \$75 plus tax & service charge

Kids: \$60 plus tax & service charge

Come one, come all, for a very spooky afternoon of family fun!

Enjoy delicious food, candy galore, and some special potions for mum and dad. Learn how to make lava and other concoctions in our kooky science lab, play a mad scientist game, and do the monster mash along to tunes spun by DJ Mary Mac. Best costume wins a prize, so get all dressed up and boogie your way to the mad scientist's lab!



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

WHAT IS A NURSE PRACTITIONER?

Nurse practitioners are experienced clinicians with advanced education.

Prospective nurse practitioners must first complete a four-year nursing degree and have a minimum of two years of clinical experience as registered nurses (in most jurisdictions), before being eligible for post-graduate nurse practitioner studies. Successful nurse practitioner candidates then complete a simultaneous Masters degree and Graduate Diploma and must pass a certification examination in order to practice.

Nurse practitioners have the authority to independently assess, diagnose, treat and monitor a wide range of health concerns. As autonomous providers, nurse practitioners can: **formulate and**

communicate diagnoses; prescribe and renew medications; order and interpret laboratory/diagnostic testing, as well as initiate referrals to specialists and other health care providers.

While nurse practitioners have the authority to practice independently, they also consult and collaborate with physicians and other health care providers to deliver the best quality care to patients.

From managing acute and chronic health conditions, helping prevent illness through cancer and chronic disease screening and promoting health through prenatal and postpartum care, nurse practitioners in virtual primary care have a scope of practice comparable to family physicians, guided by the mission to support patients to

achieve optimal health and wellbeing.

Some nurse practitioners further specialize to provide care in mental health, pediatrics, travel medicine, obesity, diabetes, etc. The team of nurse practitioners at TELUS Health lean on each other's specialties to provide the best possible care to their patients in a team-based approach.

We welcome you to explore how our nurse practitioners can help you reach your health goals, through their clinical expertise and holistic approach to primary care.

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



Member of the Month

DANNY RAMADAN

Growing up in Damascus, Danny Ramadan knew his sexual orientation put him in danger. According to Syria's still-enforced 1949 penal code, "carnal relations against the order of nature" is a crime punishable by up to three years in prison. For decades, the people in the country's LGBTQ community have also faced the grim threat of illegal vigilantism, including beatings, torture, and executions.

At the age of 19, Danny left Syria and moved to Egypt where he worked as a journalist. But when the Arab Spring uprising against Assad began to foment in 2011, he returned to his homeland. "I wanted to report on the revolution from Damascus," he says. "I naively thought it would be a month or two and the country would be on its way toward a more democratic and inclusive government."

During the uprising, his reporting for publications like *The Guardian* was a valuable source of information for people around the world. At the time, he also started an underground LGBTQ centre in his apartment. "I would love to take credit for being courageous, but it all evolved rather organically. I was alone at home, and I got to know some of the queer folks in Damascus. Soon friends were inviting friends to come over. Suddenly we had a community — a community that needed support. "We had screenings of films not accessible to us. We had a sharing circle. We started doing research into how to describe ourselves — how to stay safe while being truthful to our identities."

The underground centre was eventually shut down and Danny was imprisoned for six weeks without due process and without knowing his fate. "My friends knew the

right person to bribe to get me out of jail." In 2012, he escaped to Lebanon where he lived as a refugee for two years. In 2014, he moved to Vancouver, and today lives in New Westminster with his husband Matthew and their dog Freddie.

Danny is best known around the world as the author of two short story collections, two novels, and four children's books. His writing has been lavished with praise and his publications have won numerous prestigious awards. His memoir will be published next year, and he is currently working on a third novel — a fictionalized account of the true story of two Syrian women who survived the *Titanic* then disappeared into America.

"My life is so good (in Canada). If somebody told me when I was five or six that I was going to be successful, own a house, and belong to a club like the TCC, I wouldn't believe it." Danny came to Canada thanks largely to Rainbow Refugee, a Vancouver organization that assists people fleeing persecution based on their sexual orientation, gender identity, gender expression, or HIV status. Typically, Rainbow Refugee sponsors and fully supports people for their first year here.

For nine years now, Danny has been giving back to the Rainbow Refugee community through a fundraising event called *An Evening in Damascus*. This year, *An Evening in Damascus* will be held at TCC on Tuesday, October 17.

"The event brings some Syrian culture to Vancouver — food, dancing, music, storytelling. The décor has a different theme each time. Last year we gave our guests the experience of home life in Damascus.



PHOTO: Amanda Palmer

This year we are giving the experience of a marketplace, or *souk*. From 5:30 to 9 p.m., there are 250 guests eating, drinking, enjoying the non-stop experience, then I stand on stage and ask for help."

The annual gala has raised more than \$300,000 for Rainbow Refugee. "It's a great cultural event run entirely by volunteers. It's a space for you to meet a community that you have never met before, and for you to experience things you might not find that easily in Vancouver." Each year a portion of tickets are set aside for new immigrants and refugees. "Yes, it's about the money, but it's also about shaking hands with people who are new to Canada — people who might greatly benefit by the connections they can make at an event like this."

Danny and his husband Matthew are both members of Terminal City Club. In fact, the couple had their wedding at the TCC in 2019. "This place is like our second home. We are here all the time when we come downtown — meetings, events, brunches with friends. Sometimes I will go to the members' lounge during the day and work. Service is always so attentive and it's such a comfortable space. I am very proud of being a member."

Tickets for An Evening in Damascus, held at TCC, are \$120. To learn more about the event and to purchase tickets, visit eveningindamascus.com.

Focus ON FITNESS



SQUASH

2023 FALL JUNIOR SQUASH

September 9 – December 16 (13 weeks)

No lesson on October 7 & November 11

\$260 plus GST (13 lessons), charged to your account upon confirmation of your child's registration. Junior private, partner, and group Lessons available upon request.

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

SQUASH JUMPSTART

Wednesday, September 13 | Women 5 – 6 p.m. | Men 6 – 7 p.m.

Our free quarterly Jumpstart Squash Series is for experienced squash players. This 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 – a great warm-up for VSL! Please register at the Fitness Centre Front Desk by 6 p.m. on Monday, September 12.

FREE BEGINNERS CLINIC

Wednesday, October 11 | 5 – 6 p.m.

Learn the basics of squash in a fun environment! Please register by calling the Fitness Centre front desk prior to 6 p.m. on Monday, October 9.

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.

SATURDAY MORNING 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 6 p.m., Fridays.

VANCOUVER SQUASH LEAGUE 2023/2024 SEASON

The Winter/Spring 2023-24 session will be running from September 25 until mid-March, followed by playoffs. TCC has entered two teams in the Vancouver Squash League – Div. 3 & 6. Matches will run from September 25 to November 27 on Monday Nights.

SQUASH LESSONS WITH BARRY GIFFORD

Are you ready to take your game to the next level? Try a private or partner lesson on Tuesday, Wednesday, Thursday, or Saturday (other days upon request). **Barry Gifford** is a seasoned squash professional (2022 60+ National Champion and past Squash Doubles World Masters Games gold medalist) with over 30 years of coaching experience. He is a NCCP Level 3 certified professional, coaching adults and children of all levels. 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. Each lesson is tailored to your needs and can include mental strength training and yearly training plans upon request.

HOURS

WEEKDAYS

6 a.m. – 10 p.m.

WEEKENDS

7 a.m. – 8 p.m.

UPCOMING CLUB CLOSURES

MONDAY, OCTOBER 2

7 a.m. – 8 p.m.

MONDAY, OCTOBER 9

THANKSGIVING DAY

CLOSED

SQUASH & POOL

ADULT-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.

SWIM

SWIMMING WITH JOHN RYAN

John Ryan has taught beginners, Masters and Triathlete-swimmers to reach their goals over his 20+ years coaching. Private lessons are a structured (but fun) program that all can benefit from, regardless of skill level. Improve your technique, try new strokes, increase stamina, cultivate a sense of ease and elegance being in the water, and grow your confidence.

KIDS' GROUP SWIM LESSONS

September 9 – December 16

No lesson on October 7 or November 11

\$357.50 plus 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.	6–7 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 times 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. This is to ensure that the group lessons will be a positive experience for your child. Please contact Doreen at john@swimminginvancoverbc.com with your questions or for more information.

COMPLIMENTARY SWIM INSTRUCTION: DRILLS AND COACHING WITH JOHN RYAN

Wednesdays, September 20 – November 8 | 3 – 4 p.m.

**Must be able to swim 25m front crawl non-stop.*

This program is designed for those who can swim but want to fine-tune their technique. The aim will be to become more efficient, creating less resistance and swimming smoothly and at ease in the water. Sessions will run with a minimum of two, maximum of eight students. Register by Monday at 5 p.m. the week of the session. \$20 will be charged in the case of no-show or late cancellation.



TRAIN

MILFIT PERSONAL TRAINING

MilFit personal training focuses on private one-on-one sessions 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, please contact Milwina Guzman at milwina@milfit.ca or 604-716-8927.

PRIVATE PILATES WITH ZORICA

Available 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 Jovic is a BASI®-certified Pilates instructor and an award-winning gymnast. (BASI-certified instructors undergo three years of devoted study with master teachers.) Zorica has been practising and teaching Pilates for more than 13 years; she provides Pilates-based movement therapy for clients seeking customized training to re-educate and empower themselves towards pain-free movement patterns.

PERSONALIZED PROGRAMS

- Restorative and conditioning exercises for specific conditions (osteoporosis, scoliosis)
- Stretching for functional movements
- Alignment and corrective exercises catered to mature clients' specific needs

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. Reduce stress and tension, correct body misalignment, develop integrated strength, relieve pain, and feel great. **Please inquire at the Fitness Centre front desk.**

SEPTEMBER SKI PROMOTION

Available to all members; beginner, intermediate and advanced skiers welcome.

Get started on your skiing skills and conditioning with our professional ski instructor Hugo Sears. For the month of September, get a free private session focusing on a personalized and detailed program geared towards: leg blasters, dry land prep, athletic body positioning, power and flexibility, carve mobility, balance & SAQ.

Focus ON FITNESS

GROUP 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, 7 – 8 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 view 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.

ON-DEMAND FITNESS CLASSES

Can't join the class? TCC's Fitness Classes are recorded and uploaded to Member Central the following day and remain available for one week.

Pre-recorded **yoga classes** by certified international yoga teacher and lululemon ambassador **Matt Corker** are available on TCC's YouTube channel; to access, scan the QR code below.



Core & Strength Quickie (20 mins)
Morning Wake Up Flow (35 mins)
Post-Work Wind Down (35 mins)
Slow & Sweaty Flow (60 mins)

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)



Who will you be?

ICONIC BOND

TCC ANNUAL GALA

Saturday, November 4

19:30

\$285 plus tax & service charge

REGISTER WITH MEMBER SERVICES