

# TERMINAL CITY TIMES

SEPTEMBER 2023 • VOL. 30 NO. 9



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

# Upcoming Events

- SEPT 4**    **LABOUR DAY**  
Club Closed
- SEPT 11**   **MEDITATION**  
For Beginners
- SEPT 14**   **TCC SALON**  
Walkability & Walkable  
Neighbourhoods
- SEPT 15**   **WINE MASTERCLASS**  
Grande Vini d'Italia
- SEPT 20**   **MEMBERS' WINE TASTING**  
Outside the Box III
- SEPT 21**   **MEMBERS' NETWORKING LUNCH**  
Is Hybrid Work Productive  
or a Waste of Time?
- SEPT 21**   **TCC SALON**  
Gauguin, Father of Modernism in Art
- SEPT 26**   **DISCUSSION GROUP**  
Topic TBA
- SEPT 27**   **TRIVIA NIGHT**  
Test your Knowledge
- SEPT 28**   **WINEMAKER'S DINNER**  
Spottswoode Estate
- SEPT 29**   **KIDS' MOVIE NIGHT**  
*Finding Nemo*
- SEPT 30**   **NATIONAL DAY FOR TRUTH & RECONCILIATION**  
Club Closed
- OCT 12**   **MEET ME AT THE BAR:**  
New Member Night
- OCT 18**   **MEMBERS' WINE TASTING**  
007 Bond-themed Tasting
- OCT 29**   **FAMILY HALLOWE'EN PARTY**  
Mad Scientist's Lab
- NOV 4**    **ANNUAL GALA**  
Iconic Bond

## 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](mailto:pubbookings@tcclub.com)

TERMINAL CITY CLUB

# President's Letter SEPTEMBER 2023



## DEAR FELLOW MEMBERS,

And just like that, another Summer is nearly in the books. I hope you all enjoyed yourselves and got to spend some quality time at our Club (or wherever your vacations or travels took you). Let's hope the nice weather sticks around as we transition into fall.

We saw quite a few member-focused events and summer-inspired BBQs and culinary offerings added to our calendar, hopefully many of which will stick around for years to come. Business was steady with banquets and meeting rooms full throughout the summer months, and our new patios saw some steady use with the sunshine.

We're nearing the end of our fiscal year for 2022/2023. Staff have done an excellent job performing to budget across many areas of the Club. Kudos to the Pub and the Catering teams for a strong performance throughout the fiscal year. Catering revenue for the fall is expected to be record setting, so be sure to get your bookings in early. Our Catering and Culinary teams won't let you down.

The Membership team of Amanda Jun and Alison Magill have also done a fantastic job bringing new and prospective members to the Club and are looking to finish the year strong. Be sure to see a list of our newest members on the following page. Members are the lifeblood of the Club, a warm thank you to all who have referred and introduced new members to our Club's community; your efforts have contributed to our Club's growth.

Our Nomination Committee has been struck and will be recommending a slate at our Annual General Meeting. We have a well-balanced and strategic Board that represents a variety of industries and sectors. Currently, we are looking for individuals with strong backgrounds in hospitality, preferably experience managing a team or business of over 150 people, and active users of the Club. There is a significant time commitment involved with meetings throughout the year. If you want to learn more about the

opportunity, please email [gm@tclub.com](mailto:gm@tclub.com) and we can provide you with more information.

The Board and management are finalizing the upcoming budget and will present our Financials at our AGM on Monday, December 11. We're tasked with navigating an uncertain climate of high interest rates, high property taxes, and increasing food and supply costs for many areas of the Club. We're conscious of this as we budget for our next fiscal year and beyond and need to ensure we're accounting for these costs.

TCC offers our members a world-class club experience, and the Board and management are committed to find new ways to make our Club better for generations to come.

Mark your calendars for our Annual Gala on Saturday, November 4, an event where our team consistently excels and sets the bar high.

I had the pleasure of attending the staff summer social on the Grill patio in late August. It was great seeing so many of our team members together in one spot, and I was glad I was able to say a few words to kick off the night. A special kudos to our wonderful staff. Your contributions have made our Club a better place over the years.

I hope you can all enjoy the last bit of summer and a pleasant start to the fall.

Sincerely,

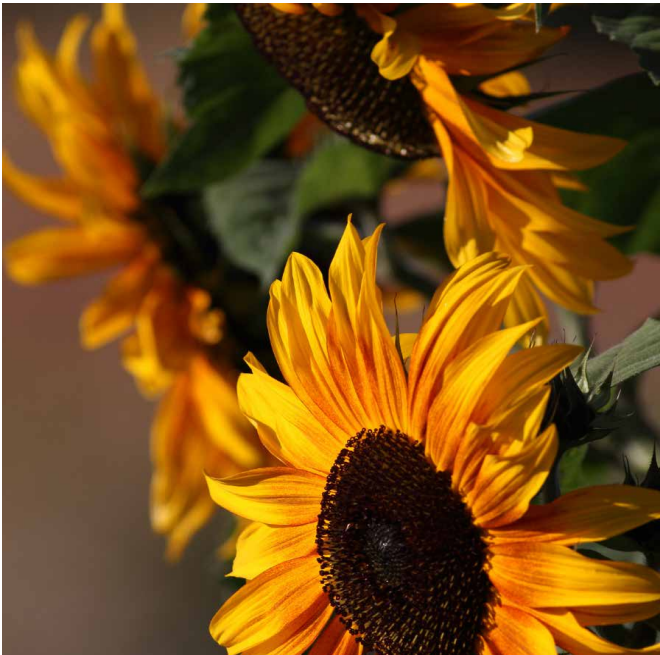
A handwritten signature in black ink, appearing to read 'Julia Yan'.

Julia Yan  
TCC President

# Stay informed AT THE CLUB

## in memoriam

We regret to announce the recent passing of three members: Mr. Maurice Fellis (member for 56 years), Mr. S. Jeffrey Lowe (member for three years), and Mr. Kevin Wall (member for 15 years). Our thoughts are with the families and friends of the deceased. They will be missed.



## welcome to our newest members!

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

Ariel Bond	Vanessa Luu
Paul Caron	Nick Marach
Julio Carrillo	William Moore
Richa Shravah Carrillo	Jeanette Oostlander
Aaron Jackson	Jonathan Qunit
Adam Jaffer	Rebecca Qunit
Kamal Kataria	Christina Seo
Tero Kosonen	Tina Stewart
Olivia Lam	Li Yuan Wen
Rosa Lee	Esther Wu
Shunxian Li	Sammy Wu
Gary Liang	Arthur Yen
Peter Louie	Lily Zhao



Thank you to all members, guests and TCC staff who came together to make August's **Cena in Bianco** a huge success!

## holiday hours

The Club will be closed on **Monday, September 4** for Labour Day and on **Saturday, September 30** for the National Day for Truth & Reconciliation.

## get social!

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

## 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.

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## krenus auto

After a temporary suspension of auto detailing services due to the pandemic, Krenus is excited to announce the much-awaited resumption of their exceptional car detailing offerings. To show appreciation for the loyalty of TCC members, Krenus is extending an exclusive 20% discount on all car detailing services.

For more information or to book an appointment, contact Krenus directly via their online form ([krenus.ca](#)) or email [clean@krenus.ca](mailto:clean@krenus.ca).

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# Dining AT THE CLUB

## christmas 2023

Our holiday menus are here! Please contact your Catering team to book your 2023 holiday entertaining.

## 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@tclub.com](mailto:weddings@tclub.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.

## feature wines & cocktail

If you've enjoyed the wine and cocktail features running in the Grill this summer, rest assured that our beverage team will be continuing features throughout autumn. Pictured is **Sumaq**, the feature cocktail for the week of August 28 – September 3.

The name *Sumaq* is derived from a play on words that perfectly encapsulates the spirit of this cocktail. While the tangy Middle-Eastern spice sumac plays a major role in this cocktail's flavor profile, it merges seamlessly with Peruvian pisco. In Quechua, the official language of the Inca empire, *sumaq* means "beautiful," "pleasant," and "delicious." The play on words of sumac and *sumaq* reflects the cultural roots of Nicole, the bartender who created the cocktail, the ingredients, and the pleasant, delicious flavours that the name embodies.



## lions' pub fall menu

Stay tuned for new offerings in October!

## for extra efficiency, consider pre-ordering

Coming for lunch or dinner with a group? On a tight timeline? Contact the restaurants team at [reserve@tclub.com](mailto:reserve@tclub.com) to pre-order your food or arrange for appetizers or wine to be ready on arrival.

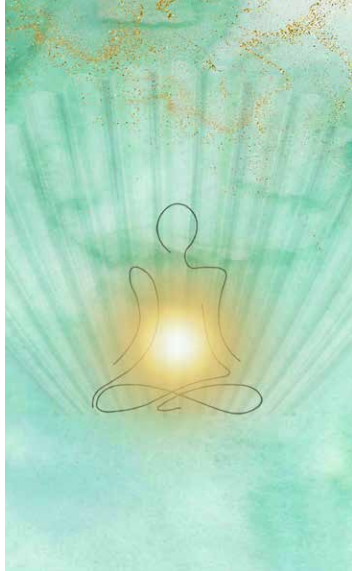
## bespoke dining experiences

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@tclub.com](mailto:reserve@tclub.com) to secure this elegant members' hideaway for your next working lunch.

## guest policy when dining

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

# September EVENTS



## MEDITATION Meditation for Beginners

MONDAY, SEPTEMBER 11  
5:30 – 6:30 p.m.

*\$15 plus tax*

New to meditation? This is the who, what, where, when, why, and how of meditation. Learn the basics to get started and have an opportunity to practice what you learn.

Participants may bring a yoga mat and/or any cushions, blocks or blankets to make themselves comfortable.

The session is led by **Denise Levine**, who 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.



## TCC SALON Walkability & Walkable Neighbourhoods

THURSDAY, SEPTEMBER 14  
6 – 9 p.m.

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

There has been increased attention on walkability and walkable neighbourhoods over the last two decades. Walking regularly enhances physical and mental health and improves mood. Walkable neighbourhoods can also improve connectivity, increase sociability and lead to happier, more cohesive and sustainable communities. City planner **Sandy James** will lead a discussion on the social life of cities, on creating walkable neighbourhoods, and the 'popsicle' test; the touchstone for safe, connected walking for all ages.

Sandy James is a city planner who champions walkable places and spaces. She is the director of Walk Metro Vancouver, was an editor of Viewpoint Vancouver and was formerly the greenways planner for the City of Vancouver.



## WINE MASTERCLASS Grande Vini d'Italia

FRIDAY, SEPTEMBER 15  
6 – 7:15 p.m.

*\$95 plus tax & service charge*

With over 4,000 years of wine culture, it comes as no surprise that Italy makes some of the most celebrated wines of the world. This masterclass explores the illustrious DOCG regions like Barolo, Amarone, Brunello and Chianti Classico, as well as heavyweights like Taurasi and sparkling Franciacorta. Of course there will be a premium Super Tuscan, and all these serious bottles will be paired with traditional morsels from 'Oenotria', land of the vine. Stay tuned for the full list of wines being poured.



## MEMBERS' WINE TASTING Drink Outside the Box Part III

WEDNESDAY, SEPTEMBER 20  
5 – 6:30 p.m.

*\$10 plus tax & service charge*

Back by popular demand, this final in the series takes us around the globe with lesser-known grapes and off-the-puck wine regions. Remember, wine's greatest strength is diversity, so please join us to expand your vinous horizons!

**Visintini Malvasia Organic IGP Trevenezie 2021** — a serious take on the pioneering grape, malvasia

**Siah Ribeiro Blanco 2021, Ribeiro, Spain** — atreixadura, godello and albariño grapes

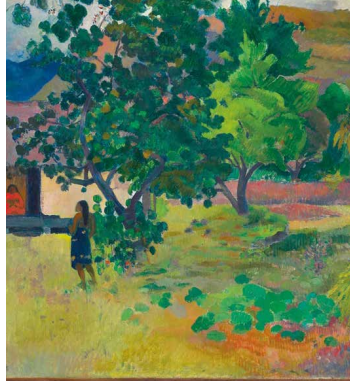
**Mullineux Kloof Street Chenin Blanc, Swartland, South Africa 2020** — old bush vine chenin blanc from powerful terroir

**L'Avenir Pinotage, Stellenbosch, 2018** — blue chip example of the pinotage grape

**Weingut Malat Zwiegelt Furth 2017** — Kremstal, Austria — juicy zweigelt grape is a cross of blaufränkisch and St. Laurent

**Pedroncelli Mother Clone Zinfandel 2020** — Old vine zinfandel from a historic lineage.

# September EVENTS



TCC SALON  
**Gauguin, Father of  
Modernism in Art**  
THURSDAY, SEPTEMBER 21  
6 – 9 p.m.

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

Gauguin's Tahitian paintings celebrate tropical colours, respect for Indigenous cultures and the island's spirituality. He endeavoured to answer life's eternal questions by painting from the soul, about the soul. His works have changed the way modern artists viewed the world and he is known as the father of Modernism. But his legacy is conflicted; his Tahitian depictions of the nude, of exotic landscapes, sexuality and androgyny have caused controversy.

In the fall of 2022, author and professor emeritus **Trevor Carolan** and his wife **Kwanshik** journeyed to Tahiti, travelling in the footsteps of Gauguin. Trevor will lead a salon discussion on Gauguin, the man and his art, and the place he called home for 12 years.

MEMBERS' NETWORKING  
LUNCH  
**Is Hybrid Work  
Productive or a Waste  
of Time?**

THURSDAY, SEPTEMBER 21  
12 noon – 1:30 p.m.

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

September's discussion topic is hybrid work. Many organizations are settling on a mixed schedule of in-person and remote days but is that actually working for everyone? How is your organization making the most out of hybrid work?

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.

FUN & GAMES

**Trivia Night**

WEDNESDAY, SEPTEMBER 27  
6 p.m.

*Complimentary event;  
Registration recommended*

Come test your knowledge of trivia from around the world and more! The team from IQ2000 will be in to take you through four rounds of fun, so come ready for some friendly competition. Arrive solo or with a friend; the winning team will win a prize!

TCC SALON

**The Psychedelic  
Experience**

THURSDAY, SEPTEMBER 28  
6 – 9 p.m.

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

Psychedelics, which have been used for millennia by many Indigenous cultures for healing, are now being validated by the tools of science in many universities. There is a wide range of different physical, psychological, and social benefits being documented by modern day researchers. It is therefore predictable that the use of psychedelics will grow.

At this dinner salon, Mark Haden will share insights on how to maximize the potential benefits and minimize the potential harms of the psychedelic experience.

**Mark Haden** is an adjunct professor at the UBC School of Population and Public Health. He is a Clinical Supervisor – Qi Integrated Health Psychedelic Assisted Therapy Program and the VP of business development at Clearmind Medicine.

# Upcoming EVENTS



WINEMAKER'S DINNER  
**Spottswode Estate**  
THURSDAY, SEPTEMBER 28  
6 – 9:30 p.m.

*\$175 plus tax & service charge  
(includes dinner & wine pairings)*

Spottswode is synonymous with iconic Napa cabernet sauvignon and sauvignon blanc. This jewel of an estate is nestled in the mountain foothills of the St. Helena AVA and has been cultivating their vines organically since 1985, recently transitioning to biodynamics.

Decorated with 100-point scores and glowing reviews, this multi-generational estate is in the accomplished hands of **Beth Novak Milliken, CEO of Spottswode**, who will take us through a range of highly allocated and highly scored wines paired with Executive Chef Dan Creyke's culinary inspirations.

A luxurious opportunity to step into the fall season, this exclusive dinner is a must for bone fide winelovers.



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!



COMEDY NIGHT  
**ft. Chris Griffin &  
host Lukas Purm**  
THURSDAY, OCTOBER 19  
Doors at 6 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 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.

# september live music

Friday 1 September  
Rose Ranger

Saturday 2 September  
Colin Sankey

Thursday 7 September  
Dave Martone

Friday 8 September  
Jessica Benini

Saturday 9 September  
Sasha Veregin

Thursday 14 September  
Rob Eller

Friday 15 September  
Cole Petrone

Saturday 16 September  
Jessica Benini

Wednesday 20 September  
Rose Ranger

Thursday 21 September  
Goby Catt

Friday 22 September  
Desmond Day

Saturday 23 September  
David Capper

Thursday 28 September  
Dave Martone

Friday 29 September  
Rose Ranger

## event registration

**online**

via Member Central

**email**

conciierge@tcclub.com

**call**

604 681 4121

**text**

604 200 2279



# Have You Heard?

## MEMBER NEWS



Congratulations to TCC Board Member **Brian Duong** on being appointed Chair of the Vancouver College Board of Directors on July 1. Established in 1922, Vancouver College is the only all boys, independent Catholic school in British Columbia. Congratulations on your appointment, Brian!

Congratulations to **Nathan Hesketh** on being named a Paul Harris Fellow by the Rotary Foundation of Rotary International, "in appreciation of tangible and significant assistance given for the furtherance of better understanding and friendly relations among peoples of the world." Nathan's service has extended from Vancouver to British Columbia and overseas to Tanzania. Well done, Nathan!



Well done to **Victor Vu** of the Banquets team on winning the Employee of the Quarter Award (Q2). Victor is very responsible, reliable and knowledgeable in various aspects of service and operations. He is kind, always ready to help, and has a wonderful sense of humor. The team appreciate his pleasant personality. Congratulations, Victor!

## 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](mailto:joinus@tcclub.com) to submit your announcement for our Club newsletter.



Congratulations to **Joel Hansen** on his recent inclusion in *BC Business*'s 30 under 30. Since joining LOI Venture, Hansen executed an 800-person online demo day that brought in \$5 million of investor interest in 24 hours and helped fundraise \$2 million in investor dollars for the company's \$20-million venture fund. He continues to develop and manage the company's social media campaigns, which reach over two million followers across multiple platforms. Well done, Joel!



We'd like to welcome two new faces to the TCC team! **Jerry Kavouras** (centre below) has joined us as Assistant Restaurant Manager. We are also welcoming **Alison Magill** (right) as Club Relationship Manager. They were connected to TCC through our Catering Sales Manager, **Carly Anderson** (left). Welcome, Jerry and Alison!

# Liquid Assets

CURATED BY DJ KEARNEY

## New in the Club Cellars for Fall

### ❶ CHÂTEAU LA CANORGUE LUBÉRON BLANC 2021 PROVENCE, FRANCE \$55

If you watched the romantic comedy 'A Good Year' back in 2006, you'll recall the stunning château and vineyards, charming nearby town and dreamy countryside. The movie was filmed at Château la Canorgue in Provence, where this stately white blend was made. Family owned for over 200 years, the Margans have been farming their vines organically for 40 years, adding biodynamic practices now. A spicy blend of clairette, roussanne, marsanne and boursoulenc grapes, this silky white combines richness with a firm zap of acidity and lengthy mineral finish. A terrific white for meat, fish or chicken with creamy sauces or velvety risotto.

### ❷ THIBAUT LIGER-BELAIR BOURGOGNE LES GRANDS CHAILLOTS 2018 BURGUNDY, FRANCE \$110

The Fall season always gets winelovers dreaming of red Burgundy! Brisk, earthy, mouthfilling and autumnal, these wines invite heartwarming braises and the first oven-roasted chicken of September. From one of Burgundy's noble estates, this wine is a blend of pinot noir grapes from the villages of Nuits-Saint-Georges and Chambolle-Musigny. Older vines (planted in 1954, 1962, 1978 and 1986) are the secret to this fragrant pinot's concentration and finesse. Winemaking is always respectful with soft and gentle extraction, but 20% of whole clusters adds extra body and tannin heft. Aged in fine French oak for fifteen months, 25% new casks. Organically and biodynamically farmed.

### ❸ TERRALSOLE BRUNELLO DI MONTALCINO 2015 TUSCANY, ITALY \$130

Terralsole is a small family-run winery established in 1996. It's the inspiration of veteran winemaker Mario Bollag and his wife Athena Tergis, two artists who combined their love of visual arts and music with their passion for winemaking. Terralsole's vineyards span two distinctive terroirs in Montalcino to create full-bodied, perfectly balanced wines. From a hot and dry vintage, this wine has grace, finesse and superb ripeness. Plum, leather, eucalyptus, violet, and botanical herbs complexity with full body and taut fine-grained tannins. Uncork this handsome Brunello with veal chops, duck breast, or earthy polenta topped with roast vegetables.

#### UPCOMING WINE EVENTS

Friday, September 15	Wine Masterclass: Grande Vini d'Italia
Wednesday, September 20	Members' Wine Tasting: Drink Outside the Box III
Thursday, September 28	Winemaker's Dinner: Spottswoode Estate
Wednesday, October 18	Members' Wine Tasting: 007-inspired
Friday, October 20	Wine Masterclass: Interactive Wine & Cheese



❶



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Email [wine@tcclub.com](mailto:wine@tcclub.com)  
to secure your bottles!

# ...UPCOMING EVENTS

## Kids Movie Night:

### *Finding Nemo*

FRIDAY, SEPTEMBER 29

6 – 9 p.m.

For Kids 5+

\$35 plus tax & service charge

(includes snack, movie screening and child-minding)

Dinner à la carte available



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

## Kids Halloween Party:

### Mad Scientist's Lab

SUNDAY, OCTOBER 29

SAVE THE DATE!



Save the date for a very spooky afternoon of family fun... Delicious food, candy galore and some special potions for mum and dad. Best costume wins a prize, so get all dressed up and dance your way to the mad scientist's lab! More details to come.



## 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](mailto:trawjee@tcclub.com).

# TELUS HEALTH CARE COLUMN

## HOW TO START PRACTICING GRATITUDE

There are several ways you can implement a gratitude practice into your day. Both Iacono and Keylor emphasize that this doesn't have to take up much time or effort to feel the benefits.

Keylor and her husband make a point of reflecting on things they're each grateful for at the end of the day. "We always share something we're grateful for in each of the following categories: general, for each other, our dog and our health." Each person's 'categories' might be different, but she says it's a useful way to pinpoint specific things and feel gratitude toward them.

Some things you can do to practice gratitude include:

- Give yourself a minute to just pause,

reflect, and be in the moment at least once a day.

- Practice gratitude at a meal. Think about everything that came together to make that meal possible for you.
- Write down 3 things you are grateful for before you go to sleep.
- Make it a family activity. Take turns sharing one thing you're grateful for, perhaps over dinner.
- Express gratitude to at least one person every day. This could be your partner, the cashier at the grocery store, or anyone who has made a positive difference in your day.

Remember, the things you feel grateful for don't have to be monumental. Being grateful for a cup of coffee, a hot shower, or the smell of cinnamon buns all count.

"You can be grateful about anything and everything," Iacono explains. "Be grateful about whatever makes you happy. Don't be ashamed of the things you are grateful for, or the things that you love to do that make you feel your best."

Keylor says that however you practice gratitude, do it in a way that feels authentic to yourself. "However you do it, just do it," she says. "Whether it's with an app, writing it down, or expressing it out loud. Be patient with yourself."

To learn more about TELUS Health Care's services, visit [telushealth.com/carecentres](https://telushealth.com/carecentres) or email [ashley.hamilton@telus.com](mailto:ashley.hamilton@telus.com).

# Member of the Month

## NYLE BECK

Nyle Beck is a certified Human Potential Coach who supports clients through a rewarding journey of self-discovery and goal attainment. "I am here to help people step into their power," she says. Her company, I Am My Best Coaching, opened in 2015. That inspiring phrase, "step into your power," has been something of a mission statement since day one. "Your power has four pillars: physical, mental, emotional, and spiritual. They all matter. They support each other."

In her coaching, Beck emphasizes the emotional pillar, or, as it is more familiarly known, the EQ (emotional quotient). "Emotional health is understanding your emotions and then knowing what to do with them. When a client does rigorous emotional-intelligence work, that person can't help but also improve his or her mental and physical health."

The clients at I Am Best Coaching represent a cross-section of people with a myriad of needs. Her practice offers a variety of training programs and workshops tailored to individuals or groups. Conflict resolution, effective communication, stress management, team building, and holistic wellness strategies are just some of the ways she helps customers step into their power. "I work with a lot of highly sensitive people — people who are more aware of things, more intuitive, more reactive to the world and the people in it."

The coaching work really took off for Beck when the Covid lockdown landed in 2020. She was actively promoting her insights on Twitter and the response was formidable. "I have a solid following, so I opened my direct messages and said: 'If you need help, I am here.' People were struggling with all sorts of issues because of the pandemic. My offer to listen, to be here for them, and to help with whatever they were going through really resonated with a lot of folks."

Beck also helps people with addiction issues. "Some clients need to learn they are not defined by their problems and issues. They need to learn accountability, to make amends, and to take those crucially important next steps."

Beck's own journey to discovering her calling as a life coach began after graduating from the University of Winnipeg in 1992 with a degree in environmental studies and economics. That's when she moved to Vancouver thinking a job in the green industry would be waiting. It wasn't. So, she took work where she could find it, and that included retail, product marketing, office administration, education, fitness training, and course development.

In 1995, she started working with the Vancouver School Board as a program coordinator and continued working as a personal trainer and wellness coach simultaneously. "At the VSB, I was recruiting people to teach adult night school programs and courses, along with



marketing and designing programs and courses. I loved that work."

In fact, she loved it so much, it motivated her to go back to university for a master's degree in adult education. "Going back to school for my master's opened my eyes to a whole other way of life. It pushed me to take initiative and taught me a deeper understanding of critical thinking. It taught me how to teach adults better and to understand more fully what makes us tick."

Beck joined Terminal City Club in 2002. She has taught workshops on EQ for members and their guests. "I do love it here. I will come to the club for workouts at the gym, or with girlfriends for lunch, or to enjoy an evening of pool and a few drinks. For work, I have taught workshops and hosted business meetings in the club's private meeting rooms. We also use the facility for family dinners and celebrations."

When she is not at work or at the TCC or at yoga class, Beck is juggling the many other responsibilities in her life, including two teenage children, a dog, a chicken, a marriage, and a home. "I never imagined that in my 50s I would be this strong and feel this great."

# 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 will be hosting a Division 2, Division 5/6, and a Division 7 team, pending sign-ups. Please contact Barry to register with a team as a full-time, or part-time player: [squash@tcclub.com](mailto:squash@tcclub.com) | 604-219-8233

### 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.

## HOURS

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

### UPCOMING CLUB CLOSURES

**MONDAY, SEPTEMBER 4**

LABOUR DAY

**SATURDAY, SEPTEMBER 30**

NATIONAL DAY FOR TRUTH &  
RECONCILIATION

## 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](https://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

## 99KM SWIM CHALLENGE

Congratulations to the following members who completed the challenge: **Nojan Abrary, Elaine Allen, Erin Audley, Michael Brown, Deborah Laishley, Heather Leitch, Kieran Peppiatt, and Dennis Pong.** Special shout out to **Kieran Peppiatt** for completing the challenge in the month of June. Very impressive!

## SWIMMING 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!

Private lessons can create a structured but fun program for all to benefit from. Improve your stroke 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 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. This is to ensure that the group lessons will be a positive experience for your child.

Please contact Doreen at [john@swimminginvcouverbc.com](mailto:john@swimminginvcouverbc.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 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, please contact Milwina Guzman at [milwina@milfit.ca](mailto: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.		<b>VINYASA YOGA WITH CLARE</b>			
7 a.m.			<b>MAT PILATES WITH ZORICA</b>	<b>POWER FLOW YOGA WITH VANESSA</b>	
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.					<b>TOTAL BODY STRENGTH WITH LEILA</b>
12:15 p.m.	<b>F.I.T. WITH VANESSA</b>	<b>CORE CONDIT. WITH LEILA</b>	<b>CARDIO KICKBOXING WITH LEILA</b>		
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)



# ICONIC BOND

TCC ANNUAL GALA

*Saturday, November 4*

**19:30**

*\$285 plus tax & service charge*