

TERMINAL CITY TIMES

NOVEMBER 2023 • VOL. 30 NO. 11



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




Upcoming Events

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TCC Annual Gala
- NOV 15** **HOLIDAY SPIRITS SOCIAL**
In support of Admiral Seymour
- NOV 15** **TCC SALON**
Happiness, Friendship & Marriage
- NOV 16** **MEMBERS' NETWORKING LUNCH**
- NOV 16** **QUARTERLY WINE CLUB**
Launch & Tasting
- NOV 20** **MEDITATION**
Sound Bath
- NOV 21** **TCC SALON**
Love, Spirituality & Human Frailty
- NOV 22** **TCC SALON**
Vancouver's Housing Crisis
- NOV 24** **SUPPER CLUB**
Viva Iberia!
- NOV 24** **KIDS MOVIE NIGHT**
Super Mario Bros.
- NOV 27** **WREATH-MAKING CLASS**
Seasonal Workshop
- NOV 29** **TCC SALON**
The Good Life
- NOV 30** **MASTERCLASS**
Champagne
- DEC 3** **DICKENS' FAMILY BRUNCH**
Holiday Buffet & Visit with Santa
- DEC 6** **MASTERCLASS**
Japanese Whisky
- DEC 10** **FAMILY HOLIDAY DINNER**
Holiday Buffet & Visit with Santa
- DEC 14** **FESTIVE LUNCH BUFFET**
Holiday Entertaining
FESTIVE DINNER BUFFET
Holiday Entertaining
- DEC 15** **FESTIVE LUNCH BUFFET**
Holiday Entertaining
- DEC 31** **NYE AT THE CLUB**
Welcome 2024!

Contact

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

call 604 681 4121
text 604 200 2279
web TCCLUB.COM

 terminalcityclub
 @tcclub
 Terminal City Club

Member Services	604 681 4121
Membership Sales	604 488 8647
Billing	604 488 8607
Catering	604 488 8605
Weddings	604 488 8629
Lions Pub	604 488 8602
Fitness Centre	604 488 8622

Hours

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 NOVEMBER 2023

DEAR FELLOW MEMBERS,

I hope the start of fall has been productive and has allowed for some quality time indoors with friends and family. Or perhaps you enjoyed some of those rare blue-sky days outdoors.

I'm pleased to announce that TCC has once again been recognized as a Platinum Club of the World! Our Club has held this distinction since 2018, and we're in very good company being named one of the top 100 City Clubs worldwide. It's another feather in our Club's cap and is an honour to be named once again.

As you know, I can't speak highly enough of the excellent staff we have at the Club. I'll be sending a separate note with information on contributing to our Club Fund. The deadline to donate will be Friday, November 24. If you want to contribute to the fund, management will be administering it to our staff at the end of the month. I know the Club will be very busy for the next few months, so keep up the good work team!

Our **Annual Gala takes place on Saturday, November 4**. It's not too late to secure your tickets for this fantastic event. Our team (along with BrandLive) will be transforming our spaces into iconic Bond scenes and will feature a unique vibe for each room. If you've never experienced the event before, I would encourage you to get tickets now. And for those of you who have already secured your tickets, I hope you have (or had) a fantastic evening!

You'll see our holiday decorations go up very shortly. Also, tickets for our beloved **Dickens' Family Brunch on Sunday, December 3** are moving quickly. This event generally sells out, so be sure to get your reservation in soon. More info on our Festive Lunch and Dinner Buffets and other holiday events can be found on page 7.

Another event that supports an initiative that is close to my heart, is the **Holiday Spirits Social on Wednesday, November 15**. The event raises money for Admiral Seymour Elementary School through the

TCC Foundation and allows our Club to provide a holiday meal and gifts for the entire elementary school.

Having volunteered and donated to Admiral Seymour in previous years, I can say firsthand what a great cause it is, and a special event for the students and TCC staff. I vividly recall my first volunteer experience during the 2019 TCC Christmas lunch program as I joined a team of TCC staff for a walkthrough of the lunch service. Only two kilometers from our beautiful club, children can sometimes arrive to school hungry, and it's great that the TCC culinary team can provide a hot meal for the students.

This experience motivated me to seek additional funding for Admiral Seymour's kids, and I'm thankful that my employer, TMX Group, contributed to the school's breakfast program during the pandemic. I urge you to donate to Admiral Seymour. Every contribution helps support a great cause, and hopefully brings smiles to their faces. I take pride in TCC's commitment to supporting these children for over 10 years. Together, we can create a meaningful impact on their holidays. If you want to donate to Admiral Seymour via the TCC Foundation, I encourage you to consider donating at the event or emailing gm@tccclub.com. Any donation of over \$25 is eligible for a tax receipt.

December's letter will be my last as President. Until then, stay dry and I hope you can enjoy some quality time at your Club over the course of the month.

Sincerely,

Julia Yan
TCC President

Stay informed

CLUB NEWS

holiday & modified club hours

Saturday, November 4

The Club – with the exception of the Fitness Centre and the Pub – will be closed on Saturday, November 5 to prepare for TCC’s annual gala. The Fitness Centre will be open from 7 a.m. until 3 p.m.

Sunday, November 5

“Fall back” on Sunday, November 5. Revellers at our annual gala gain an extra hour every year.

The Club will be open at 5 p.m. on **Sunday, November 5** for dinner service. The Fitness Centre will be open regular weekend hours: 7 a.m. until 8 p.m. The Pub is open from 11 a.m. until 11 p.m. on Sunday.

Saturday, November 11

The Club and Pub will be closed on Saturday, November 11 for Remembrance Day. Admin will be closed on Monday, November 13.

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!



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. Claire Hunter	Mr. Brandon Peterson
Mr. Joey St. Jean	Mr. Luke Redmond
Mr. Adam Luan	Mr. Eric Waltz
Mr. Richard MacDonald	

2024 subscription increase & member referral program

Do you know anyone interested in membership?

The Board has approved a subscription increase; effective January 1, 2024, the Club’s subscription (entrance fee) will be as follows:

RESIDENT 35 & OVER / CORPORATE

Subscription (one-time): ~~\$5,000~~ \$5,500

RESIDENT 34 & UNDER

Subscription (one-time): ~~\$3,500~~ \$4,000

IMMEDIATE FAMILY OFFER

The Immediate Family offer discounts the one-time subscription for children, parents, and siblings of current TCC members.

Resident 35 & Over: ~~\$4,000~~ \$4,500

Resident 34 & Under: ~~\$2,500~~ \$3,000

Member Referral: Members are eligible to receive a \$250 credit for every Resident or Corporate* member they refer after the new member is formally balloted in.

*Members are not eligible to receive referral credit for immediate family members as offers cannot be combined.

**Referral must be submitted in writing prior to submission of the application.

Connect you interested friends and family with
Amanda or Alison on your membership team!

joinus@tclub.com / 604 488 8647

save by paying your 2024 dues annually

Did you know? If you currently pay your dues monthly, you can switch to annual dues before December 31, 2023, and benefit by paying the 2023 rate. Please contact your Membership Administrator at members@tclub.com for more information to move to paying your dues annually.



Dining AT THE CLUB

all-inclusive wedding package

Inquire at weddings@tclub.com for more information about hosting your special day at the Club. The Catering team is available to talk you through our new all-inclusive package. We are taking bookings for 2024 and 2025; inquire today to secure your date.



Will Pursell Photography

holiday entertaining & reservations

Our holiday package has arrived! Please contact your Catering team at catering@tclub.com to book your 2023 holiday entertaining.

There are also a few spaces in November and December remaining for business or personal receptions in the Members' Lounge to celebrate the holiday season. Connect with our Restaurants team at reserve@tclub.com to inquire about our reception packages and current culinary offerings.

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 to secure this elegant members' hideaway for your next working lunch.



custom cocktails & curated receptions

We're excited to share the excellent work of TCC's (newly named) Lead Bartender **Sebastian Ley**, who added this sharp company logo into a custom welcome cocktail for a reception for **Vogel LLP**. You have perhaps noticed Sebastian's stylish cocktails featured on our Instagram [@tclub](https://www.instagram.com/tclub) over the past few months.

Contact reserve@tclub.com to inquire about hosting curated receptions in the Members' Lounge.

November EVENTS



TCC ANNUAL GALA

Iconic Bond

SATURDAY, NOVEMBER 4
7:30 p.m. until late

\$285 plus tax & service charge

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 themed rooms, entertainment (live band and DJ), dancing, and a few surprises...

With rooms inspired by Mexico's Dia de los Muertos festival, Vegas casinos, Piz Gloria in the Swiss Alps, the Grand Bazaar of Istanbul, and M's London office, we will take you around the world in one enchanting evening. Come dressed to impress!



MEMBER FAVOURITE

Holiday Spirits Social

WEDNESDAY, NOVEMBER 15
5 – 7 p.m.

\$50 plus tax & service charge - partial proceeds go to the TCC Foundation

Launch the festive season with some high calibre spirits and irresistible nibbles while we connect, groove to DJ Wonjo, and accomplish some early gift shopping. (Get your list ready!). You'll sample fine whiskey from Scotland, Ireland, Japan, Canada, and of course, Kentucky Bourbon. Botanical gin, smoky mezcal, smooth tequila, and spicy vodka will keep your palate stimulated and your brain engaged. It's a great time to tick off your corporate list, buy a premium bottle for that special someone, or simply stock up your home bar for the holidays.

Did you know that this yearly event also allows the TCC Foundation to help bring Christmas cheer to the kids at Admiral Seymour Elementary? Holiday fundraising has never tasted better. The full list of spirits poured will be posted to Member Central.



Happiness, Friendship & Marriage

WEDNESDAY, NOVEMBER 15
6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Are happier people more likely to get married? Does marriage improve happiness, or both? Are the happiness effects of marriage temporary? Does marriage help to protect against mid-life drops in happiness? What are the links between marriage and friendship? An open-access research paper answering these questions has led to scores of news stories and blogs, and to many discussions over family and other dinner tables. The link between friendship and marriage has been of special interest, most recently a *WSJ* article with male and female perspectives, including those of John and Millie Helliwell.

John Helliwell O.C, is a distinguished economist whose resume includes work for national and international bodies. He is the founding editor and lead author of the *World Happiness Report* published annually by the United Nations, which ranks the happiness of the world's nations as measured by careful surveys of their populations.



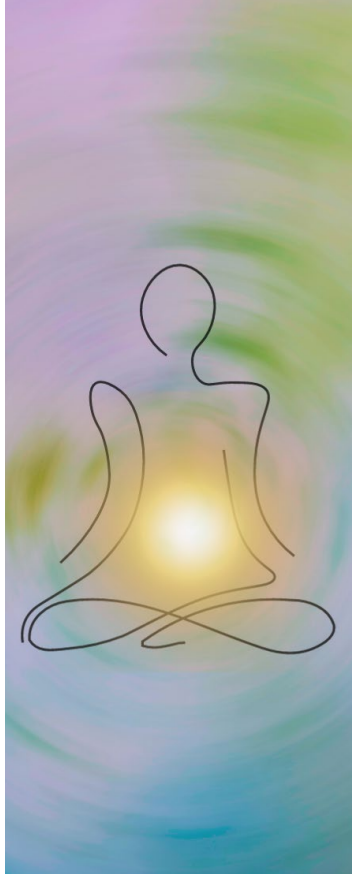
TCC EXCLUSIVE

Quarterly Wine Club Tasting

THURSDAY, NOVEMBER 16
6 – 7 p.m.

*Subscribers: complimentary
Non-subscribers: \$20 plus tax & service charge (waived if a wine pack is purchased after the tasting)*

Did you know that your Club has a Wine Club? Every quarter, Director of Wine DJ Kearney curates two special collections of bottles to stash in your locker or take home to pair with your culinary creations. Wine's greatest strength is diversity, and our Quarterly Wine Club will whisk you around the world discovering new grapes, regions, styles and estates. Every quarter, DJ hosts a tasting of the six-bottle red and six-bottle mixed offerings, giving a sneak-peek of the wines, complete with cheese and charcuterie. This quarter, we have wines from Spain, Jura, Italy, Paso Robles, Mexico, New Zealand, and Australia from grapes like albariño, pinot noir, and nebbiolo. You do not need to have a locker to join or attend, and the modest fee of \$20 to taste 12 wines is waived if you purchase a six-pack. DJ's global wine expertise guarantees delicious wines, great value, and most importantly, discovery.



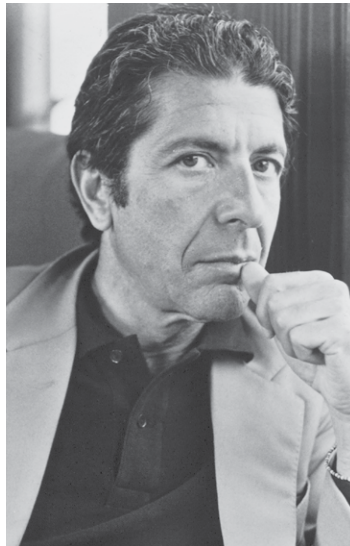
MEDITATION
Sound Bath

MONDAY, NOVEMBER 20
5:30 – 6:30 p.m.

\$15 plus tax

Just as it “sounds”, this is an opportunity to take in the benefits of healing through sound. Explore what it feels like to enjoy the vibration and resonance of a 26” wind gong, various singing bowls, chimes, and other instruments to create calm, peaceful, and up-lifting energy. **As the class will involve sitting or lying down, participants are encouraged to bring a yoga mat and/or any cushions, blocks or blankets to make themselves comfortable.**

Denise Levine 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.



**Love, Spirituality
& Human Frailty:
Leonard Cohen**

TUESDAY, NOVEMBER 21
6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Whenever people are gathered, it can be revealing to ask everyone around a table to share a Leonard Cohen line that somehow sticks in their mind. Cohen's lyric fragments have a way of nestling into our consciousness, capturing what troubles us, enlivens us and may possibly redeem us. He explored the intricacies of love in its many guises. And he dove into the depths of spirituality, in ways that may be resonating in the world more now, seven years after his death, than ever before. His lyrics have often helped highlight our own quests for meaning and healing.

Douglas Todd will lead a TCC dinner salon to explore his romantic and deeply mystical worldview.

November EVENTS



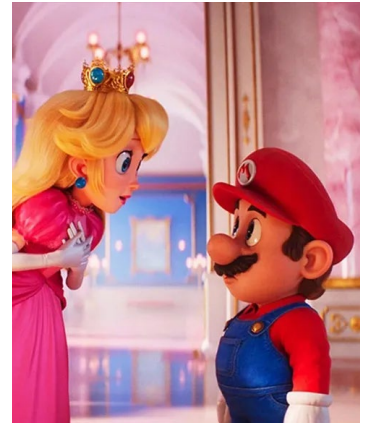
**Vancouver’s Housing
Crisis**

WEDNESDAY, NOVEMBER 22
6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Vancouver has tripled the number of housing units within its boundaries since 1970 when the city was already built out. No other North American city centre has done nearly as much. Adding new housing supply is supposed to bring prices down; by this logic, Vancouver should have North America's most affordable housing. Instead, it has the continent's most expensive housing. Why? The answer is it's all about land.

Professor Patrick Condon has over 25 years of experience in sustainable urban design: first as a professional city planner and then as a teacher and researcher. Patrick started his academic career in 1985 at the University of Minnesota before moving to UBC in 1992. After acting as the director of the landscape architecture program, he became the James Taylor Chair in Landscape and Liveable Environments.



A KIDS CLUB FAVOURITE
**Kids’ Movie Night:
The Super Mario
Bros. Movie**

FRIDAY, NOVEMBER 24
6 – 9 p.m.

\$35 plus tax & service charge (includes child minding, dinner, popcorn, and dessert)

Kids will enjoy a special screening of **The Super Mario Bros. Movie**. Parents can treat themselves to the Supper Club on the same evening!

Brooklyn plumbers Mario and his younger brother, Luigi, fall down a mysterious portal and wind up separated inside a magical world. Mario lands in the Mushroom Kingdom, which is ruled by Princess Peach, who's strategizing how to prevent her land from being conquered by the nefarious Bowser. When Mario realizes that Luigi has likely been taken prisoner by Bowser, he and Peach team up to save his brother and her people. Common Sense Media rating: Age 7+.

November EVENTS



SUPPER CLUB

Viva Iberia!

FRIDAY, NOVEMBER 24

Reception from 6 p.m. | Dinner at 6:30 p.m.

\$125 plus tax & service charge; \$45 optional wine pairings

Welcome cocktail: *Agua de Sevilla*

Welcome bubbles: *Fitapreta Sexy Blanc de Noir NV*
Alentejo, Portugal

I

CONSERVED WHITE TUNA

*piquillo pepper, campesino olives,
grilled crystal bread, spanish olive oil*

Telmo Rodríguez El Transistor Rueda Blanco 2020
Rueda, Spain

II

IBERICO SECRETO

chargrilled black pork side belly, xerém, mushrooms & piso

Luis Seabra Xisto Ilimitado Douro Tinto 2019
Douro Valley, Portugal

III

OCTOPUS RICE

coriander, garlic, charred peppers, tomato, carolino rice

Raúl Pérez Los Arrotos del Pendón Prieto Picudo 2018
Castilla y León, Spain
&

Olivier Rivière Ganko Rioja Tinto 2019
Rioja, Spain

IV

FLAN DE NARANJA

"orange flan"

Villa Oeiras Carcavelos Superior 15-Year-Old
Lisbon, Portugal



MEMBERS' WORKSHOP

Wreath-Making Class

MONDAY, NOVEMBER 27

Doors at 4:30 p.m.

Workshop at 5 p.m.

\$95 plus tax & service charge
*(includes materials for one
wreath, a drink, and snacks)*

***Registration and cancellation
deadline: November 20**

Looking for a gift idea, or an activity to do with family or friends? Sip on something delicious while the pros from **The Stem Shop** show you how to make your very own gorgeous holiday wreath. All materials will be provided, as well as a drink and something to nibble on.

Make a dinner reservation for afterwards in the Grill or Members' Lounge!



TCC EXCLUSIVE

Masterclass: Champagne

THURSDAY, NOVEMBER 30

6 – 7:15 p.m.

\$125 plus tax & service charge

Champagne is historic, luxurious and intricate, and a little knowledge always enhances enjoyment and appreciation. Join TCC Wine Director DJ Kearney and discover the secrets of soil, grapes, blending, and pairing as you taste all the epic styles of Champagne. From Grande Marque to the boutique artisan grower, we'll taste five champagnes including blanc de blancs, blanc de noirs, rosé, a fine non-vintage Brut and of course, vintage Champagne. We'll discuss the best stemware, serving temperatures and so much more! Culinary bites to pair with fine bubbles, of course. Uncork your holiday spirit and don't delay; this masterclass will fill quickly! To continue the effervescent good times, make your dinner reservation in the Grill for 7:30 p.m.

event registration

online

via Member Central

email

concierge@tcclub.com

call

604 681 4121

text

604 200 2279

live music in the members' lounge

6 – 9 p.m.

Thursday, November 2
Dave Paterson

Friday, November 3
Nickolaj

Thursday, November 9
Desmond Day

Friday, November 10
Rob Eller

Thursday, November 16
Dave Martone

Friday, November 17
Jessica Benini

Saturday, November 18
Rob Eller

Thursday, November 23
Nickolaj

Friday, November 24
Cole Petrone

Saturday, November 25
Goby Catt

Thursday, November 30
Dave Martone

Holiday Spirits Social

Wednesday, November 15 | 5 – 7p.m.

\$50 plus tax & service charge

Partial proceeds support Admiral Seymour Elementary

Sample fine whisky from Scotland, Ireland, Japan, Canada and of course, Kentucky Bourbon. Botanical gin, smoky mezcal, smooth tequila, spicy vodka will keep your palate stimulated and your brain engaged. Did you know that this yearly event also allows the TCC Foundation to help bring Christmas cheer to the kids at Admiral Seymour Elementary? Holiday fundraising has never tasted better.

Full list of spirits to be posted to Member Central.

Dickens' Family Brunch with Santa

Sunday, December 3 | seatings at 10:30, 11 a.m. & 12:30 p.m.

Adults: \$115 plus tax & service charge

Kids (4–12): \$50 plus tax & service charge

The Dickens Family Brunch is a beloved Christmas tradition at TCC! Our incredible brunch buffet includes all the trimmings and more, so come hungry. Kids can deliver their Christmas wish lists to Santa directly or make an in-person request.

It's always a full house so be sure to book your spot early.

Festive Family Dinner Buffet with Santa

Sunday, December 10 | seatings 5:30, 6 & 6:30 p.m.

Adults: \$125 plus tax & service charge | Kids (4–12): \$60 plus tax & service charge

Our festive family dinner buffet is back!

Enjoy a festive spread with the family and say hello to Santa while you're here.

Festive Lunch Buffets

Thursday, December 14 & Friday, December 15

12 noon – 1:30 p.m.

\$98 plus tax & service charge

Take a break from your busy workday to enjoy the holiday season and reserve a table for your social gathering or corporate entertaining. Our Christmas lunch buffets include a festive spread of new and longstanding holiday favourites, as well as live music to get you in the holiday spirit. Leave room for dessert!

Members' Festive Networking Lunch

Thursday, December 14 | 12 noon – 1:30 p.m.

\$98 plus tax & service charge

A members' only table at the December 14 Festive Lunch Buffet is reserved for you and your fellow members.

Festive Dinner Buffet

Thursday, December 14 | seatings at 6, 6:30 & 7 p.m.

\$120 plus tax & service charge

This delicious spread of traditional holiday favourites, alongside live music, is sure to secure your spot on the "nice" list this year! Treat your friends and colleagues to an evening of grown-up fun.

Liquid Assets

CURATED BY DJ KEARNEY

Our Newest Cellar Dwellers...

❶ CHAMPAGNE PLOYEZ-JACQUEMART CUVÉE LIESSE D'HARBONVILLE 2004 CHAMPAGNE, FRANCE \$307

It's Champagne season, and newly arrived is the jewel in the crown of the house of Ployez-Jacquemart, the Liesse d'Harbonville. From the heralded 2004 vintage, this is a chardonnay-dominant blend that sees the first fermentation in neutral oak barrels for added richness and decadence (just like Champagne Krug). Then the wine continues its journey for a whopping 10 years in the bottle, developing layers of bewitching complexity and toastiness. Established in 1930 this grower-Maison is overseen by third generation family member Laurence; she makes the wines, steering this gorgeous bottle in the bone-dry direction with a very low dosage. Yes, it's a splurge, but you are definitely worth it.

❷ SUAVIA MASSIFITTI BIANCO VERONESE IGT 2019 VENETO, ITALY \$62

From the heart of the Soave Classico zone about an hour's drive east of Venice is the home of Massifitti. This wine celebrates one of Soave's great white grapes, trebbiano di Soave. The Suavia wine estate treats this grape like an A-lister (unlike most others), seeking to rediscover its character and authentic nature. Also known as verdicchio, Suavia's trebbiano di Soave is from a 2006 vineyard that was planted on volcanic soils with unique clones recovered by the viticulturalists at the University of Milan. Wild fermented and unoaked, the wine gains creamy texture from 15 months of lees-ageing to add toasty emollience. Massifitti channels wines like muscadet, premium pinot grigio and racy Chablis, so if you adore dry, snappy, nervy, minerally, fascinating white wines, this is for you!

❸ STAG'S LEAP WINE CELLARS HANDS OF TIME RED BLEND 2019 NAPA VALLEY, CALIFORNIA \$90

Historic Stag's Leap Wine Cellars' fame was cemented when it won the best cabernet sauvignon in the momentous Judgement of Paris tasting in 1976, beating iconic reds from France. If you wander the grounds at Stag's Leap in Napa, you come across a succession of limestone plaques bearing the handprints of those who contributed to the winery's long history. This 'Hands of Time' red blend meshes cabernet sauvignon with merlot and malbec, burnished in fine French oak for well over a year. Rich and smooth, its pedigree shows immediately with inviting bouquet, intense fruit and lingering supple finish. Try with our juicy burgers, tender CAB ribeye, or Sunday succulent prime rib next time you are in the Grill.

Email wine@tcclub.com
to secure your bottles!



❶



❷



❸

UPCOMING EVENTS

Wednesday, November 15
Holiday Spirits Social

Thursday, November 16
Quarterly Wine Club Tasting

Thursday, November 30
Wine Masterclass: Champagne

Wednesday, December 6
Masterclass: Japanese Whiskey



PRIVATECLUBWORLD
A GALAXY OF PRIVATE CLUB NETWORKS

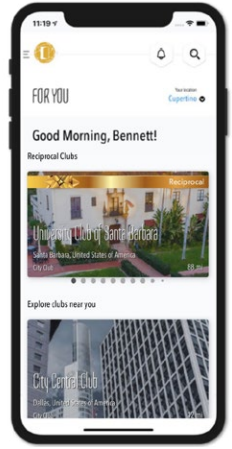
Welcome to Global Private Club Citizenship



INTRODUCING PRIVATECLUBWORLD

Download the app today!

We are delighted to introduce a new app, PrivateClubWorld, which enables seamless access to our reciprocal clubs. Members can select the club they wish to visit and place a request for a Letter of Introduction with visit details, all at no cost. We invite members to download the PrivateClubWorld app from the Apple Store or Google Play to enjoy using our reciprocal club network from the palm of your hand.



NEW AFFILIATE CLUB: THE ATHENAEUM CLUB LIVERPOOL, UNITED KINGDOM

The Athenaeum is an iconic institution; a place to relax, to stay up to date with the latest news, to debate, discuss and share ideas. Above all a place to entertain friends, family, colleagues and clients in the most luxurious and historic surroundings the City of Liverpool has to offer.

**Don't forget to request a Letter of Introduction from Member Services ahead of your trip.*

TELUS HEALTH CARE COLUMN

OVERCOMING BURNOUT

WHAT IS BURNOUT?

Burnout is a growing concern for many people. If you frequently feel like there's not enough time in a day to get everything done, have trouble focusing, or feel like there's no hope of ever getting ahead of your workload, you might be burnt out.

Burnout is more than just stress. It's a serious concern that can lead to both mental and physical health issues if it goes untreated. Professional burnout is defined as experiencing emotional, mental and physical exhaustion resulting from work-related stress. It can lead a worker to feel emotionally drained, poorly motivated and less productive. Luckily, there are things you can do that may help you recover from burnout if it's happening, and prevent yourself from becoming burnt out in the future.

WHAT ARE THE SIGNS OF BURNOUT?

It's normal to experience stress from time to time, at work and at home, and some level

of stress can be healthy. It can motivate us to accomplish goals, leading to greater productivity and a sense of accomplishment. But burnout is different.

Burnout is a state of physical, emotional and mental exhaustion. Symptoms of burnout can include: irritability; difficulty concentrating; difficulty staying motivated; feelings of cynicism or disillusionment around your job or relationships; feelings of hopelessness or powerlessness; altered sleep patterns (sleeping too much or not enough); headaches; digestive issues, etc.

Burnout has been mainly talked about in the context of work, but can arise from other sources of stress as well. New parents may feel burnt out by the responsibilities of childcare. Burnout can also happen to individuals who unexpectedly find themselves in a caregiving role – for example, if a relative or loved one is very sick.

WHAT CAN YOU DO TO FEEL BETTER?

While it might take longer to address the root cause of your burnout, there are things you can do right away to ease the feeling of being overwhelmed.

At work: Talk to your supervisor; Communicate with your teammates; Work with your leader and team to ensure there are clear team guidelines regarding communication.

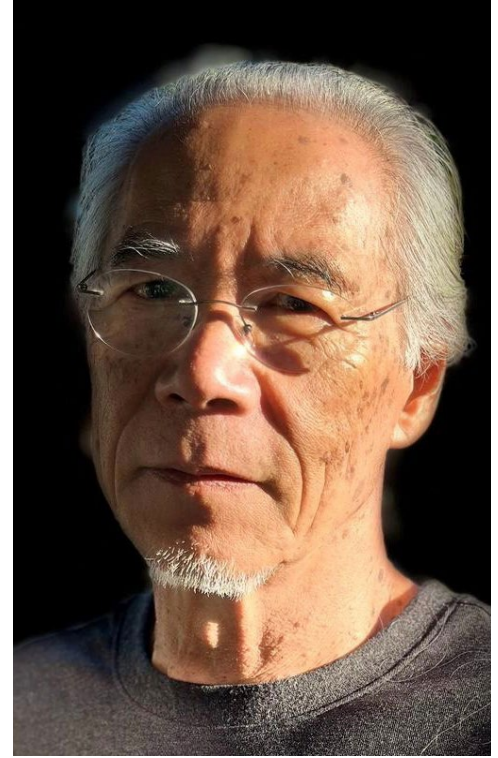
At home: Find short-term fixes for day-to-day tasks to give yourself time back in your day. Exercise – even a thirty-minute walk can help to lift your mood. Get enough sleep! Most adults require 7–9 hours every night.

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



Member of the Month

VICTOR CHAN



In 1971, Victor Chan was kidnapped while traveling overland by VW bus to Afghanistan. He managed to escape – and the harrowing experience did not deter him from his travels. He has always been a seeker and so he continued his journey to India and beyond.

Born in Hong Kong, he attended universities in Canada and the US and did research in particle physics. While his education inspired a love of science, Victor's subsequent globetrotting nurtured his desire to connect with teachers in the Eastern wisdom traditions.

Making his home in the Himalayas in the '80s, he came into contact with some of the greatest spiritual teachers of the time. Over a period of four years, he trekked across 250 plus high Himalayan passes, and explored remote Buddhist hermitages where monks meditated for years in frigid, high-altitude caves. He also was the first person to traverse the Himalayas, from Kathmandu to Lhasa, on a bicycle. The result was a 1,104-page book on Tibet's spiritual geography.

Back in Canada, he told a Vancouver reporter in 2009: "The roof of the world is suffused with a profound spirituality that is tangible. The landscape is primordial: hanging glaciers next to Sahara-like sand dunes, the highest mountains. The people are gentle and they value life so much that they refuse to walk along a trail if they know worms are on it."

Victor also authored a number of books about his remarkable encounters with renowned spiritual teachers. But he says, "writing has always been difficult for me,

and it's not getting any easier." He has been working on his latest book for years without much to show for.

Another one of Victor's life-long passions is conversation. And it is conversation that has sustained him at TCC for the past six years. Victor is the founder of the TCC's hugely successful "salon" series. A salon is essentially a deeply-focused conversation with a meal. Registration is limited to 14 people. A topic is chosen and a guest speaker with expertise on the topic works as a catalyst for discussion. The speaker is given 15 minutes to provide an overview, then the room takes over. There are rules: no crosstalk; no phones.

"People have a hunger for conversation – something meaty that is mindful, respectful, frank, and without distractions," he says. "I limit the number of attendants to 14-16 because a smaller number facilitates interaction. These salons aren't lectures. Diners tend to listen to each other respectfully. When one person follows up on what someone else has observed, that creates a continuity which then creates connections and community. Strong friendships and relationships have been forged at the salons."

Some of the 200-odd topics explored in Victor's salons include music, loneliness, mindful sex, healthy aging, heart/brain health, psychedelics, meditation, risk-taking, artificial intelligence. The inaugural salon featured UBC professor John Helliwell (economist and editor of the World Happiness Report) on the pursuit of happiness. The spiciest salon to date featured another UBC professor, Carrie Jenkins, on romantic love and polyamory.

"I'm not good with small talk, but meaningful conversations make me feel good. And here is another thing about the salons: You have to listen deeply. Listening is becoming a lost art. People today are too easily distracted, me included."

Victor joined TCC in 2018. He regularly works in the members' lounge, taking breaks through the day to attend to his fitness. He swims, uses the cardio equipment, lifts weights, and often plays squash by himself.

"As a younger man, I was quite competitive in different racquet sports – tennis, ping pong, badminton, and squash. Squash is such a beautiful sport, but it can be brutal on the body. All those quick starts and stops, changing directions, fast reflex actions. These days I am much less interested in competition than I am getting into a flow state. Hitting the ball in the court by myself is rhythmic. It's meditation in movement. And I work on honing my backhand."

TCC members interested in attending a salon can register online on Member Central or with Member Services. Be aware they book quickly. If you have a subject that you think would make for lively conversation, Victor wants to hear from you. He can be reached at victchan@gmail.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

FREE BEGINNERS CLINIC

Wednesday, November 8 | 5 – 6 p.m.

The second Wednesday of each month, come and join us as we 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, November 6.

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

MODIFIED HOURS

SATURDAY, NOVEMBER 4

TCC ANNUAL GALA

7 a.m. – 3 p.m.

SATURDAY, NOVEMBER 11

REMEMBRANCE DAY

CLUB CLOSED

MONDAY, NOVEMBER 13

7 a.m. – 8 p.m.

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@swimminginancouverbc.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.**

SIX-WEEK COMPLIMENTARY SKI FIT CLASS WITH HUGO SEARS

Thursdays, November 2 – December 7 | 12 noon

**Beginner, intermediate, and advanced skiers welcome*

Focusing a personalized and detailed program geared toward: leg blaster, dry land prep, athletic body positioning, power and flexibility, carve mobility, balance and SAQ. Minimum 2; maximum 10. Must registered by Tuesday at 5 p.m. the week of the session. No show or late cancellation fee: \$20.

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.					
12:15 p.m.	F.I.T. WITH VANESSA	CORE CONDIT. WITH LEILA	CARDIO KICKBOXING WITH LEILA	SKI FIT WITH HUGO SEARS	TOTAL BODY STRENGTH 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)



WEDNESDAY, NOVEMBER 15

5 – 7 p.m.

METROPOLITAN BALLROOM

Holiday Spirits Social

\$50 plus tax & service charge | supports Admiral Seymour School