

TERMINAL CITY TIMES

FEBRUARY 2024 • VOL. 31 NO. 2



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

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TCC Family Favourite

REGISTER FOR EVENTS

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

Contact

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

call 604 681 4121  terminalcityclub
text 604 200 2279  @tcclub
web TCCLUB.COM  Terminal City Club

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

Hours

MEMBER SERVICES (FRONT DESK)

Monday – Friday 7 a.m. – 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 (WORKSPACE)

Monday – Friday 11:30 a.m. – 8 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 FEBRUARY 2024

DEAR FELLOW MEMBERS,

I hope everyone enjoyed the first month of the year. Hopefully the snow and the cold didn't stop you from visiting the Club. The team hit the ground running on some projects around the Club this month, including completing the women's washroom and installing the beautiful marble table in the Arbutus room to round out the Club Rooms project. We still saw a steady stream of corporate bookings along with our regularly scheduled discussions and events at the Club, despite less-than ideal conditions.

Our Membership team knocked it out of the park to start the year, with the largest ballot we've seen in two years. A total of 37 members joined in January. I want to wish these members a warm welcome, and I look forward to welcoming more new members throughout the year. Also, a special shoutout to every member that continues to refer their networks and spreads the word about TCC, this is our Club and together we will make it better!

The team had their annual winter staff party at the Club this past month. Our team pours their heart into their work and gets to celebrate twice a year with their colleagues. I heard everyone enjoyed themselves! Staff also got to announce the winner of the Employee of the Year. Congratulations to Sheila Israel from the Lions Pub for winning this distinction!

Another noteworthy staff achievement was David Cheng from the restaurants team celebrating an impressive 50 years at the Club on January 12. I hope some of you got the chance to congratulate him in person. Congratulations on such a terrific milestone, David!

Our culinary team continues to offer delicious to-go options if you want to skip cooking through tcc2go.com. Contact Member

Services to pick up your order. Red curry has been a very popular choice so far, but there's something for everyone. You can always use this towards your quarterly food spend, too.

The 45-Day Fitness Challenge is well under way. I hope all 135 participants are on track to complete the challenge this month. Keep up the good work! Even if you're not participating, I hope you can take advantage of the excellent facilities we have on the 3rd floor, it is the jewel of the Club.

Valentine's Day is right around the corner. Wednesday, February 14, for those that need reminding... To avoid disappointment, I would encourage you to get your reservations in as soon as possible if you plan on celebrating at the Club. A preview of the menu can be found on page 4.

We received positive feedback on the recent Comedy Night we hosted in the Lounge on January 25. I hope you enjoyed some laughs if you caught the show. If you want to see more events like this or have any suggestions on events you'd like to see at the Club, feel free to reach out to our Membership & Marketing team.

Until next time, take care.

Sincerely,

Nate Kube
Terminal City Club President

Stay informed

CLUB NEWS

holiday and modified hours

The Club will close at 4 p.m. on **Tuesday, February 6** for a private event. For dining, visit the Lions Pub.

The Club will be closed on **Monday, February 19** for Family Day.



welcome to our newest members!

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

- | | |
|------------------------|-------------------------|
| Dr. Oliver Aldridge | Mr. Gregorio Oberti |
| Mr. Shahab Alikhani | Mrs. Jordan Oberti |
| Mr. Aref Amanat | Mrs. Inna O'Brian |
| Ms. Giuliana Ambrosini | Mr. Jody Pamplin |
| Ms. Rita Biermann | Mr. Brent Poirier |
| Mr. John Carmichael | Mr. Luis Rincon Garza |
| Ms. Jennifer Climie | Mr. Blaine Ross |
| Mr. Rob Dhari | Ms. Mary Ross |
| Miss Shannon Dolphin | Mrs. Heidi Schwiede |
| Ms. Anita Gill | Mr. Matthew Scoville |
| Mr. Nicolas Hernandez | Ms. Kerrie Shakespeare |
| Mr. Christopher Hnatko | Mr. Michael Shakespeare |
| Mr. Stephen Hnatko | Mrs. Lorraine Skidmore |
| Mr. AJ Joshi | Ms. Elizabeth Smith |
| Ms. Joyce Law | Ms. Stephanie Song |
| Mr. Kenneth Lee | Mr. Nader Talwerdi |
| Mr. Jack Morris | Mr. Harrison Wood |
| Ms. Helen Movafagh | Mr. Yihan Yang |
| Ms. Tina Mu | |

45-day fitness challenge

It's halfway into the 45-Day Fitness Challenge and we've seen lots of enthusiasm and great energy around the Fitness Centre. Congratulations to all 135 participants! You're almost there!



share the love! give the gift of membership

Valentine's Day is just around the corner; it's time to start planning a special gift for your significant other! TCC offers a truly amazing Spousal subscription of \$950, with annual dues of only \$726.60, and no quarterly food minimum. Invite your partner to enjoy all the benefits our Club has to offer.

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

cuvée flight club

Weekly Spirit Flights, 4 p.m. to close in Cuvée

Elevate your spirits IQ with special tasting flights in Cuvée. Each flight will feature 3–4 samples of 15 ml each, along with a few written notes to deepen your knowledge.

Our first flight will present a diverse quartet of Japanese whiskies, giving you a taste of a country that has quickly become a preeminent whisky player. **This flight includes Nikka From the Barrel, Hibiki Harmony, Suntory Toki and AO World Whisky.** Starts February 1, while supplies last. Our Japanese Whisky flight is \$20 plus tax and service charges.

club room bookings

For any Club Room booking inquiry, please reach out directly to our restaurant team via outletsgroupmail@tclub.com.

in a hurry for lunch? consider pre-ordering

Coming in with a group? On a tight timeline? For extra efficiency, contact reserve@tclub.com to pre-order your food or to arrange for appetizers or wine to be ready on arrival.

sunday prime rib dinners

The Grill | Sundays, 5 – 9 p.m.

Adults: \$40 plus tax and service charge

Kids (10 and under): \$15 plus tax and service charge

Visit the Grill on Sunday evenings for our Sunday Prime Rib Dinner, a long-standing TCC tradition. Enjoy slow-roasted prime rib, seasonal vegetables, creamy whipped potato, Yorkshire pudding with au jus. A kids' version – which includes a fresh fruit cup or vegetable sticks with ranch dip and ice cream for dessert – is also available for ages 10 and under. Reservations are recommended.



Dining AT THE CLUB



super bowl lvii

Sunday, February 11 | kickoff 3:30 p.m.
showing in the Members' Lounge and Lions Pub

Come watch the game in the Members' Lounge and enjoy food and drink specials! Reserve your spot through Member Services.

SUPERBOWL SPECIALS

IN THE MEMBERS' LOUNGE ONLY

Game day burger + drink - \$20

Mix and match buckets of beer can/bottle – 6 for \$26

Beer special - \$5 per bottle or can

Selection includes:

Bud Light

Deschutes Fresh Squeezed IPA

Heineken

Hoyne Down Easy Pale Ale

Kronenbourg 1664 Blanc

Phillips Tilt Lager

Phillips Blue Buck Ale

Stella Artois

Lonetree Cider

Strongbow Cider

Manana Ranch Water Tequila Seltzer

White Claw Seltzer

Non-alcoholic beer

February EVENTS



MEDITATION

Sound Bath: Wind Gong

MONDAY, FEBRUARY 5

7:30 – 8:30 p.m. &

MONDAY, FEBRUARY 26

5:30 – 6:30 p.m.

\$15 plus gst

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 28” wind gong to create calm, peaceful, and up-lifting energy. This session will offer you an experience like no other.

As the class will involve sitting/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.



TCC SALON

Why Culture Matters

THURSDAY, FEBRUARY 8
6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

In our world where everyone is connected, why do we still feel more isolated than ever? What is missing in our society? **Max Wyman** has a visionary idea; he thinks art and culture are very important for our country's democracy, and we need to be kind and understand each other to solve today's major social issues. Empathy and kindness are important. Max proposes an innovative plan; a Canadian Cultural Contract for Canada. This plan will make art a big part of government decisions, put art back into schools (along with science and math), and devise strategies to ensure that all Canadians have access to our diverse cultural heritage.

Max Wyman is one of Canada's foremost cultural commentators. *The Compassionate Imagination* is his seventh book on the arts in Canada. He is happy to sign his books if you bring a copy.



FOR LOVERS

Valentine's Day Dinner

WEDNESDAY, FEBRUARY 14
6 – 9 p.m.

**please note the regular à la carte menu will not be available at this event*

Treat your someone special to a divine evening of dinner, dancing, and romance! A special Valentine's menu will be available, as well as a wine list curated by DJ Kearney.

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

PRE-ORDER BY 10 A.M.,
MONDAY, FEBRUARY 12

**Char Grilled CAB
Tomahawk Steak for Two
220**

*wild roasted mushrooms,
grilled broccolini,
hand cut fries, chimichurri,
red wine jus*

VALENTINE'S MENU

AMUSE BOUCHE

Scallop Ceviche

xo, avocado crema, crispy shallot

APPETIZERS

Smoked Beef

Tenderloin Tartare 22

*roasted whole bone marrow,
bavarian mustard,
beef fat aioli, brioche*

Poached Beet Salad 18

*whipped goat cheese,
toasted walnuts, meyer lemon
gel, beet sponge toffee*

Crab Rangoons 19

green pea purée, sweet chili sauce

East Coast Oysters 22

*half dozen, raspberry shallot
pearl mignonette, sweet drop
peppers, lemon*

MAINS

Tournedos of Beef Rossini 65

*brioche, pomme purée,
foie gras, winter vegetables,
perigold truffle, jus*

Pan Roasted Sablefish 45

*baby clam xo, marinated tofu,
fried rice ball*

Poached Lobster Tail 50

*fresh spaghettini, roasted fennel,
lobster-infused beurre blanc,
parmigiano reggiano*

Ricotta Gnocchi 32

*truffled maitake mushrooms,
crispy cauliflower mushroom,
fine herbs, parmigiano reggiano*

February EVENTS

live music in the *members'* lounge

6 – 9 p.m.

Thursday, February 1
Rob Eller

Friday, February 2,
Olaf De Shield

Saturday, February 3
Sasha Veregin

Thursday, February 8
Cassandra Maze

Friday, February 9
Cassandra Maze

Saturday February 10
David Capper

Thursday, February 15
Sasha Veregin

Friday, February 16
Goby Catt

Saturday, February 17
Dave Paterson

Thursday, February 22
Dave Paterson

Friday, February 23
Stephen Lecky

Saturday, February 24
David Capper



BUSINESS & COMMUNITY
SPEAKER SERIES

Legal Frontiers: Immortality & AI Alter-Egos

TUESDAY, FEBRUARY 20
6 – 7:30 p.m.

Complimentary event

Explore estate planning for advanced technologies, the issue of legal identities, preserving original ancestry and testamentary ideas to avoid pitfalls for your digital legacies.

Dr. Sara Adami-Johnson is a distinguished legal and digital assets expert. She holds multiple degrees across different countries, including a Ph.D. from International Business School in Paris, focusing on Behavioral Economics. Sara is an external advisor to STEP Digital Assets Special Interest Group, London UK and a member of the European Law Institute, AI development policy committee. Sara contributes extensively through writing, lecturing, and publishing papers on art law, global economics, digital assets, and wealth planning.

Please contact Ellen Kief at ekief@kiefllaw.com for program interests.

FATHER DAUGHTER

Gumdrop Gala

SATURDAY, FEBRUARY 17
5 – 8 p.m.

Adults: \$115 plus tax & service charge

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

They say girls are sugar and spice and everything nice...

Sweetness meets magic at this year's Father Daughter Gumdrop Gala! Step into an enchanting world of delightful surprises – enjoy live music, a delicious dinner, a bouncy castle, charming confections, and more. Sashay your way to sugar-coated splendor!

[Grand]fathers, [grand]daughters and friends of all ages are welcome!

MEMBERS' ONLY

Members' Networking Lunch

THURSDAY, FEBRUARY 15
12 noon – 1:30 p.m.

Complimentary event with the purchase of lunch à la carte

Join the city's entrepreneurs, executives, and business owners for conversation over a power lunch.

This is a terrific opportunity to meet and learn from other members representing diverse industries.

Upcoming EVENTS



TCC EXCLUSIVE

Members' Wine Tasting

WEDNESDAY, FEBRUARY 21
5 – 6:30 p.m.

*\$10 plus tax & service charge
Registration is mandatory as space is limited.

Join us for our monthly Members' Wine Tasting! This month we are featuring six wines from the February 2024 Wine Club collections. DJ and Owen will be on hand to pour and chat, and you'll have a chance to sign up or buy single bottles that charm your tastebuds. Accompanied by live music and small bites, this event is designed to elevate your Wednesday evening.

Come see what it's all about, while you sip, snack and connect with your fellow (wine-loving) members. Afterwards, continue your evening in style with a dinner reservation at the Grill or in the Lounge. If this tasting inspires you, we would love to see you at the **Quarterly Wine Pack Tasting on February 23**, where all twelve wines will be tasted.



TCC SALON

The Challenge of Loneliness

THURSDAY, FEBRUARY 22
6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Human beings have an innate need for social connection, and yet we also often find ourselves disconnected from one another. When we are disconnected, our bodies respond with feelings of loneliness. Similar to hunger and thirst, loneliness is an evolved response that functions to motivate us to meet our innate needs. However, when people are unable to meet their social needs, these natural emotions become dysregulated – leading to maladaptive behaviours and cognition and trapping. These behaviours and cognitions entrap people in experiences of loneliness.

This conversation – led by Dr. Kiffer Card, Director of the Canadian Alliance for Social Connection and Health – will articulate the Challenge of Loneliness and how it can be overcome.



AWARD NIGHT

Oscar Night

SUNDAY, MARCH 10
5 – 8 p.m.

Live from Hollywood, the 96th Academy Awards! From the comfort of the Members' Lounge, sip cocktails and indulge in some snacks as Jimmy Kimmel returns to host, and awards are presented across 24 different cinema categories.

This year's nomination-count standouts include Christopher Nolan's *Oppenheimer*, Yorgos Lanthimos' *Poor Things*, Martin Scorsese's *Killers of the Flower Moon*, and Greta Gerwig's *Barbie*. Follow along with our nominations sheet, and test your 2024 cinema cred with a quiz. Red-carpet dresscode optional, but always encouraged.



FAMILY FAVOURITE

Easter Family Brunch Buffet

SUNDAY, MARCH 31
10:30, 11 a.m. & 12:30 p.m.
seatings

Adults: \$115 plus tax & service charge

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

Enjoy an extensive buffet of traditional brunch favourites alongside some fresh new selections. Kids love the Easter Bunny because he always shows up with treats!

event registration

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



Congratulations to **Jeff Busby** on his recent appointment to Chief Operating Officer of TransLink. Last year, the region's transit network served over 379 million trips, making it the fourth busiest system in the US and Canada.

David Cheng on our Restaurants team celebrated 50 years with TCC in January. Congratulations David, you are an inspiration.

Have You Heard?



Congratulations to **Julia Chung** on her recent appointment to President of the Financial Planning Association of Canada, which she helped to found. Julia is the co-founder and CEO of Spring Planning.



Sheila Israel from the Lions Pub was recognized as TCC's 2024 Employee of the Year! Sheila is hardworking and always greeting guests and colleagues with a smile. Thank you for your contributions, Sheila!

DO YOU HAVE NEWS YOU'D LIKE TO SHARE?

Celebrating an engagement, wedding, or new addition to your family? Recently started a new role, joined a Board, or authored a novel? Did you or a fellow member win an award or earn special recognition? **Email joinus@tcclub.com to submit your announcement for our Club newsletter.**

TELUS HEALTH CARE COLUMN

HOW DIET CAN SUPPORT YOUR IMMUNE SYSTEM



During times of illness or flu season, people often turn to supplements, natural health-care products, or increase their intake of specific foods to boost their immune system. From high doses of vitamin C, to adding honey in tea, there are a variety of marketed products and trends that promise increased immunity. However, our immune systems are very complex, and a lot of factors contribute to the strength of that system. No one food or nutrition is the answer, but there are diet and lifestyle behaviors that can help support your individual immune system.

A look into the immune system

Our immune system protects our bodies from invaders such as bacteria, viruses, and toxins. Our first line of defense is the innate immune system. This includes barriers such as the skin, mucous membranes, stomach acid, enzymes, and cells to fight off harmful germs, parasites or cells (ie. cancer). From the moment you are

born, your innate immune system is active. Our acquired immune system learns to recognize foreign substances and is responsible for creating antibodies and immune cells to attack invaders. Immunizations train the system to create antibodies to protect from these harmful invaders.

What factors decrease the immune system?

Lifestyle factors such as poor diet, lack of sleep, and stress
Chronic disease (such as uncontrolled diabetes, cancer, gastrointestinal conditions, and HIV); Environmental toxins (ie. air pollution, smoking, alcohol); Aging.

Actionable nutrition & lifestyle goals to support the immune system

Having a balanced nourishing diet supports all cells, not only immune cells. There are no quick fixes or specific foods that offer specific protection, but certain behaviours

and patterns can help prepare your body for invaders and inflammation in the body. Limit ultra-processed foods and refined sugars, sleep 7 - 9 hours per night, stay active with regular exercise, and seek out foods rich in vitamin A, C, E, D, zinc, selenium, iron, and protein.

Overall, there is still more research to be done to determine how diet may help or harm the immune system, but there is a clear connection between dietary choices and overall health. A diet rich in whole foods such as vegetables, fruits, nuts/seeds, legumes, and lean proteins, and low in ultra-processed foods can help prevent chronic disease and support a healthy immune system.

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

Liquid Assets

CURATED BY DJ KEARNEY

Dragon Wines



2024 is the year of the Dragon. Fifth of the Chinese zodiac's twelve signs, February 10 ushers in the Wood Dragon, one of the five elements along with Fire, Metal, Water, and Earth. Those born in 1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012, and 2024 are all Dragons, but if 1964 was your birth year, you are a Wood Dragon, along with any 2024 babies. Wood Dragons are thought to be taciturn, hardworking, talented people who love challenges but avoid the limelight. Here are three bottles that mirror these Wood Dragon qualities and will also pair with your Lunar New Year celebrations.

❶ SILVER HEIGHTS NINGXIA FAMILY RESERVE CHARDONNAY 2015 NINGXIA, CHINA \$110

Located in a sunny, gravelly region between the Yellow River and Helen Mountains, Silver Heights winery is one of China's very best. A meaningful father/daughter collaboration, this estate was established in 2007 and wines are made by the daughter, Bordeaux-trained Emma Yuan. The vines grow at 1200 metres of elevation in stony soils, ensuring crisp acidity, balance and minerally backbone. This impressive chardonnay features plenty of lemon and ripe stone fruit flecked with subtle vanilla and clove from time in new French oak, with a gorgeous creamy texture and weight. Medium bodied and crisp, it's a fascinating example of how great the wines from China can be, a country that has the world's third largest vineyard area.



❶

❷ DOMAINE MONGEARD-MUGNERET BOURGOGNE ROSÉ 2021 BURGUNDY, FRANCE \$95

February is a fine time to get into the Rosé swing of things! Valentine's Day is here, the cherry blossoms start to unfurl, and this very serious pink from Burgundy is just the ticket. With grape farming heritage that stretches back to 1620, Mongeard-Mugneret is a domaine that came about in 1945 with the marriage of two esteemed Burgundian families. Only one percent of all Burgundy's wine is rosé, typically made from pinot noir. Our Bourgogne rosé tastes of forest floor berries like wild strawberries, tiny red currants and barely ripe raspberries. Racy, crisp, bone-crunchingly dry, earthy and intense, its cleansing acidity will pair well with any of our salads, seafood dishes or duck.



❷

❸ TOMMASI AMARONE DELLA VALPOLICELLA CLASSICO 2017 VENETO, ITALY \$114

Dragons are true romantics and nothing says romance more than a velvety, sensuous rich red. Amarone wines acquire super-charged body and intensity from a process called 'appassimento', whereby the ripe grapes are harvested then dried for weeks and weeks to concentrate. When wrinkled, dehydrated and resembling soft raisins, they are pressed, fermented and aged in oak casks. Dense, deep, dramatic and rich with raisins, dried fruit, sweet spices and molten chocolate, Tommasi's Amarone is built for Dragons, Valentine's Day romancing or Chef Dan's Braised Bison Shank.



❸

Email wine@tcclub.com
to secure your bottles!

UPCOMING EVENTS

Friday, February 2
Dalmore Distillery Dinner

Wednesday, February 21
**Members' Wine Tasting ft.
February Wine Club selections**

Friday, February 23
Quarterly Wine Pack Tasting

At the Club



Get your tickets today at eastersealsbcy.ca/atw.
For tables and sponsorships, please contact Agnes Wong at awong@eastersealsbcy.ca.

EASTER SEALS BC & YUKON: AROUND THE WORLD

Thursday, March 14 | 5:30 – 9:30 p.m. | Terminal City Club

This indulgent evening supports **Easter Seals**, a charity that creates opportunities and tools to help children and adults with disabilities navigate life's challenges while building self-esteem, confidence, and independence. Join Easter Seals President & CEO, **Lisa Beck** on an exquisite gourmet adventure commencing with a champagne reception, followed by a wine-tasting odyssey spanning continents, each sip a passport to diverse terroirs, and a sumptuous five-course meal crafted by renowned **Chef Hawksworth**.

Add to the excitement by indulging in our exhilarating auction, an impressive wall of wine, and an enticing raffle offering the chance to win an all-inclusive luxury cruise for two with Seabourn Cruise Line. The winner will have their pick amongst dream destinations—Europe, Caribbean, or Alaska.



New Affiliate Club HAIG POINT CLUB

DAUFUSKIE ISLAND, SOUTH CAROLINA

Haig Point is a historic private community located on Daufuskie Island in South Carolina. Only one nautical mile from Hilton Head and accessible by a private ferry system that runs 18 round trips a day. With endless opportunities, Haig Point Club has become a premier destination for members with its 29 golf holes, tennis and fitness facilities, swimming, and beach recreation.

Member of the Month

Bonnie Gee

It was 1990 when Bonnie Gee was hired as a summer student at the Chamber of Shipping (COS) in Vancouver. Her boss would spend his lunch hour at Terminal City Club, where he would go for a swim then return to the office with a block of cheese — such was the custom of the day at the Club. She laughs about the memory now, still a little bewildered by the cheese.

In March of 2023, close to 33 years after her start date as a summer student, Bonnie was appointed the Chamber of Shipping's fifth president in its 100-year history — its first female president. Since 1923, this not-for-profit organization has been the primary voice of support for the marine industry on the West Coast. "When I started here, we were mostly focussed on safety matters — making certain the movement of ships and cargo were done without incident. Our focus today is much broader. The environmental aspect of our work is so much more crucial than it was 30 years ago. As well, we are much more attuned to the need to address the interest of First Nations."

The newly appointed president comments on the organization's priorities and her role in moving issues forward: "It is a pivotal time for the shipping industry as it aims to adopt alternate fuels that are not readily available. Countries are focussed on supporting domestic climate change targets, and there is no plan to focus on supporting the international shipping industry. Shipping is essential in supporting Canada's prosperity through trade. We are strengthening our advocacy and policy work to find collaborative solutions and deliver results for our members by strengthening our relationships with government, industry, coastal communities and Indigenous Peoples."

When Bonnie joined the COS, she worked in an office of three. Today, there are seven full-time employees. 'Lean and nimble' continues to be the operative approach.

Asked how she feels spending an entire career with the same organization, Bonnie responds: "I think about it sometimes, but people are often quick to remind me the grass isn't always greener on the other side. I have been so fortunate here. Support from my predecessors, the members and directors over the years has been amazing."



When she joined the COS in 1990, the marine industry had limited opportunities for female workers. "When I first started, I was keenly interested in the hands-on operational nature of the business. That meant, going out on to the ships, meeting the crew, and taking care of documentation, provisions, etc. at whatever time the vessel arrived. The ships' crew were all male and I recognize there were legitimate concerns for my safety at the time. But all that's changing."

Today, not only are there more females in operational roles throughout the marine industry, but there is a concerted effort to female mariners. "Local tug companies are being very proactive, for example. With the recruitment

challenges facing many sectors, we need to make these jobs more appealing to females. New tugs on this coast have been designed to accommodate a diverse crew.

Bonnie was born in Nanaimo. Her first job was working as a young girl in the family store in Cedar alongside her father, mother and four sisters. "My parents were very business-oriented. The store had a post office, hardware section, a butcher shop. I loved being in that environment, stocking shelves and running the cash register." After high school, she moved to Vancouver and attended UBC, where she graduated with a Bachelor of Commerce specializing in logistics and transportation.

Bonnie and her husband Stephane live in Steveston and have two adult children. Her daughter, Chloe, is an avid fast-pitch player and attends the University of Calgary. Her son, Dillon, a recent commerce grad from UBC, and has a joined an international shipping company in an operations role

Bonnie joined TCC 15 years ago. She has mostly used the membership as a meeting place — often in one of the board rooms, or over a meal and drinks with colleagues and clients in the Members' Lounge or the Grill. "I have a locker upstairs at the gym. I am hoping with my new role I get to visit it more often."

PHOTO: *Bonnie Gee at the bridge simulator at the BCIT Marine Campus in North Vancouver.*

Focus ON FITNESS

SQUASH

2024 SPRING JUNIOR SQUASH

Saturdays | January 6 – March 16

No lesson on February 17 (Family Day weekend)

\$200 plus GST, 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. 13–16 year old

FREE BEGINNERS' CLINIC

Wednesday, February 14 | 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, February 12. Please register by calling the Fitness Centre front desk prior to 8 p.m. the day before the clinic.

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.

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 from beginners to NCAA Ivy League Champions. Barry teaches total beginners the game of squash in a simple and fun way. Intermediate to advanced players are introduced to game-like drills that help to improve fitness, anticipation, speed, power, and finesse. 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.

HOLIDAY & MODIFIED HOURS

TUESDAY, FEBRUARY 6

7 a.m. – 4 p.m.

MONDAY, FEBRUARY 19

FAMILY DAY: CLUB 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 \$30.25 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

Saturdays | January 6 – March 16

No lessons on Feb 17, 2024 (Family Day weekend)

\$275 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

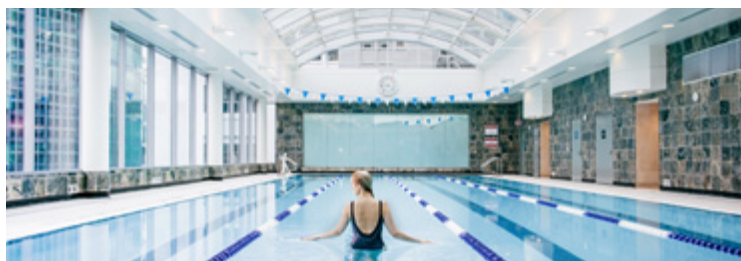
Slight changes in start and end times are possible. Children will initially be grouped based on age but may be moved to a different group if their ability requires it. To take part in group lessons, children must have some experience in the water, otherwise private lessons are first recommended to establish that confidence. This is to ensure that the group lessons will be a positive experience for your child. Please contact Doreen at john@swimminginvcouverbc.com with your questions or for more information.

COMPLIMENTARY SWIM INSTRUCTION: SWIM SKILLS DRILLS WITH JOHN

Wednesdays | January 10 – February 28 | 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. **Due to popular demand, reservations are limited to one week in advance for each class.** \$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: Let the MilFit Team be a part of your friends and family's health and fitness New Year's Resolutions. Refer them and if they purchase a package of 5 they will receive 1 free personal training session, a package of 10 will receive 2 sessions, or a package of 20 will receive 3 sessions.

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.) Practicing and teaching over 13-years, Zorica believes, to be a good teacher you must also be a student and continues her education constantly. She is responsible for guiding clientele through invigorating Pilates practices. She dedicates herself to the mind-body aspect of the Pilates method. Teaching is her passion, helping every BODY from the inside out!

NEW! RESTORATIVE MAT CLASS (PRIVATE LESSON)

Build on key Pilates principles of core control, fluid motion and coordination while delving deep into the fundamentals of optimal movement. Muscles are fatigued systematically with a continuous flow from one movement to the next. Each session targets exercises to help you gain control, strength, power and flexibility. You will see and feel your "core" get stronger each week and gain a renewed sensation of support for your back and in your arms and legs.

This class is full body work out and open to all, with exercises that are easy to modify depending on your level. Gradually geared for intermediate to advanced exercises.

Recommended props: hand weights of 2-10 lbs; Pilates soft/mini ball; T-band; M. Circle/Ring.

Please inquire at the Fitness Centre front desk for more information.

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. ■

This all-levels class focuses on building a strong body through low intensity and non-impact weight exercises. Increase your muscular strength and endurance, improve your metabolism so you burn more fat, increase bone density and improve balance so you age better, build lean and toned muscles, feel better and prevent injuries. Incorporate added resistance to any of the exercises (i.e., dumbbells, water bottles, exercise bands, chair or bench for step-ups, etc.) or simply use your own body weight.

Class Legend:

■ ZOOM

■ IN-PERSON (12 MAX PER CLASS)



Wedding Open House

JOIN US ON SATURDAY, MARCH 2, FROM 2 – 4 PM
FOR AN EXCLUSIVE LOOK AT TCC'S AWARD-WINNING
BALLROOMS AND INTIMATE WEDDING SPACES.
NO APPOINTMENT NECESSARY!

KNOW SOMEONE GETTING MARRIED?
REFER THEM TO THE CLUB! YOU ARE ELIGIBLE TO RECEIVE:

\$250 Club dollars if your referral books a wedding of \$10,000 to \$19,999
\$500 Club dollars if your referral books a wedding of \$20,000 or more

To learn more or to make a referral,
please contact our wedding team at
weddings@tclub.com or 604 488 8605