

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

Upcoming Events

- OCT 3 SALON**
Endurance, Exercise & the Heart
- OCT 4 WINE MASTERCLASS**
Organdy, Burgundy's Cousin
- OCT 10 SALON**
Connection & Well-Being in
Intentional Multi-Generational
Communities
HARVEST LONGTABLE DINNER
Seasonal Flavours in Focus
- OCT 15 MEDITATION**
Manifestation & the Gong
- OCT 16 MEMBERS' WINE TASTING**
Monthly Member Favourite
- OCT 17 MEMBERS' NETWORKING LUNCH**
Club Community Builder
COMEDY NIGHT
featuring Katrina Bennett,
Justin Nichol & Damonde Tschritter
HUNTER LAING & CO.
Premium Whisky Tasting
- OCT 21 BUSINESS & COMMUNITY**
State of Canada's
Military & Geopolitics
- OCT 22 SALON**
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- NOV 10 Q & A WITH THE STARS!**
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- NOV 19 QUARTERLY WINE CLUB**
Seasonal Tasting
- NOV 22 WINE MASTERCLASS**
Champagne
- NOV 27 HOLIDAY SOCIAL**
A Seasonal 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
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 8625
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 (PHONE-FRIENDLY WORKSPACE)

Monday – Friday	8 a.m. – 8 p.m.
All Day Menu	11:30 a.m. – 6 p.m.

Weekend service available upon request from Grill

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

MINK CHOCOLATE CAFÉ

Monday – Friday	7:30 a.m. – 6 p.m.
Saturday & Sunday	9 a.m. – 6 p.m.

TERMINAL CITY CLUB



President's Letter OCTOBER 2024

DEAR FELLOW MEMBERS,

There's an undeniable energy in the Club as we ramp up for one of the most energetic times of year. Fall is in full swing, and with it comes the perfect time to connect, celebrate, and enjoy everything your Club has to offer. Whether it's catching up with friends over a cozy meal, participating in engaging events, or simply taking advantage of the Club's many amenities, there's no shortage of reasons to enjoy the changing season here with us.

On behalf of the Board, I want to express my appreciation to members who have introduced friends, family, and colleagues to TCC over the past year. Thanks to you, we welcomed 202 new shareholding members to our community in the 2023/24 fiscal year. The one-time subscription for new memberships is scheduled to increase on January 1, 2025, so if you know anyone still on the fence, now might be the time for them to contact our membership team: joinus@tcclub.com.

There are limited seats available to an exquisite **Harvest Longtable Dinner** on Thursday, October 10. Savour the rich, comforting flavours of fall; the four-course menu includes a divine parsnip salad, followed by confit turkey risotto and grilled lamb sirloin, and topped off with banoffee

pie. Take a peek at page 4 for the full menu and wine pairings on offer.

Comedy Night in the Members' Lounge on Thursday, October 17 features an incredible lineup of comedians: Katrina Bennett, Justin Nichol, and Damonde Tschritter. Headliner Damonde is the only Canadian in 35 years to win the Seattle International Comedy Competition and has shared the stage with legends Robin Williams, Tim Allen, and Bob Saget. If you haven't already saved your spot, do it now, as space is limited.

Our annual gala is just around the corner and this year's theme promises to be nothing short of spectacular. On Saturday, November 2, we invite you to step **Beyond the Shadows**. Enter our haunted manor for an evening of glamour and mystery. If you're not sure what to wear, consult the style guide for inspiration. Traditional black tie outfits – such as tuxedos and gowns – are an easy choice, or you get all decked out in gothic glamour or eerie elegance theme with lace, leather, velvet, corsets, capes, and the like.

The Catering team has been working tirelessly on a busy calendar of fall and winter bookings. Availability is dwindling,

so if you haven't saved a date for your important meetings, retirement parties, festive gatherings, and holiday parties, contact catering@tcclub.com.

Get ahead of your Christmas gifting this year by connecting with the team at Mink. We offer custom-wrapped chocolate bars featuring your company logo or a family photo. Plus, by downloading our TCC app (details on page 3), you'll receive a 10% discount on Mink orders, and all food and drink purchases when the app is shown, will count toward your \$275 quarterly food minimum.

Thank you all for your continued engagement and support of your Club. October is a time for connection and celebration, and I look forward to seeing many of you at our upcoming events. Here's to a fantastic month filled with great moments and the camaraderie that defines our community.

Warm regards,

Nate Kube
Terminal City Club President

Stay informed

CLUB NEWS

holiday hours

The Club – including Lions' Pub and Mink – will be closed on **Monday, October 14** for Thanksgiving.



welcome to our newest members!

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

Mr. Dereck Archer	Mr. Weizhong Ma
Ms. Lisa Archer	Mrs. Nancy Mao
Mrs. Diane Atkinson	Ms. Sheema Murugayah
Ms. Medina Bandalli	Mr. Jethinder Narwal
Ms. Doreen Berg	Mr. Derrick Newhook
Mr. Logan Bourns	Mr. Cyrille Panadero
Mr. Gregory Bracken	Ms. Katharina Schwiede
Mr. Arik Broadbent	Mr. Adam Shumka
Ms. Anita Chan	Mrs. Emily Shumka
Ms. Tiffany Chung	Mr. Shaun Stevenson
Ms. Katharyne du Monde	Mrs. Eva Tait
Mr. David Eppert	Mr. David Tarkanen
Mr. Mathieu Gauthier	Mr. David Thomas
Mr. Roham Gharegozlou	Mrs. Christy Thompson
Mr. Patrick Giesbrecht	Mr. Collin Vaness
Mr. Kenneth Hvid	Ms. Catherine Warren
Ms. Jeanette Jackson	Mr. Severin Wolf
Ms. Gabriole Jangze	Ms. Danqi Yu
Mr. Ziyang Karim	Ms. Tina Zhang
Mr. Stephen Lau	Mr. Lawrence Zhang
Ms. Jia-Chi Lin	

in memoriam

Maureen Chan | September 24, 1946 – February 6, 2024

Our Mom's story is many a Canadian's success story. An immigrant's story of coming to this country with not much to her name, and making success for herself through honest, hard work. Mom first settled in Montreal from Hong Kong in 1967. She worked in Churchill Falls, Labrador, and met our father Wilkins, a place remote north to this day. Our Mom was an avid traveller. She was curious about cultures and had a love for life with an infectious laugh. She was a lifetime Catholic, and embodied her faith wholeheartedly in her approach to life.



After a career as a social worker in Vancouver's East Side, Mom found her success in a 30+ year career in real estate. She earned her company, Royal LePage's, highest accolade, a lifetime Chairman's Club Award, for decades of sustained excellence in sales. Underlying her calm and low-key disposition, she was a resourceful wolf. We will remember many dinners together celebrated at Terminal City Club. We particularly enjoyed the Prime Rib Sunday and family themed buffets, the pool table bar, and the wine list selection!

You are dearly missed by the many you touched.
Love, Nick and Emily.



holiday entertaining & reservations

Contact your Catering team at catering@tcclub.com to book your 2024 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@tcclub.com to inquire about our reception packages and current culinary offerings.

and the winner is...

Thank you to all members who fill out our Grill and Members' Lounge comment cards. Congratulations to this month's lucky winner of a lunch for two from our random draw: **Cheri Dawn Eklund!**

make it easy: pre-order!

Don't forget to take advantage of our pre-order service, especially for lunch! Contact reserve@tcclub.com for Club Room reservations, all restaurant inquiries, and private dining information.

lounge reminder

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

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.

Dining AT THE CLUB



member discount at mink

Members will receive 10% off all food and beverage at Mink. Please show your member ID card with photo, accessible from your TCC app, to the Mink team to access your member discount.

If you need assistance downloading the app on your phone and logging in to Member Central, please contact our Member Services team.

comedy night

Join us for a fresh take on comedy night, in collaboration with YukYuk's. On Thursday, October 17, the Members' Lounge will light up with talents **Katrina Bennett, Justin Nichol** and **Damonde Tschritter**. Bring a friend or two and be entertained as these acclaimed comics make a splash right here at our Club. See event details on page 5.



October LIVE MUSIC

6 – 9 p.m. in the Members' Lounge

Thursday 3 October

Sasha Vereglin

Friday 4 October

Rob Eller

Saturday 5 October

Luc Lemans

Thursday 10 October

David Capper

Friday 11 October

Olaf de Shield

Saturday 12 October

David Capper

Friday 18 October

Cassandra Maze

Saturday 19 October

Luc Lemans

Thursday 24 October

David Capper

Thursday 26 September

Dave Martone

Friday 25 October

Connor Roff

Saturday 26 October

Neal Ryan

Thursday 31 October

Neal Ryan

Club EVENTS



WINE MASTERCLASS

"Organdy," Burgundy's Spiritual Twin

FRIDAY, OCTOBER 4

6 – 7:30 p.m.

\$140 per person plus tax & service charge

Join our Director of Wine, DJ Kearney, for an insightful tasting tour through the Willamette Valley. Culinary bites to pair!

Ken Wright Cellars

Willamette Valley
Pinot Noir 2021 \$87

Résonance Wines

Yamhill-Carlton
Pinot Noir 2016 \$129

Purple Hands

Lone Oak Ranch
Pinot Noir Dundee Hills 2021 \$155

Martin Woods

Temperance Hill Vineyard
Eola-Amity Hills Pinot Noir 2021 \$236

Beaux Frères

Willamette Valley
Pinot Noir 2021 \$236

SEASONAL DINING

Harvest Longtable Dinner

THURSDAY, OCTOBER 10

6 p.m. Reception; 6:45 p.m. Dinner

Four course dinner: \$140 plus tax & service charge

Add wine pairings: +\$45 plus tax & service charge

**Shared seating via longtable; *seating requests must be made by October 3. Last minute seating requests may not be able to be accommodated. Minimum 25 guests required to run event.*

Cozy up indoors and partake in an elevated harvest dinner with your fellow members and friends! Our Executive Chef Dan Creyke and TCC Director of Wine DJ Kearney have curated a four course menu, paired with exceptional wines, to celebrate the flavours of autumn. Reserve your seat now as spots are limited!

Reception

Pemberton Beet & Goat Cheese Tart

basil pearls, candied hazelnut

Duck Confit Pastilla

brik pastry, raisin, pine nut

Grilled Scallop

orange, saffron aioli

Domaine Rolet Crémant du Jura NV – France

Dinner

Red Wine Parsnip Salad

de puy lentils, walnuts, pomegranate,
warm yuzu marmalade dressing

Little Farm Riesling 2020 – Similkameen Valley

Burlotto Pelaverga 2022 – Piedmont, Italy

Confit Turkey Risotto

lytton squash, squash seed gremolata, confit leg, black truffle,
crispy turkey skin

Reyneke Wines Organic Chenin Blanc 2021 – Stellenbosch, South Africa

Raúl Pérez Los Arrotos del Pendón Bierzo 2018 – Bierzo, Spain

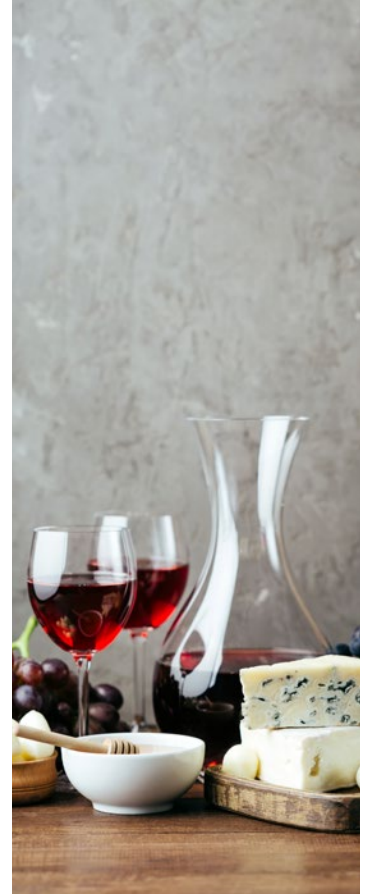
Grilled Lamb Sirloin

roast sunchoke & red endive, wine braised onions,
brown butter celeriac puree, vadouvan apple & lamb jus,
apple chips

Chapelle de Potensac 2016 – Médoc, Bordeaux

Banoffee Pie

dulce de leche, banana, graham cracker, chocolate
de Bortoli Noble One Semillon 2020 – New South Wales, Australia



SIP, MEET & MINGLE

Monthly Members' Wine Tasting

WEDNESDAY, OCTOBER 16

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! Sample a suite of special wines and enjoy live music. Bring a friend or fly solo and enjoy this wonderful opportunity to meet and mingle with other members and guests. Click here to make a dinner reservation for after the tasting!



FIND YOUR CENTRE

Meditation: Manifestation and the Gong

TUESDAY, OCTOBER 15
5:30 – 6:30 p.m.

\$15 plus gst

**Minimum 10 participants
required to run*

Have you thought about what you want to see happen in your life? Take the time to think about this and come to the class with one clear goal you would like to manifest in your life. Let Denise help move you into a space of manifestation through a guided meditation followed by an energizing gong bath.

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.



MEMBERS' ONLY

Members' Networking Lunch

THURSDAY, OCTOBER 17
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.



TCC EXCLUSIVE

Comedy Night

THURSDAY, OCTOBER 17
Doors open at 5 p.m.; show
starts at 7 p.m.

*\$30 plus tax & service charge;
reservations are required*

Join us for a fresh take on comedy night! Best known for her brutal honesty, **Katrina Bennett** will tell you how it is and then some. A rising comic in the local comedy scene, Katrina won silver medals at BC's Funniest Female contests two years in a row.

Justin Nichol is a fast-paced comedian who doesn't hold any punches. He has toured all over the country and has hosted for legends John Cleese, Tim Dillon, Jeremy Hotz and Miss Pat.

Damonde Tschritter is sidesplitting comedian who has shared the stage with giants Robin Williams, Tim Allen, and Bob Saget. His TV specials have aired on CBC, HBO, and Comedy Central, and *The Globe & Mail* has hailed him as "Comedy's new Superhero, and perhaps this country's finest comedic storyteller."



HUNTER LAING & COMPANY LTD
GLASGOW • SCOTLAND



TCC EXCLUSIVE

Ultra-Premium Whisky Tasting with Hunter Laing & Co.

THURSDAY, OCTOBER 17
5:30 p.m. Welcome glass of
champagne and nibbles
6 – 7 p.m. Tutored tasting

\$110 plus tax & service charge

This is a rare and golden opportunity to sip and learn with **Andrew Laing**, visiting us from Scotland. A independent bottler, Hunter Laing are famed for single and blended malts from vast stocks of some of the most sought after whiskies in Scotland. Imagine this: six whiskies, one genius whisky blender, and you. View the selection of bottles we will be pouring on Member Central now!

TCC Annual Gala

BEYOND THE SHADOWS



SATURDAY, NOVEMBER 2

7:30 p.m. until late

\$276 plus tax & service charge (all inclusive ticket)

Calling all souls, all spirits, all ghouls, all seers...

On Saturday, November 2, step Beyond the Shadows at TCC's annual gala and give in to the thrill of the unknown. Seek and uncover secrets at every turn of TCC's haunted manor. Sink your teeth into delectable bites, imbibe on potions, and be seduced by enchanting entertainment.

portraits from beyond

STEP INTO THE SPOTLIGHT – FOREVER.

Your portrait becomes a chilling feature of TCC's haunted manor. Or, commission in secret and leave a spine-chilling surprise for one of your guests or a fellow member.



\$99 per custom portrait.

Complimentary for members who purchase six or more tickets!

After the gala, take the artwork home with you as a keepsake.



GALA DRESS CODE & STYLE GUIDE

Dress code: gothic glamour, eerie elegance, or black tie.

Think: formal or cocktail attire with a twist of terror.



MAKE AN IMPACT

SPONSORSHIP OPPORTUNITIES

Contact Amanda Jun at ajun@tcclub.com to learn more.

thanks for the memories

HIGH TECH PHOTOS

Enhance the gala by sponsoring unforgettable guest moments created by cutting-edge technology.

360 PHOTOBOOTH: A crowd favourite, this interactive photobooth spins the camera around guests for a striking keepsake.

CINEBOT / GLAMBOT: As seen at the Oscars, this state-of-the-art robot brings cinematic flair to each glam shot.



raise the spirits

ETERNAL YOUTH IS YOURS.

Two bars available. In-kind sponsorship possible.

orchestrate the haunting

A CONSTANT PRESENCE.

Two rooms available.

event registration

SAVE YOUR SPOT!

online
email
call
text

via Member Central
concierge@tcclub.com
604 681 4121
604 200 2279

Member-led EVENTS



TCC SALON

Endurance Exercise and the Heart

THURSDAY, OCTOBER 3
6 – 9 p.m.

*Complimentary event with the
purchase of dinner à la carte.
Late cancellation fees will apply.*

While endurance exercise training, such as long-distance running or cycling, has been widely associated with improved heart function, reduced risk of cardiovascular diseases, and enhanced overall health, controversy exists around if there is a potential upper limit to these benefits. Furthermore, recent studies have highlighted possible links between excessive endurance exercise and heart conditions such as atrial fibrillation, coronary artery calcification, and heart fibrosis.

The discussion will focus on separating fact from fiction while reviewing guidelines for safe engagement in sport and exercise, plus information on the 'optimal dose' of exercise for health and longevity. Dr. Nathaniel Moulson is a Clinical Assistant Professor in the Division of Cardiology at UBC.



TCC SALON

Connection & Well-Being in Intentional Multi-Generational Communities

THURSDAY, OCTOBER 10
6 – 9 p.m.

*Complimentary event with the
purchase of dinner à la carte
Late cancellation fees will apply.*

In today's world, where loneliness and disconnection are growing challenges, creating a community that fosters genuine connection and well-being is essential. To build this, we must focus on cultivating spaces where deep listening and non-judgment are central. Practical systems of mutual aid where neighbors help one another with tasks like childcare, elder care, or food preparation can also deepen bonds.

By embracing practices of mindfulness, empathy, and collaboration, we can collectively move towards a model of living that nourishes us not just physically but emotionally and spiritually as well. Speaker Candy Ho is CEO of the Cape on Bowen Community Development.



BUSINESS & COMMUNITY
SPEAKER SERIES

State of Canada's Military and Geopolitics

MONDAY, OCTOBER 21
6 – 7:30 p.m.

*Complimentary event; space is
limited – registration required.*

David Morrish, an MIT and BCIT graduate, is the owner and CEO of MBS Techservices Inc. and MBS Defence Inc.; companies specializing in advanced technology solutions and defense services. His work in both the tech and defense sectors offers innovative and secure services to clients worldwide, while his expertise and vision continue to shape these services.

David will discuss the State of Canada's defence industry and Canada's role in defense.

*Contact event facilitator Ellen Kief for program and speaker interests at ekief@kiefllaw.com.



TCC SALON

Dr. Paty Rios on Why We Walk

TUESDAY, OCTOBER 22
6 – 9 p.m.

*Complimentary event with the
purchase of dinner à la carte.
Late cancellation fees will apply.*

We walk to commute, to connect with others, to stay healthy, and to heal. For some, walking is a necessity; for others, it's a calling, an expression of their inner wanderer. For Dr. Paty Rios, walking has been a deeply personal journey. Twelve years ago, after suffering a concussion that came with severe health complications, walking became a luxury she could no longer take for granted. Simple steps were once a challenge, and the act of walking felt like a distant memory. Today, she cherishes every moment on her feet, grateful for the simple joy of movement.

At this dinner salon, Dr. Rios will reflect on how walking has impacted her health, her way of thinking, and her emotional well-being. Participants will be invited to share their personal stories of walking. Dr. Rios is a global leader in promoting sociability and social well-being in built environments.

Liquid Assets

CURATED BY DJ KEARNEY

Meet your new by-the-glass pours!

It's time for a new star line-up of wines by the glass, available in the Grill, Members' Lounge and Cuvée. Chosen with colder weather and winter weight cuisine in mind, we hope you will sample widely and deeply. Feel like stocking any at home? We can take care of that!

We have three new fizzy wines for you: **Pura Terra Prosecco** is organic, and made by third gen winemaker, Piera Martelloza, and our new Spanish Cava is toasty, dry and oh-so elegant – so is the stylish label on **Francesc Ricart Cava Brut NV**. Our new pinot noir champagne is from a family who've been farming grapes since 1642. **Champagne Moutard Grande Cuvée Brut NV** comes from southern vineyards where grapes ripen with more fruit oomph.

WHITES

Giusti Pinot Grigio delle Venezie 'Longheri' 2023 – zesty, ripe gris from a Canadian owned estate. Alberta-based construction magnate Joe Giusti helped revive his Venetian family vineyards, having come to Canada 50 years prior with \$17 in his pocket!

Blue Mountain Sauvignon Blanc 2022 - one of BC's pioneering wineries, Blue Mountain started farming in 1973. Fresh and mouth-watering, this sauvignon blanc spends a little time relaxing in neutral oak casks gaining creamy texture (not oak flavours!!).

Domaine Collet Chablis 2022 is an artisan estate in the ancient oyster shell terroir of northern Burgundy. Classic in every way, this is racy, lemony, unoaked chardonnay from a great vintage.

Monte Creek Living Land Chardonnay 2022 – this winery is from the emerging wine region of the Thompson Valley. It recently snagged a Gold medal at the National Wine Awards, impressing the judges with intense apple/pear/peach fruit and just the right touch of posh spicy French oak.

Bellingham Old Vine Chenin Blanc 2022 literally gushes with honeydew melon, vibrant tropical fruit and a gleam of spice. This old bush vine beauty from the Cape winelands is universally admired.

REDS

Tardieu Laurent Côtes du Rhône Rouge 'Les Becs Fins' 2022 – juicy, plump, succulent Rhône blend is loaded with peppery syrah and silken grenache.

Black Stallion Los Carneros Pinot Noir 2021 – smooth, suave and quite full-bodied for pinot noir, fruit from the elite region called Los Carneros sports black raspberries and cherries with a respectful gloss of oak.

Q & A Red Blend 2020 – this handsome cabernet sauvignon blend from the South Okanagan has true star power: North Van-born Hollywood star Jason Priestly and deejay/broadcaster legend Terry David Mulligan!

Guerrieri-Rizzardi Valpolicella Ripasso Classico Superiore 'Pojea' 2022 – like the sound of single vineyard, full-bodied Valpolicella that drinks like an elegant Amarone?!

Martin Ray Cabernet Sauvignon 2020 – Californian wine pioneer Martin Ray founded the iconic estate of Mount Eden in the 1940s. With a new proprietor who revived Martin Ray's spirit, this dark berried, plush cab uses fruit from blue chip regions of Napa and Sonoma.



Q & A with the Stars!

We are more than a little starstruck to have Hollywood heart throb **Jason Priestly**, legendary deejay and broadcaster **Terry David Mulligan** and magical winemaker **Michal Mosley** in our Club on Sunday, November 10.

Jason was one of the early investors in Black Hills winery, started a wine show with Terry David called *Hollywood & Wine*, and now blends a red and a white in the South Okanagan. They called their winery **Q & A**, and they can't wait to tell you many stories throughout an intimate dinner in 1892.

UPCOMING BEVERAGE EVENTS

• October 4 •

Masterclass: Oregon

• October 16 •

Members' Wine Tasting

• October 17 •

Ultra-Premium Whisky Tasting

• November 10 •

Q&A with the Stars!

• November 19 •

Quarterly Wine Club Tasting

• November 22 •

Masterclass: Champagne

• November 27 •

Holiday Social

Save your seat!

Register on Member Central
or with Member Services.

Have You Heard?

CLUB NEWS

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? **Submit your announcement** for our Club newsletter by emailing joinus@tcclub.com.



Candela Nuevo is a dynamic dining destination in Melbourne, Australia, blending Latin American and modern Australian cuisine. Located in the city center, it's renowned for its lively atmosphere, bold flavors, and expertly crafted cocktails. The restaurant combines traditional ingredients with innovative techniques, offering a memorable experience that reflects the vibrant spirit of Latin culture and Melbourne.

Congratulations to Sheila De Meerleer on our restaurants team, who is celebrating 30 years of service on October 24! Sheila has always said she feels so lucky to have dedicated her career to our members and her colleagues. In her role as Food & Beverage Supervisor, you can often see her beaming with pride when talking about service enhancements she has been instrumental in making common practice. Her commitment to improve the experience of everyone who enters the Grill or Lounge on her shift is always unwavering. We are truly the fortunate ones to have Sheila in our presence.



We are proud of our TCC Staff who participated in the Terry Fox Run 2024!



ONE KING WEST HOTEL & RESIDENCE TORONTO • ONTARIO

We are pleased to announce a new partnership with One King West Hotel & Residence, a luxury property in downtown Toronto. Enjoy elegant suites, city views, and a prime location near top attractions during your next stay. Contact Member Services to learn more or to access member rates.



Maxime Charron and Ariel Bond welcomed their baby boy, Liam Charron, on August 16, 2024, at the Lion's Gate Hospital. Congratulations from our Club community!

Member of the Month

Scott Moore

In 2023, TCC member Scott Moore was at a party when a friend told him Invictus Games Canada was looking for a Chief Executive Officer. That friend was Erin O'Toole, former leader of the federal Conservative Party. Scott told Erin he would pull together a list of potential candidates, but Erin wasn't interested in a list. He wanted Scott to apply.

The Invictus Games is an international multi-sport event for wounded, injured and sick service members and Veterans. Founded by Prince Harry, the first Invictus Games was held in 2014 in London. The seventh Games will be held here in Vancouver/Whistler from February 8 to 17, 2025.

"I was ready to retire," Scott recalls. "But after hearing about the job, my wife Becky and I started watching *Heart of Invictus*, the Netflix documentary series about the Games. One episode in and we were both crying. I said to Becky, 'I'm not applying for this job. I am going to get it.'"

Scott was appointed CEO in February. "This work is about giving back" he says "My father didn't have a military connection, however, he was a very philanthropic man who encouraged us to be charitable with both our money and our time."

The Invictus Games is a shared journey of recovery, he says. "The competitors are involved because sport is giving them a purpose. The way I look at it is like this: the Olympic Games change lives. The Invictus Games save lives."

Scott was born in Montreal in 1962. His family moved to Toronto in '68. After high school, he attended Toronto Metropolitan University (formerly Ryerson) to pursue a



journalism career. "I wanted to be either a foreign correspondent or a hockey play-by-play guy. In the end, I decided to build a career in sports."

And what a remarkable career he built. It all began at TSN. When the network launched in 1984, Scott was among its first employees. Since that appointment, he's worked 11 Olympics for four networks: CBC, CTV, NBC, and TSN.

"When I got the job as executive producer for CTV's coverage of the Barcelona Games in 1992, I was only 28, which was young for an executive producer and I felt very fortunate to be doing what I was doing there."

After the 2008 Beijing Games, where he worked as a sports and sales executive for the CBC, Scott left for Rogers to run the broadcasting assets, including Sportsnet. He was instrumental in Sportsnet landing the NHL broadcast rights in Canada. "We had a plan to be number one in sports broadcasting in Canada, and one of the parts of that plan was to secure the entire NHL rights for 12 years. It was an amazing deal."

Scott unreservedly considers his work with the Invictus Games to be as important and rewarding as anything he's done throughout his career. The stories from these Games are simply incredible, he says.

"At the Sydney Invictus Games in 2018, a young Royal Marine named Mark Ormrod was swimming for Britain. Mark is a triple amputee. He finished last in his race, and the remarkable thing was how the other swimmers, after finishing the race, swam back to Mark so the group could finish together. In that culture, no person is left behind. The place went crazy."

What I have learned in my short time with the Invictus 2025 Games is how courageous these people are. They are coming to the Invictus Games because they bravely said, 'I need help. I need something back in my life to get on track.' Many of these soldiers have been discharged for health reasons. Now they get to participate in an Opening Ceremony and get greeted by thousands and thousands of people who want to say, 'thank you.'"

The Opening Ceremony for the Invictus Games 2025 Vancouver Whistler Invictus Games is Feb. 8 at B.C. Place. Tickets are available now at [ticketmaster.com](https://www.ticketmaster.com).

"We are creating a legacy of gratitude for service to our country. We want competitors to come out onto centre stage at BC Place and feel enveloped in gratitude.." 🌟

Stay tuned for a special speaker event with Scott Moore in November about the upcoming seventh Invictus Games 2025 in Vancouver and Whistler!



Holiday Social

WEDNESDAY, NOVEMBER 27
5 – 7 p.m.
*\$50 plus tax & service charge -
partial proceeds go to the
TCC Foundation*

We've added SO much more to our annual launch to the festive season. Not just high calibre spirits and irresistible nibbles, but we will have wine, beer, an exciting non-alcoholic offering and cocktails, both boozy and buzz-free. Come and imbibe, connect, groove along as a DJ spins tracks, and accomplish some early gift shopping. (Get your list ready!). 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. The full list of bevies poured will be posted to Member Central soon...

event registration

SAVE YOUR SPOT!

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



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.



TCC FAMILY FAVOURITE Kids Halloween Party: Haunted Howl

SUNDAY, OCTOBER 27

4 – 6 p.m.

4 - 5:30 p.m.: Indulge in the buffet, explore the haunted hallway, make a craft and play some games.

5:30 - 6 pm.: Spooky Stage show with Blake the Magician!

Adults: \$79 plus tax and service charge

Kids (ages 3-12): \$68 plus tax and service charge

Kids (ages 0-2): free

Get ready for a spooktacular night at Haunted Howl!

Kids and parents can wander through our mini haunted hallway (if they dare), gobble up a wickedly delicious buffet, and play a game of haunted bowling that will send shivers down their spines. There will be creepy crafts to get those creative juices flowing, and the grand finale is a magical show full of tricks and treats that'll leave everyone spellbound! It's a night of eerie excitement and monstrous fun—don't miss out on the howling good time!



Focus ON FITNESS

WEEKDAYS WEEKENDS

HOURS

6 a.m. – 10 p.m.
7 a.m. – 8 p.m.

MONDAY, OCTOBER 14
Club Closed for Thanksgiving

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

SWIM COACHING

Congratulations to the 22 participants in the 99-KM Swim Challenge. You've logged some very impressive mileage with one month to go! Two members are on track to complete the challenge this month: Paul Simmons and Mark Huggan.

SWIM COACHING

John Ryan has helped beginners, Masters, and triathlete-swimmers reach their goals over his 20+ years of coaching. Private lessons are a structured (but fun) program that anyone—regardless of skill level—can benefit from. 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 | September 7 – December 21
16-week term with 14 lessons (No lessons on October 12 & November 9)
\$385 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	

Changes in start and end times are possible. Children will 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. For more information, please email Doreen at john@swimminginvancouverbc.com.

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.

PRIVATE PILATES WITH ZORICA

Available Tuesday, Thursday, or 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. Teaching is her passion, helping every BODY from the inside out! **Inquire at the Fitness Centre Front Desk for more information.**





GROUP CLASSES

F.I.T. WITH ATHOS

Mondays on Zoom ■

12 noon – 1 p.m.

This functional circuit training class uses your own body weight to increase muscular strength, improve endurance and burn calories.

VINYASA YOGA WITH CLARE

Tuesdays, in person ■

6:30 – 7:30 a.m.

Vinyasa 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, on Zoom ■

12 noon – 1 p.m.

Stand straighter and move better when you commit to this class! Full-body cardio sculpting moves are followed by exercises that improve strength and stability.

PILATES: STRENGTHEN WITH ZORICA

Wednesdays, on Zoom

7 – 8 a.m. ■

Focus on muscle groups in the upper torso, shoulders, arms and back. Build strength, gain flexibility and work toward pain-free movement.

CARDIO KICKBOXING WITH LEILA

Wednesdays, in person ■

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 cardio endurance, power and stamina.

POWER FLOW YOGA WITH RACHEL

Thursdays, on Zoom ■

7 – 8 a.m.

Power Flow is a vigorous, athletic approach to yoga and an excellent complement to any sport. Improve muscle tone, strength, flexibility, and balance.

TOTAL BODY STRENGTH WITH LEILA

Fridays, in person ■

12 noon – 1 p.m.

Build a strong body through low intensity and non-impact weight exercises. Increase your strength and endurance, improve your metabolism, increase bone density and improve balance.

SQUASH

SQUASH LESSONS

Try a private or partner lesson on Tuesday, Wednesday, Thursday, or Saturday (other days upon request). Coach Barry Gifford is a seasoned squash professional (2022 60+ National Champion). Email Barry at squash@tcclub.com for more information.

VANCOUVER SQUASH LEAGUE

The VSL Winter/Spring 2024-25 session runs from late September until mid-March, followed by playoffs. TCC will be hosting Division 4, 6 and 7 teams, pending sign ups. Contact Barry at squash@tcclub.com to register with a team.

SQUASH

FALL JUNIOR SQUASH

Saturdays

September 7 – December 14

(13 weeks; no lessons on October 12 & November 9)

\$260 plus GST, charged to your account upon registration

1:00 – 1:45 p.m. 6 – 8 years

1:45 – 2:30 p.m. 9 – 12 years

2:30 – 3:15 p.m. 13 – 17 years

SQUASH DRILLS

Wednesdays | 4 – 5 p.m. | \$25

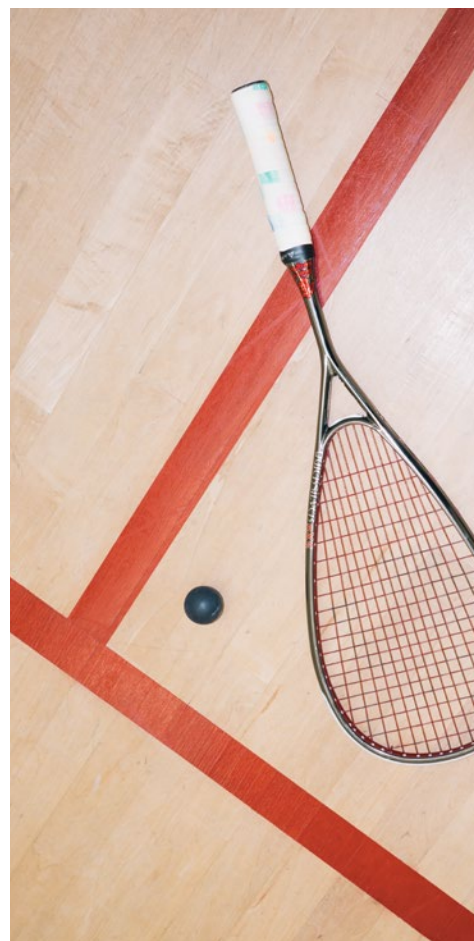
Saturdays | 11 a.m. – 12 noon | \$25

These drills are for intermediate/advanced VSL players. To register, contact Barry for placement by 6 p.m., the previous day.

FREE BEGINNER'S CLINIC

Wednesday, October 9

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 7.





• calling all souls, all spirits, all ghouls, all seers •

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Beyond the Shadows

SATURDAY, NOVEMBER 2



TICKETS ON SALE NOW

\$276 plus tax & service charge (all-inclusive ticket)