

# TERMINAL CITY TIMES

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FEBRUARY 2025 • VOL. 32 NO. 2



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




# Upcoming Events

<b>FEB 3</b>	<b>SALON</b> AI & Behavioural Science
<b>FEB 8</b>	<b>WEDDING OPEN HOUSE</b> View our ballrooms in bloom <b>FATHER DAUGHTER GALA</b> Enchanted Garden
<b>FEB 9</b>	<b>SUPER BOWL LIX</b> in the Members' Lounge & Lions Pub
<b>FEB 12</b>	<b>SALON</b> Nicole Porter on Well-being
<b>FEB 14</b>	<b>VALENTINE'S DAY</b> Dinner in the Terrace Ballroom
<b>FEB 15</b>	<b>PARENT TODDLER HOUR</b> Adventuring with Little Red Riding Hood <b>KIDS' SCIENCE &amp; MOVIE NIGHT</b> Musical Artists in the Lab
<b>FEB 17</b>	<b>FAMILY DAY</b> Club Closed
<b>FEB 18</b>	<b>THE RESET HOUR</b> Focus on Breath
<b>FEB 19</b>	<b>MEMBERS' WINE TASTING</b> Meet & Mingle
<b>FEB 20</b>	<b>MEMBERS' NETWORKING LUNCH</b> Meet & Mingle with Members <b>QUARTERLY WINE CLUB</b> New Collections Released
<b>FEB 25</b>	<b>DISCUSSION GROUP</b> The Broadway Project and the City of Vancouver
<b>MAR 2</b>	<b>97<sup>th</sup> ACADEMY AWARDS</b> Oscar Night in the Lounge
<b>MAR 4</b>	<b>BUSINESS &amp; COMMUNITY</b> Create Something Great <b>THE RESET HOUR</b> Topic TBC
<b>MAR 13</b>	<b>COMEDY NIGHT</b> Save the Date
<b>MAR 31</b>	<b>BUSINESS &amp; COMMUNITY</b> Confessions of a Spy: Lessons for Life & Leadership

# Contact

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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	Weddings	604 488 8625
Membership Sales	604 488 8647	Lions Pub	604 488 8602
Billing	604 488 8607	Fitness Centre	604 488 8622
Catering	604 488 8605		

# 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

For reservations, contact [pubbookings@tcclub.com](mailto:pubbookings@tcclub.com)

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.

Call Me Back	
Wednesday – Saturday	5 p.m. – late.

## 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

## FEBRUARY 2025

### DEAR FELLOW MEMBERS,

With February upon us, I'm pleased to share updates on the progress we're making at Terminal City Club and to highlight some of the exciting events ahead this month.

We've made great strides in our ongoing improvements to the club's infrastructure. Recently, we successfully installed new make-up air units, which now feature temperature control, enhancing the air quality and comfort in our Grill and Main kitchens. These units were 27 years old and careful planning was required to install them. Additionally, our long-awaited lighting upgrade is about a third of the way complete. This project, many years in the making, will introduce the ability to adjust the colours of some lights for special events in our meeting rooms while allowing us to dim other areas of the lobby to create the perfect ambiance for every occasion.

I want to take a moment to recognize **Newton Rajapakse**, our Director of Engineering who is overseeing these transformative projects. Newton recently celebrated his 20th year with the club in the fall, and his dedication has been integral to the completion of numerous impactful projects during his tenure. While we're fortunate to have an incredible management team, Newton's steady leadership and expertise have been very helpful in keeping our tower and facilities in top condition. Many thanks to Newton and our entire maintenance team for their hard work.

This month, we're excited to host several beloved traditions and new opportunities for members. Our annual **Father-Daughter Gala** will take place on Saturday, February 8, offering a memorable evening for families to connect and celebrate. That same afternoon, we're hosting a **Wedding Open House**—an opportunity for anyone planning their special day to see how Terminal City Club can make it extraordinary. Be sure to let friends and family know about this event, with details on page 8 of this newsletter.

And don't forget **Valentine's Day**! Our culinary team has curated a spectacular menu for an elegant and romantic evening. Reservations are filling up quickly, so be sure to secure your table soon. Not up for dinner? Mink is ready with beautiful chocolates for you, email [mink@tcclub.com](mailto:mink@tcclub.com) and your order will be available for pick up from our Member Services desk.

As always, thank you for your ongoing support of the club. We are committed to making Terminal City Club a place where memories are made and connections flourish.

Warm regards,

John Mackenzie  
President, Terminal City Club

# Stay informed

## CLUB NEWS

### holiday & modified hours

On **Tuesday, February 4** the Grill and the Members' Lounge will be closed from 2:30 p.m. for a private event.

On **Thursday, February 6**, Cuvée and the Members' Lounge will be closed from 2:30 p.m. for a private event. The Grill will be open regular hours.

The Club – including Lions Pub and Mink – will be closed on **Monday, February 17** 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:

Mr. Graeme Alkins	Mr. Varun Mohan
Mr. Sean Chan	Mr. Marcus Murdock
Dr. Joseph Cheung	Mr. Neil Ng
Mr. Raymond Cheung	Mr. David Phillips
Ms. Younghwa Cho	Mr. David Raju
Mr. George Darling	Mr. Andrew Ransom
Mr. Patrick Doyle	Ms. Gin Sandhu
Mr. Michael Enschede	Mr. Prateek Singh
Ms. Eunice Gan	Ms. Julie Skelton
Mr. William Hung	Ms. Patricia Tarbet
Mr. Ryan Jennings	Mr. Jason Weber
Mr. Alfred Law	Ms. Sarah Weber
Ms. Junella Lee	Ms. Winnie Wong
Ms. Andrea Lemp	Ms. Lisa Yu
Mr. Douglas MacFarlane	Mrs. Maggie Yu



### new! bike parking

Caged bike parking – available exclusively to TCC members and staff – is now conveniently located on P1, between stalls 55 and 56. To gain access, simply request fob activation through Member Services.

The area is not monitored; please bring your own locking devices. Storage is limited, so kindly share the space with others. When exiting, ensure the door is fully closed and locked behind you to maintain the security of the area. Please also switch off the lights (located next to the fob reader) when you leave to avoid drawing unnecessary attention to the space.

### mink at the hot chocolate festival!

**Mink®**

**CHOCO-LOTTA - NUTTY HORCHATA**

Available February 1 – 14

A smooth, spicy swirl of horchata and hot chocolate, with cacao nibs, almonds, and cinnamon – because sometimes, you just need to feel cozy!

On the side, a two-bite croissant. Contains nuts.

**MARI'S REVERIE - BERRY & BLEU**

You couldn't get enough of this sweet and salty treat, so we're bringing it back over Valentine's weekend!

A delicate fusion of creamy white hot chocolate, vibrant berry compote, and blue cheese whipped cream, where flavours meet in a harmonious, unexpected blend.

On the side, a two-bite croissant.  
May contain traces of nuts.



## love is in the air!

Don't miss these limited edition chocolates, available now at Mink.

Grab one for your sweetie, and one for yourself!



TREMBLING LIPS (5 PIECES)



HEARTS & DOMES (9 PIECES)



# Dining AT THE CLUB

## make it easy: pre-order!

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

## 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, **Halina Kuras!**

## tcc dine in 2025

JANUARY 24 – FEBRUARY 9, COINCIDING WITH DINE OUT VANCOUVER

Why "Dine Out" when you can "Dine In" at the Grill?

*Three-course dinner menu (from 5 p.m.) | No substitutions allowed  
\$65 plus tax & service charge  
Add wine or alcohol-free pairings: \$35 plus tax & service charge*

### 1st Course

#### Salmon Tartare (NF/GS)

yuzu marinated salmon, avocado crema, smoked trout caviar, compressed honeydew, taro crisps, pea tendrils

OR

#### Wild Mushroom on Sourdough

grilled sourdough, grated pecorino, 63degree egg, toasted pinenuts

### 2nd Course

#### Charred Beef Bavette (GF)

roasted leek, pearl onions, salsify, sunchoke purée, rocket salad, café au lait

OR

#### Seafood Arrabbiata (NF)

fresh spaghetti, prawns, clams, humboldt squid, arrabbiata sauce, basil

OR

#### Vegetarian Arrabbiata (NF)

fresh spaghetti, charred zucchini, castelvetrano olives, arrabbiata sauce

### 3rd Course

#### Pineapple Upside Down Cake (NF)

served warm with vanilla gelato and torched meringue

OR

#### Sticky Toffee Pudding (NF)

toffee sauce, vanilla gelato

## WINE OR ALCOHOL-FREE PAIRINGS

### 1st Course Pairings

**Tantalus Bear**  
Chardonnay 2021  
Okanagan Valley, BC

**Tompson & Scott**  
Noughty Sparkling Chardonnay Brut NV  
Spain

### 2nd Course Pairings

**Domaine de la Solitude**  
Côtes du Rhône 2021  
Southern Rhône, France

**Leitz Eins Zwei Zero**  
Pinot Noir 2022  
Germany

### 3rd Course Pairings

**Donnafugata Ben Ryé**  
Passito di Pantelleria 2018  
Sicily, Italy

**Pomegranate Smash**

# Club EVENTS



## Annual Father Daughter Gala: Enchanted Garden

SATURDAY, FEBRUARY 8  
5 – 8 p.m.

*Adults: \$118 plus tax & service charge*

*Kids (4–12): \$63 plus tax & service charge*

Step into a world of wonder and magic at our Enchanted Garden Father Daughter Gala, a special evening where unforgettable memories await! Start off the evening with a delicious buffet, then create a keepsake at the craft station and dance the night away on the dancefloor. You will also take home a lasting memory in the form of a professional portrait.

## Valentine's Dinner

FRIDAY, FEBRUARY 14

6 – 9 p.m.

*3 courses for \$100 per person plus tax & service charge*



Celebrate love this Valentine's Day at TCC, with a menu carefully crafted by Executive Chef Dan Creyke alongside the perfect pairings chosen by DJ Kearney. Cassandra Maze will be serenading to set the perfect mood, and you will enjoy a little surprise from us to make your evening even more special. **Pre-order bubbles, wine, and/or flowers for the table** — see Member Services for order forms.

*1st • Shared Platters for Two (choice of one per couple)*

### Sunseekers Oysters & Caviar

1 dozen, smoked trout caviar, milk foam

### Toasted Brie for Two

cranberry sourdough, honeycomb

### Beet & Endive (vegan)

organic maple syrup vinaigrette, roasted beets, pinenuts

### Burrata & Prosciutto

pickled cantaloupe, arugula, warm chili garlic honey, sourdough crostini

*2nd • one per person*

### Wild Caught Pacific Lingcod

ricotta gnudi, creamy fumet, poached fennel, brussels leaves, chive oil

### Rosdown Chicken & Chorizo

sauce supreme & jus, spinach, charred scallions, shaved burgundy truffle, popcorn shoots

### Roasted AAA Tenderloin

roasted carved beef tenderloin, lobster croquette, turnips, popcorn shoots, bearnaise  
add foie +\$22

### Macaroni, Cheese & Truffle

chanterelles, macaroni, truffle mornay, burgundy truffle  
add lobster tail +\$25

### Salt Baked Ras El Hanout Celeriac (vegan)

celeriac emulsion, beluga lentils, Belgian endives, nasturtium

*3rd • Dessert Platter for Two*

House Made Truffles, Chocolate Dipped Strawberries, Raspberry Chocolate Tart, Mini Macarons, and Salted Chocolate Ganache



KIDS' CLUB

## Parent-Toddler Tinker Tales: Adventuring with Little Red Riding Hood

SATURDAY, FEBRUARY 15  
10:30 – 11:30 a.m.

For kids ages 1–4 and their parent(s)

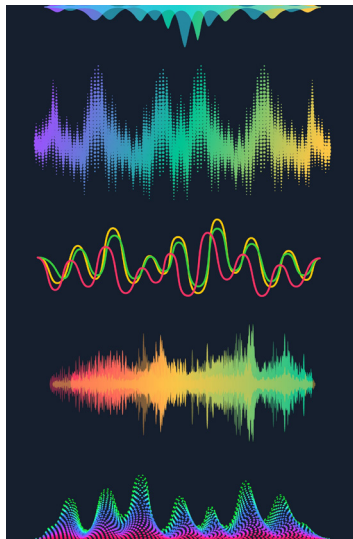
*\$55 plus tax & service charge per family (includes activity and a snack)*

*\*Registration deadline: 5 p.m. Thursday, February 13*

*A minimum of 5 registrants is needed for the event to run*

Set off on an adventure with the Little Red Riding Hood' at TCC Kids' Club!

Toddlers aged 1 – 4, together with their parents, will immerse themselves in the classic tale of little Red Riding Hood through fun, hands-on building activities. Your little one will become an artist, crafting their own Grandma's basket! This playful morning will also include engaging sorting activities during circle time, helping your toddler practice fine motor skills in a fun and interactive way.



#### KIDS' CLUB

### Kids' Science & Movie Night: Musical Artists in the Lab

SATURDAY FEBRUARY 15  
4:30 p.m. – 8:30 p.m.

For kids ages 5 – 12

*\$97 plus tax & service charge (includes science activity, dinner, drink, popcorn and movie)*

*\*Registration deadline: 5 p.m. Thursday, February 13*

*A minimum of 5 registrants is needed for the event to run*

Tune into our "Musical Artists in the Lab" event at TCC's Kids Club!

Kids aged 5 – 12 will embark on a rhythmic journey through the science of sound as they explore the fascinating world of music. They'll start by modeling sound waves through vibration, discovering how different frequencies create the music we love. Then, they'll get hands-on by building their own maracas, learning about percussion instruments and how they produce sound. This melodious adventure concludes with a screening of *Sing*, celebrating the joy of music and creativity!



#### FIND YOUR CENTRE

### The Reset Hour: Focus on Breath

TUESDAY, FEBRUARY 18  
5:30 – 6:30 p.m.

*\$22 plus gst*

*\*Minimum 10 participants required to run; no previous experience necessary*

Enhance focus, calm your mind, and reduce stress with this one-hour session centered on mindful breathing techniques. Learn practical tools to harness the power of your breath for improved mental clarity and overall well-being. The session will also include a guided meditation accompanied by gentle sounds of the gong to relax and restore mind and body.

*\*Please note the gong will be played very softly in the last 15 minutes to lend further to the calming atmosphere.*

Please bring anything that will help you feel comfortable while seated or lying down for the hour-long session. Members are also encouraged to invite guests to the sessions.



#### SIP, MEET & MINGLE

### Members' Wine Tasting: Drink Outside the Box 4.0

WEDNESDAY, FEBRUARY 19  
5 – 6:30 p.m.

*\$10 plus tax & service charge*

*\*Registration is mandatory as space is limited.*

Variety is the spice of life... especially when it comes to wine, right? We have some fascinating new bottles in the club to delight, energize, and brighten up late February. Please join your beverage pros for a splash, then socialize, network, snack and enjoy the musical entertainment.

#### Sem Igual Tinto 2019

Vinho Verde, Portugal

#### Anatolikos Mavroudi 2020

Thrace, Greece

#### Frank Cape Wine Company

#### Grenache Noir 2023

Piekenierskloof, South Africa

#### Stolpmann Vineyards Love you

#### Bunches Sangiovese 2022

Santa Barbara, California

#### Elia da Ros Abouriou 2021

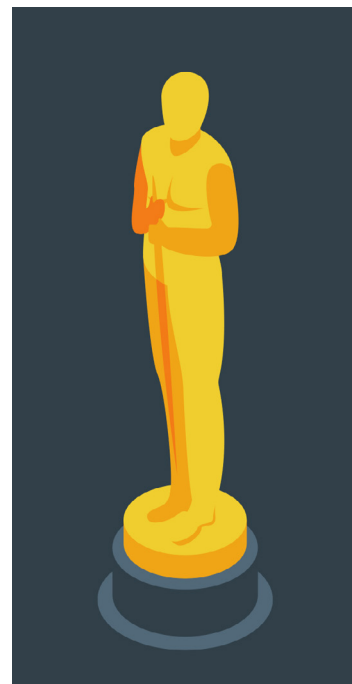
Côtes du Marmandais, France

#### Visintini Refosco dal

#### Peduncolo Rosso 2019

Friuli, Italy

# Club EVENTS



#### AWARD NIGHT

### Oscar Night

SUNDAY, MARCH 2  
5 – 8 p.m.

Live from Hollywood, the 97th Academy Awards! From the comfort of the Members' Lounge, sip cocktails and indulge in some snacks as Conan O'Brien returns to host, and awards are presented across 24 different cinema categories.

This year's nomination-count standouts include *Emilia Pérez*, *The Brutalist*, *Wicked*, *A Complete Unknown*, *Conclave*, & *Anora*.

Follow along with our nominations sheet, and test your 2025 cinema cred with a quiz.

**Red-carpet dresscode optional, but always encouraged.**



# Member-led EVENTS

SALON

## AI & Behavioural Science

MONDAY, FEBRUARY 3

6 – 9 p.m.

Cuvée • waitlist only

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

*Please note: late cancellations and no-shows may incur a \$20 fee.*

**Dr. Rogayeh Tabrizi** will discuss AI and its intersection with behavioral science. Her book, *Behavioral AI*, launches February 11 (Wiley). The new book represents a journey through the intersection of disciplines that have shaped her career—particle physics, game theory, AI and behavioral science. It's a guide to cutting through the hype and misinformation around AI, offering actionable insights for executives, managers, and practitioners to unlock its transformative potential. Dr. Tabrizi will also discuss DeepSeek, a stunning Chinese AI that tanked the stock market on Monday and sent Silicon Valley into a panic.

Dr. Tabrizi is the CEO of Theory and Practice, an AI Platform.



SALON

## Nicole Porter on Well-Being

WEDNESDAY, FEBRUARY 12

6 – 9 p.m.

Presidents' Boardroom • waitlist only

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

*Please note: late cancellations and no-shows may incur a \$20 fee.*

TCC member **Nicole Porter's** forthcoming book *How to Kick Ass in Chaos*, is an essential read for any busy professional. In this salon, Nicole will lead a conversation on how today's working adults are unnecessarily exposing themselves to 10 hidden stressors that secretly sabotage their physical, mental, and emotional health.



## event registration

SAVE YOUR SPOT!

**online**  
**email**  
**call**  
**text**

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



## THE DISCUSSION GROUP The Broadway Project and the City of Vancouver

TUESDAY, FEBRUARY 25

7:15 p.m.

Presidents' Boardroom

**Colleen Hardwick**, former Vancouver City Councillor from 2018 – 2022, TEAM for a Livable Vancouver, and candidate for mayor for the October 2022 election will be talking about housing densification.



BUSINESS & COMMUNITY

SPEAKER SERIES

## Create Something Great

TUESDAY, MARCH 4

6 – 7:30 p.m. in Cuvée

*Complimentary event;  
registration for members and  
guests is mandatory as space is  
limited*

Join us for an inspiring evening with esteemed speaker **William Donnellan**! He will speak about his journey of immigrating and overcoming his challenges of starting over in a new city. A Carpenter by trade, William arrived in Vancouver in 2009 and started his first job at \$16 per hour. He has since crafted an empire of 12 companies and 192 staff members.

William has won prestigious awards for community impact, health & safety, and innovation. Named among Canada's top 40 under 40, he shares his journey from humble beginnings to success. Grateful for his fortunate "luck in life" and cherished relationships, he embodies the spirit of resilience and gratitude.





## Super Bowl LIX

SUNDAY, FEBRUARY 9

pre-game show @ 2 p.m.

kickoff @ 3:30 p.m.

showing in the Members' Lounge & Lions Pub

**Reservations in the Lounge strongly recommended. Secure your spot through [reserve@tcclub.com](mailto:reserve@tcclub.com).**

Come watch the Kansas City Chiefs defend their title for the 59th Super Bowl, showing in the Members' Lounge and the Lions Pub!

### LOUNGE SPECIALS

#### FRIED MAC N CHEESE BITES 18

braised short rib, truffle aioli

#### CAB BEEF PHILI CHEESE STEAK 25

slow roast AAA prime rib, sauteed onions, peppers & cheese sauce crispy onions, garlic butter toasted baguette, au jus served with your choice of fries, soup or salad.

#### BEER CAN SPECIAL

(in the lounge only)

\$5 plus tax and service charge

Hoyne Down Easy Pale Ale

33 Acres

Deschutes IPA

Peroni

...and more!



## THE IMPORTANCE OF MENTAL HEALTH DAYS

Holistic wellbeing is more than just a buzzword—it's a recognition of the deep connection between our mental and physical health. Social determinants of health, including diet, financial stability, and environment, significantly influence how we feel, both emotionally and physically. Yet, despite growing awareness, taking time off work for mental health remains challenging for many, often due to lingering societal stigma.<sup>1</sup>

Mental health is just as vital as physical health, and the two are closely intertwined. For instance, feeling emotionally drained while battling a cold highlights how your physical state can affect your mood. On the flip side, conditions like anxiety and depression can weaken the immune system by constantly triggering the body's stress response.

Taking steps to nurture mental wellbeing can have profound ripple effects. Practices like self-compassion may alleviate symptoms of depression and anxiety while also positively influencing immunity and overall mood. The connection extends to gut health as well—what you eat directly impacts your emotional state, and a healthy mind can reduce risks of conditions like type 2 diabetes, heart disease, and stroke.

Rest is essential. Burnout is a reality for 35% of Canadian employees,<sup>2</sup> making mental health days a critical tool to recharge and maintain balance. Research underscores the importance of this balance; employees who invest in both their professional and personal lives report higher mental health scores compared to those who prioritize one over the other.

Organizations play a key role in fostering this balance. For example, findings from the TELUS Mental Health Index<sup>3</sup> reveal that individuals with the lowest mental health scores lose an average of 69 working days annually. Supporting mental health isn't just about improving productivity—it's about recognizing the intrinsic value of well-being.

For those seeking additional support in their wellness journey, TELUS Health Care Centres offer a range of services designed to promote both preventive and personalized care. From comprehensive Wellbeing Assessments to head-to-toe Preventive Health Assessments, these services provide tools to help you feel and perform your best.

1 Coe, E.; Cordina, J.; Enomoto, K. and Seshan, N. (2021, July 23). *Overcoming stigma: Three strategies toward better mental health in the workplace*. McKinsey. September 28, 2022.

2 *Psychological Health and Safety in Canadian Workplaces*. Mental Health

3 TELUS Mental Health Index (2023, October).

### TCC MEMBER OFFER

TCC members access exclusive benefits, including \$400 off any Preventive Health Assessment package and 10% off any Precision Health package. To learn more about TELUS Health Care Centre services for yourself, your family or your business, contact **Alexandra Castillo 604-314-1595** or [alexandra.castillo@telus.com](mailto:alexandra.castillo@telus.com).



SATURDAY, FEBRUARY 8  
1 – 3 P.M.

# Wedding OPEN HOUSE

RSVP via [weddings@tcclub.com](mailto:weddings@tcclub.com)



*View our ballrooms in bloom.*



Hear the sounds of **Cassandra Maze** at our Valentine's Dinner.

*save the date*

# COMEDY NIGHT

Thursday, March 13

## LIVE MUSIC in the Lounge

Thursday, Friday & Saturday  
6 – 9 p.m.

## FEBRUARY

01	Dave Paterson
07	Neal Ryan
08	David Capper
13	Luc LeMans
14	Cassandra Maze
15	David Capper
20	Neal Ryan
21	David Capper
22	Dave Martone
27	Sasha Veregin
28	Olaf De Shield



**new at lions pub!**

Diving into the exquisite world of Glenfiddich 23 Year Old Grand Cru, one is transported into an opulent blend of the distillery's esteemed Scottish heritage and the luxuriousness of French finesse. This single malt is a triumphant orchestration of aged whisky and rare French cuvée oak casks, culminating in a grand symphony of flavors and aromas that befit special celebrations. Wet your whistle with a wee dram at Lions Pub!





# Liquid Assets

CURATED BY DJ KEARNEY

*Wines to Delight the Senses*

## ❶ CHAMPAGNE HENRIOT MILLÉSIMÉ ROSÉ BRUT 2012

CHAMPAGNE, FRANCE \$217

Pouring a deep salmon hue, this 2012 vintage Rosé champagne is simply stunning. Raspberries, blood orange, salty chalk and toasted brioche aromas tempt the senses. Vivid and surprisingly full-bodied, red berried fruit surges across a refined, cushion-y mousse, dusted with mineral complexity. A classic blend of pinot noir, chardonnay and meunier, artfully meshed by cellar master Alice Tétienne. Aged for about four years in the bottle, with a graceful dosage of seven grams per litre. Few rosé champagnes have this much fruit intensity, especially with 13 years of age. Only made in the greatest of vintages. Serve with a bouquet of flowers and triple cream cheese.

## ❷ DOMAINE DE LA SOLITUDE CHÂTEAUNEUF-DU-PAPE CUVÉE BARBERINI BLANC 2018

SOUTHERN RHÔNE, FRANCE \$120

Only 6% of all wine made in the vaunted appellation of Châteauneuf-du-Pape is white! Made from six permitted white grapes, these wines can range from stony and severe to waxy and opulent. The Solitude Barberini falls in the latter camp, blending white grenache, roussanne and clairette, enriched with a gloss of posh oak. Now seven years mature, the wine has evolved to brioche, honeysuckle, white flowers, and ripe stone fruits, floating on a waxy, velvety palate. A superb dinner wine for your next succulent pork roast or lobster risotto.

## ❸ CRYSTALLUM PETER MAX PINOT NOIR 2023

WESTERN CAPE, SOUTH AFRICA \$93

A creation of the sons of South Africa's pinot pioneer, brothers Peter and Allan Finlayson make this multi-vineyard pinot noir. A yin-yang of high-pitched tart red berries, and warmer tones of black plum and mulberries, this earthy pinot has an upright backbone of tannin (courtesy of 50% whole bunches), cleansing acidity and a long earthy finish. Making waves around the wine world, pair this much-admired Cape pinot with a herb-y rack of lamb.

## ❹ JEAN-MARC FOURRIER CÔTE DE NUITS-VILLAGES 'LE PRÉAU' VIEILLE VIGNE 2022

BOURGOGNE, FRANCE \$201

The trick for sourcing affordable Burgundy nowadays is to seek out the extremities where climate change is beneficially warming regions that were previously too chilly. This is where we find the renowned plot of Le Préau, in the north of the Côte de Nuits. Jean-Marie worked with wine legend Henri Jayer, and like the great man, J.M.'s practice is to begin in the vineyard, then adhere to strict, extremely natural wine making techniques, and importantly, only use old vines. His pricey bottles have cult status now, but this little gem - brimming with fresh cherries and raspberries, a hint of oak spice from a year in barrel - is a relative bargain. From a blissful vintage and already possessing a smooth, silky texture, pair with salmon, steak, wild mushroom ragoût, or aged Comté.

### Join our Quarterly Wine Club Tasting!

Did you know that your Club has a Wine Club?

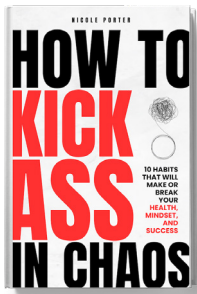
Every quarter Director of Wine DJ Kearney curates two very special collections of bottles to stash in your locker or take home to pair with your culinary creations.

Wine's greatest strength is diversity, and our **Quarterly Wine Club** will whisk you around the world discovering new grapes, regions, styles and estates.

Join DJ on **February 20** for a sit-down tasting tour of all 12 wines. This quarter we have global wines made from exciting grapes cinsault, nielluccio, abouriou, pelaverga and godello to pique your interest and expand your wine horizons.

Cheese and charcuterie to pair and you do not have a Club locker to attend; and **the modest fee of \$20 to taste 12 wines is waived if you purchase a 6-pack.**





# Have You Heard?

## CLUB NEWS

Kudos to Ms. Nicole Porter, who has published her first book, *How to Kick Ass in Chaos: 10 Habits that Will Make or Break Your Health, Mindset, and Success*. An essential read for any busy professional, *How to Kick Ass in Chaos* examines how today's working adults are unnecessarily exposing themselves to 10 Hidden Stressors that secretly sabotage their physical, mental, and emotional health.

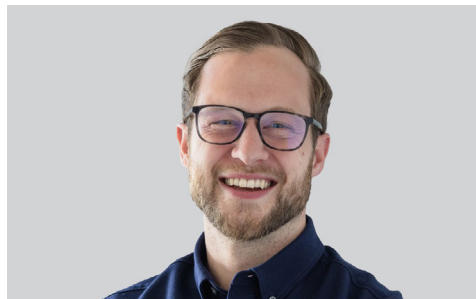
An award-winning Health and Wellness Educator, Nicole Porter is the creator of The Hidden Stress Framework, and owner of Nicole Porter Wellness, which has twice been recognized as one of the Top 10 Corporate Wellness Service Companies in Canada. TCC members can pre-order by February 28 to also receive lifetime access to Nicole's foundational course, *Let's Talk About Stress*.



Congratulations to Maisha Maliha, Membership Administrator, who was recognized as Employee of the Year 2024!



Congratulations to Alvic Sagabala on our Culinary team for winning Employee of the Quarter! Alvic comes to work each day with a positive attitude and a smile on his face. His hard work is appreciated by all, and he is always willing to lend a helping hand, no matter the task, even if it is outside of his role in pastry. Thank you, Alvic!



Congratulations to the following members (clockwise from top left) for their recognition in **BUSINESS IN VANCOUVER'S FORTY UNDER 40 LINE-UP**

Mr. Neil Currie, Managing Partner and Co-founder of Capital Event Management

Mr. Andrew Hansen, Founder & CEO of SitePartners

Mr. Hamid Shekarchi, Chief Financial Officer of Pure Sunfarms

Mr. Cameron Stockman, Managing Director of CEC Mining Systems Corp.

Congratulations to Ms. Aryana Sye for her recent appointment as Vice President, Philanthropy, at BC Women's Health Foundation! BC Women's Health Foundation is the province's largest non-profit organization committed to delivering innovative, world-class care to every woman and advancing newborn health care. Aryana has more than 14 years of fundraising experience in the arts, education, health and science communities in Vancouver. She is always interested in talking with members about women's health. You'll often find her swimming laps at the pool or enjoying the delicious healthy food at TCC.

# Member of the Month

## MINDY TULSI-INGRAM

Mindy Tulsi-Ingram, the Chief Gift Officer and founder of Green & Green, built her business on a foundation of meaningful gift-giving. What began as a small holiday project has grown into a global enterprise, now spanning 32 years of thoughtful service and lasting connections.

"I started making gift baskets as a fun holiday activity. I thought I might be able to sell a few, so I placed an ad in *Equity* magazine. The response was overwhelming—our fax machine wouldn't stop churning out orders. It was stressful, but we tackled it and pulled it off."

Initially, the baskets were just a side hustle, but satisfied customers encouraged Mindy to keep going. Today, Green & Green is a leader in corporate gifting, recognized for its personal touch and unmatched attention to detail.

Mindy grew up in Singapore as the ninth of 10 children, a close-knit family dynamic that taught her the value of connection and care. She made her first gift basket at 14 for her mother, unaware that it would eventually become her life's calling. At 23, Mindy moved to Vancouver to attend Simon Fraser University, where she graduated with a double major in economics and communications. Her early career in advertising and marketing showcased her talent for building relationships. Her colleagues at Naylor Communications affectionately nicknamed her "Torpedo Tulsi" for her ability to connect with clients and close deals.

In 1993, Green & Green was among the pioneers of e-commerce. Encouraged by a cousin working in Silicon Valley, Mindy



launched a website to sell her gift baskets. While this innovation helped fuel growth, the true engine of Green & Green's success has always been word-of-mouth. Many customers who placed their first orders three decades ago still rely on her services today.

Although Green & Green's clientele ranges from global giants like Coca-Cola and McDonald's to boutique businesses, the company's hallmark is its personal touch. "If someone calls asking for a gift for an employee who just had a baby, I'll ask if it's their first or second child. If it's a second child, I'll suggest including a small gift for the older sibling with a note that says, 'Congratulations on being a big brother or sister.' These thoughtful gestures matter."

Mindy's multicultural upbringing in Singapore also informs her unique approach to gifting. When a corporate delegation headed to Tokyo, she included a cheat sheet on Japanese etiquette with the gifts. "Growing up in such a multicultural environment gave me a deep understanding of cultural traditions and the

significance of thoughtful gift-giving. I love hearing my customers' stories and helping them create something meaningful for both the giver and the recipient."

Mindy first became involved with Vancouver's Terminal City Club as a Rotarian 20 years ago, officially joining the club with her husband Steven in 2017. "A staff member once told me, 'To me, you've always been a member,' and that really touched me." To foster deeper connections within the community, Mindy initiated "Members Mingle" events at the Club and expanded the idea to Rotary gatherings. "I wanted to go beyond small talk at the gym and really get to know people, and for them to get to know me."

Outside of work, Mindy and Steven are avid hikers. The year before the pandemic, the couple completed 52 challenging treks, from Utah's desert trails to the scenic landscapes of the Okanagan. Mindy is also passionate about helping others develop their emotional intelligence. As a gifted speaker, she collaborates with organizations like Rotary to inspire people to build stronger, more meaningful relationships.

"I believe in motivating and inspiring others—not just in gift-giving but in life. When you nurture relationships, both personal and professional, the results are extraordinary."

While the company continues to thrive, Mindy never loses sight of the personal connections at its core. Whether she's helping a CEO thank their team, curating onboarding gifts, or creating a thoughtful gesture for a new parent, she approaches every project with care and creativity.

**WEEKDAYS**  
**WEEKENDS**

## HOURS

6 a.m. – 10 p.m.  
7 a.m. – 8 p.m.

**MONDAY, FEBRUARY 17**  
Club closed for Family Day

## SQUASH & POOL

### ADULT-ONLY SWIM TIME

**WEEKDAYS** 6 – 9 a.m.  
**WEEKENDS** 7 – 9 a.m.

### SQUASH COURT BOOKINGS

Squash court bookings are available through [sportyhq.com](https://sportyhq.com). New users: please contact the Fitness Centre front desk for registration.

### RACQUET RE-STRINGING

Strings can lose tension over a period of six to eight months; with a new restring, your shots will have more control and spring. See the Fitness Centre front desk for more information.

## POLICIES

### SWIMMING POOL

Full body showers are mandatory before entering the swimming pool.

### EXERCISE ROOM

Please continue to sanitize gym equipment before and after use.

### GUEST POLICY

The Fitness Centre guest fee of \$32.50 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.

# Focus ON FITNESS

## SWIM

### 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 | January 11 – March 15**  
(No lesson on February 17 - Family Day)  
*\$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.

### CHILDREN'S PRIVATE LESSONS

Available on Saturdays before and after group lessons from 9 – 10 a.m. and from 1 – 3 p.m.

### ADULT PRIVATE LESSONS

Available on Wednesday and Friday afternoons.

Contact **Doreen** for further information:  
[John@swimminginvancouverbc.com](mailto:John@swimminginvancouverbc.com)

## 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 and past Squash Doubles World Masters Games gold medalist) with over 30 years coaching experience. Each lesson is tailored to your needs and can include mental strength training and yearly training plans upon request. **Junior Privates, Partner Lessons, and Group Sessions** available upon request for Tuesdays, Wednesdays, Thursdays & Saturdays. Email Barry at [squash@tcclub.com](mailto:squash@tcclub.com) for more information.

### ADULT 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 5 p.m., the previous day.

### JUNIOR SQUASH 2025

**Saturdays**

**January 11 – March 15, 2025**

(9 weeks; no class February 17)

Please contact Barry regarding drop-ins:  
604-219-8233

*\$180 plus GST, charged to your account upon registration*

1:00 – 1:45 p.m. 6 – 9 years  
1:45 – 2:30 p.m. 10 – 15 years







## 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.

## TRAIN

### SEASONAL PROMOTION: MILFIT PERSONAL TRAINING

The MilFit Team would like to wish you Happy Holidays and best wishes for an amazing New Year. Your next personal training session in January is a gift from us to thank you for your continued commitment to your health and fitness with us.

Our Certified Personal Fitness Trainers will teach proper form and technique as well

as provide safe and challenging programs specific to your fitness level. Purchase two single session personal training sessions and receive the third for free (new training clients only).

To learn more, please contact Milwina Guzman at milwina@milfit.ca or 604-716-8927.

### 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.

### 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 126 participants! You're almost there!

# *St. Valentine's Dinner*

AT THE CLUB



*Executive Chef Dan Creyke has created a three-course prix-fixe menu featuring options like sunseeker oysters & caviar, roast beef tenderloin with lobster croquette, truffle mac and cheese with chanterelles, plus a dessert platter worthy of the occasion.*

*À la carte options available, along with a sensual wine list curated by our own DJ Kearney.*

*See page 4 for the full offer.*

FRIDAY, FEBRUARY 14

6 – 9 P.M.