

# TERMINAL CITY TIMES

JANUARY 2026 • VOL. 33 NO. 1



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

# Upcoming Events

# 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	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  
Tuesday – 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.

- JAN 12 THE RESET HOUR**  
New Year Reset in Nature
- JAN 13 BUSINESS & COMMUNITY**  
Lost in Automatic Translation
- JAN 14 MEMBERS' WINE TASTING**  
A Monthly Favourite!
- JAN 16 WINEMAKER'S DINNER**  
Poderi Colla
- JAN 23 KIDS SCIENCE NIGHT**  
Al Robo Lab
- JAN 27 SALON**  
Why Don't We Do What's Good For Us?
- JAN 29 COMEDY NIGHT**  
ft. Patrick Maliha
- JAN 30 SALON**  
Developing the DTES
- FEB 11 WINE MINI MASTERCLASS**  
Chianti
- FEB 13 VALENTINE'S DAY**  
Dinner in the Terrace Ballroom
- FEB 16 FAMILY DAY**  
Club Closed
- FEB 19 TRIVIA NIGHT**  
in the Members' Lounge  
**TCC QUARTERLY WINE CLUB**  
February Tasting
- FEB 28 WEDDING OPEN HOUSE**  
View our Ballrooms  
**FATHER DAUGHTER GALA**  
Fairytale Fête

### REGISTER FOR EVENTS

online via Member Central  
email [conciierge@tcclub.com](mailto:conciierge@tcclub.com)  
call 604 681 4121  
text 604 200 2279

# President's Letter

## JANUARY 2026



### DEAR FELLOW MEMBERS,

As we welcome a new year, I've been reflecting on what makes our Club such an extraordinary place. My father, Clement, and I joined in the early 2000s when I was working in the resource sector. Back then, Terminal City Club was the perfect setting for business meetings. Over time, my relationship with the Club has evolved. Today, while I serve as a director on several companies and not-for-profits, the club has become much more than a professional hub, it's where I focus on wellness, enjoy fitness and personal training, and connect with friends who now feel like extended family. I am honoured to serve as your President this year. The Terminal City Club means a great deal to me, and I'm grateful for the support and warmth of this community.

The team here has supported me every step of the way, and I'm a regular in our fitness spaces because I believe wellness is essential, not just physical health, but the balance that comes from socializing, learning, and sharing experiences. One of my favourite ways to do that is through our wine dinners and classes with DJ Kearney,

our Director of Wine. DJ always brings a gem or two to every event, and these evenings remind me how much membership enriches our lives.

Your volunteer Board remains committed to our tagline: where you belong. We are always exploring ways to ensure we are looking to the future to create lasting memories for you and your network who visit the Club.

While we've seen tremendous growth over the years, we—like any hospitality offering—has also faced rising costs. As noted on page 2, the new member subscription fee has increased by 10% in 2026. This adjustment allows us to invest in what matters most: your experience.

This year, wellness is front and centre to your volunteer board. With our approved development permit for the 3rd and 4th floors, we're excited to expand offerings with dedicated spaces for Pilates, yoga, stretch, and more. These buildouts will take time, but your survey feedback have guided these plans, and soon we'll have additional

square footage to help members commit to improved wellbeing. We're also exploring enhancements like adjusting Cube lockers and reintroducing a golf simulator, because wellness includes recreation and fun.

Member feedback is vital. Throughout the year, I will reach out three times with short questions, and your responses will go directly to the Board. Your insights help shape our priorities and ensure the Club continues to evolve in ways that matter to you.

I look forward to seeing you around the Club—whether it's in the Fitness Centre, at a wine dinner, or simply enjoying the camaraderie that makes this place so special. Here's to a year of wellness, connection, and creating memories together.

Sincerely,

Pierre Pelletier  
Terminal City Club President

# Stay informed

## CLUB NEWS

### holiday & modified hours

The Club – including Mink and Lions Pub – is closed **Wednesday, January 1** for New Year's Day. Call Me Back reopens on **Tuesday, January 6**.

The **Grill restaurant** will relocate temporarily to the **Zack Bhatia Room** from **January 2–9** to accommodate acoustic panel installation. If completed ahead of schedule, operations will return to the restaurant earlier.

On **Saturday, February 7**, all areas of the Club, including the Pub and Mink, will be closing early at 4 p.m. for our annual winter staff party. We appreciate your understanding for this special event.



### 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. Ashish Arora      | Mr. Dean Pothitos    |
| Mr. Kevin Chieng      | Mr. Kevin Puil       |
| Mr. Hong Chin         | Mrs. Sarah Puil      |
| Mr. Anthony Ciccone   | Mr. Americo Punzalan |
| Mrs. Candace Elliott  | Ms. Jamie Saad       |
| Mr. Stephen Elliott   | Mr. Alireza Samei    |
| Ms. Katherine Hammer  | Mrs. Marjan Samei    |
| Ms. Grace Kwok        | Ms. Lauren Shewfelt  |
| Mr. Matthew Mountford |                      |



### 2026 MEMBERSHIP FEES AND DUES

	Dues	Capital Reserve
Resident & Corporate	\$383/month	\$48/month
Resident (34 & under)	\$260.75/month	\$48/month
Diplomatic & Non-Profit	\$383/month	\$48/month
Intermediate	\$191.50/month	\$24/month
Country	\$191.50/month	\$24/month
Non-Resident	\$1,338/year	\$270/year
Spousal	\$585/year	\$270/year
Life (35+ years)	\$1,149/year	\$144/year

**\*Resident and Corporate members wishing to prepay their 2026 dues will be billed the 2025 rate.** Contact your Membership Administrator at [members@tclub.com](mailto:members@tclub.com) or 604-488-8607.

#### FITNESS CENTRE (OPTIONAL)

- Day locker: complimentary
- Fitness locker (annual): \$777
- Cube locker (annual): \$423
- Laundry\* (monthly): \$69.25
- Dry Cleaning: prices vary
- Guest (adult) drop-in: \$36
- Members' children under 19: complimentary
- Guest (child) drop-in: \$20.75

*\*Laundry is only available to members maintaining a Fitness or Cube locker.*

#### BEVERAGE LOCKERS (OPTIONAL)

- Liquor locker (annual): \$351
- 12-bottle wine locker: \$618
- 24-bottle wine locker: \$1,146

#### MONTHLY PARKING

- Random monthly: \$299
- Member reserved 24hrs: \$399
- Premium reserved 24hrs: \$450
- S level reserved 24hrs: \$515

*Secure underground parking is complimentary all weekend, and before 9 a.m. and after 4 p.m. Monday through Friday.*



# Dining AT THE CLUB

## kick off the new year with a twist!

We're excited to highlight our growing selection of alcohol-free options, perfect for **Dry January** or anytime you're looking for a delicious alternative. Try our new zero-proof cocktail, **Dark & Less Stormy**, featuring Caleno Dark & Spicy NA rum, ginger beer and lime juice. Plus, explore our curated list of NA beers and cocktails to elevate your pub experience.

Cheers to a fresh start and delicious choices!

**Mink**  
CHOCOLATES

**HOT CHOCOLATE FESTIVAL**  
January 17 - February 14

**HOLY COCOA ROSEMARY**

A three-layer hot chocolate that combines dark chocolate ganache, salted rosemary caramel sauce and rosemary-vanilla whipped cream.  
On the side, a pecan salted caramel truffle.  
Contains nuts

**CHAI ME CRAZY**

A dessert drink that combines white chocolate, vanilla gelato and spiced masala chai.  
On the side, a chai vanilla truffle.

## DINE IN AT THE CLUB

January 21 - February 7

three courses: \$62 plus tax & service

no substitutions; allergies will be accommodated

### FIRST

**Little Gem Lettuce** VEG GF

*pistachio cream, apple, lemon, chervil, chives, cured egg yolk*

OR

**Truffled Potato Leek Soup**

*house pancetta & chive crumb*

### SECOND

**Barbaresco Braised Beef Cheek**

*saffron risotto, smoked broccoli emulsion, bone marrow jus*

OR

**Black Cod Pasta**

*baked orzo, cheesy fumet, flaked black cod, chili crisp, scallions, toasted nori, garlic chips*

OR

**Blackened Eggplant Risotto** VEG NF GF DF

*vegan without cheese, made with plant-based butter burrata, black garlic, preserved tomatoes, arugula, pickled shimeji mushrooms, garlic chips, harissa*

### THIRD

**Sticky Toffee Pudding**

*vanilla gelato, warm toffee sauce*

OR

**Blackberry Cheesecake**

*freeze dried blackberry & oat streusel*

## 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, **Helen Yu**.

VALENTINE'S DINNER AT THE CLUB  
FRIDAY, FEBRUARY 13

# Club EVENTS



## The Reset Hour

MONDAY, JANUARY 12

5:30 – 6:30 p.m.

\$22 plus gst

Designed to bring calm and clarity to the start of your year, this guided meditation weaves together peaceful nature sounds and gentle visualization.

You'll be led through a serene natural setting to reflect, reset, and define your intentions for the months ahead. The session concludes with a soothing sound bath to support focus, renewal, and well-being.

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.



## Members' Networking Lunch

THURSDAY, JANUARY 15

12 – 1:30 p.m.

*Complimentary event with the purchase of lunch à la carte from the Grill*

Connect with your fellow members over lunch. Whether you're an entrepreneur, executive, or business professional, this is a great opportunity to expand your network, exchange ideas, and build valuable relationships in a relaxed and convivial setting.

Meet and learn from other members representing diverse industries or make a new friend!



## Winemaker's Dinner: Poderi Colla Barbaresco

FRIDAY, JANUARY 16

6 p.m. Reception; 6:30 p.m. Dinner

\$215 plus tax & service charge

Beppe Colla, Poderi Colla's visionary winegrower, was considered the architect of the Barbaresco zone. He was the first in both Barolo and Barbaresco to make single vineyard nebbiolos, recognizing that geologic nuance showed in the bottle, just like Burgundy. **Executive Chef Dan Creyke's** menu dishes up traditional Piedmontese cuisine to sip and savour with signature wines from Poderi Colla, **presented** by Federica Colla (daughter and niece of founding brothers Beppe and Tino Colla) and her son Riccardo.

### I. Smoked Veal Tongue

*albacore tonnato, oyster mushroom chip, caper fennel remoulade*

**Poderi Colla Pietro Colla Alta Langa Extra Brut NV**

### II. Tajarin

*egg yolk noodle, pork lemon ragù, ricotta, basil, hazelnut*

**Poderi Colla Campo Romano Langhe Pinot Nero 2021**

**Poderi Colla Barbera d'Alba Costa Bruna 2022**

### Sorbetto Colla

**Poderi Colla Vermouth Bonmè, frozen grape**

### III. Barbaresco braised beef cheek

*saffron risotto, smoked broccoli emulsion, bone marrow jus*

**Poderi Colla Nebbiolo d'Alba Drago 2023**

**Poderi Colla Barbaresco Roncaglie 2020**

### IV. Piave vecchio, pecorino, gorgonzola dolce

*red wine poached pear mostada, crostini*

**Poderi Colla Barbaresco Riserva Roncaglie 'Beppe Colla' 2016**

### V. Dark Chocolate Cherry Truffle

## event registration

SAVE YOUR SPOT!

**online**

via Member Central

**email**

concierge@tcclub.com

**call**

604 681 4121

**text**

604 200 2279



## Members' Wine Tasting: Slim Wines

WEDNESDAY, JANUARY 14  
5 – 6:30 p.m.  
\$10 plus tax & service charge

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.

Many of us feel the pinch in January, whether it is the waistline or bank balance! **Reaching for a lower alcohol by volume wine (ABV) of 12.5% can save up to 50 calories per six-ounce glass (compared to 14.5%), helping us trim back with minor deprivation!**

Domaine Fourrey Chablis 2023  
France (12%)

Free Form Riesling 2020  
Okanagan Valley (12%)

Inama Soave Classico 2024  
Veneto, Italy (12%)

Stéphane Aviron  
Beaujolais Villages 2021  
Beaujolais, France (13%)

Meinklang Blaufrankisch 2021  
Burgenland, Austria (12.5%)

Il Contadino Cusano  
Bizzarria 2022  
Tuscany, Italy (12.5%)

## Comedy Night ft. Patrick Maliha, Gavin Clarkson & Niki Mohrdar

THURSDAY, JANUARY 29  
in the Members' Lounge  
Doors at 5 p.m. | Show starts at 7 p.m.  
\$25 plus tax & service charge

Patrick Maliha's act has been described as Ray Romano meets a 21st century Don Rickles. A professional stand-up comedian and talented impressionist, Patrick is currently the world record holder for most impressions in one minute beating out the previous record holder, former SNL'er Dana Carvey.

Gavin Clarkson spent his childhood in the Yukon before moving to Vancouver, where he attended school to become a scientist. School taught him he was bad at maths but good at laughs and he quickly became an audience favourite in the local scene. He has since made appearances at the Just for Laughs Northwest Comedy Festival, the World Series of Comedy in Las Vegas, and on CBC's *The Debaters*. Gavin mixes his small-town charm with his relationship to the big city in a style that's fun, endearing, and remarkably self-aware.

Niki Mohrdar is an up-and-coming stand-up comedian based out of Vancouver. She is the co-producer of both the *Bi-Weekly Comedy Show* and the *Big Queer Party Mix Variety Show*. She has performed at Just For Laughs and was featured in the second season of *YVR Funny*. She is also a co-host on the podcast, *Soft For Us*.



## Trivia Night

THURSDAY, FEBRUARY 19  
in the Members' Lounge  
Doors at 5 p.m.  
Trivia 6 – 8 p.m.  
*Complimentary event;  
reservations recommended*

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

## LIVE MUSIC in the Lounge

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

## JANUARY

- 15 Dave Martone
- 16 Dave Capper
- 17 Neal Ryan
- 22 Nelson Boschman
- 23 Sean Allen
- 24 Sasha Veregin
- 30 Olaf De Shield
- 31 Nickolaj



# Member-led EVENTS

## BUSINESS & COMMUNITY

Member organizer: Ellen Kief ([ekief@kiefllaw.com](mailto:ekief@kiefllaw.com))



### Lost in Automatic Translation

TUESDAY, JANUARY 13 | 6 – 7:30 p.m.

*Registration is required as space is limited.*

*Complimentary event.*

The last decade has seen an exponential increase in the development and adoption of language technologies, from personal assistants such as Siri and Alexa, through automatic translation, and to chatbots like ChatGPT. Yet questions remain about what we stand to lose or gain when we rely on them in our everyday lives.

As a non-native English speaker living in an English-speaking country, **Vered Schwartz** has experienced both amusing and frustrating moments using language technologies: from relying on inaccurate automatic translation to failing to activate personal assistants with her foreign accent. English is the world's foremost go-to language for communication and mastering it past the point of literal translation requires acquiring not only vocabulary and grammar rules, but also figurative language, cultural references, and nonverbal communication. **Will language technologies aid us in the quest to master foreign languages and better understand one another, or will they make language learning obsolete?**

### event registration

SAVE YOUR SPOT!

<b>online</b>	via Member Central
<b>email</b>	<a href="mailto:concierge@tcclub.com">concierge@tcclub.com</a>
<b>call</b>	604 681 4121
<b>text</b>	604 200 2279

## SALONS

Member organizer: Victor Chan

*Complimentary event with the purchase of dinner à la carte from the Grill. **Registration is mandatory as space is limited.***

*Late cancellations and no-shows will incur a \$20 fee.*

### Why Don't We Do What's Good For Us?

TUESDAY, JANUARY 27 | 6 – 9 p.m.

We know we should be more physically active, take the stairs, go for that walk, start the program, come back after we've fallen off. And yet, so often, we don't. The gap between intention and action isn't a personal failure or a lack of willpower—it's a deeply human experience. **Dr. Jasmin Ma's** work at the University of British Columbia (UBC) focuses on understanding why physical activity is so hard to start—and even harder to sustain—and how we can design more supportive, realistic pathways to movement. Rather than asking, "Why don't people just try harder?" her work asks, "How can we make movement fit more naturally into real lives?"

Dr. Jasmin Ma is an assistant professor of teaching in the School of Kinesiology at UBC and a Clinician Investigator with Arthritis Research Canada. She was named a UBC Knowledge Mobilization Scholar for her work bridging her roles as a kinesiologist and researcher, collaborating with clinicians and community partners to create physical activity opportunities for people with diverse physical abilities.

### Developing the Downtown Eastside

FRIDAY, JANUARY 30 | 6 – 9 p.m.

In 2014, the City of Vancouver approved a plan for the Downtown Eastside (DTES) requiring that new developments include 60% social housing and 40% market rental housing. **Michael Geller**, an urban planner, developer and retired architect urged council not to approve this plan since he feared it would not work. He was right. Recently, the city approved a new plan for the DTES. It changes the mix of social and market housing and allows towers up to 32 storeys. Michael is convinced this plan will fail too. He will share a historical perspective of the DTES, why the recently approved plan will not work, and what should be done to improve this important city neighbourhood.

Michael Geller is a well-known urban planner, real estate consultant, property developer, and retired architect with five decades experience in the public, private, and institutional sectors. He has had a longstanding interest in innovative and affordable housing and mixed-use development. Michael has been honoured as a Fellow of the Canadian Institute of Planning



## Not a member? Join Kids Club today!

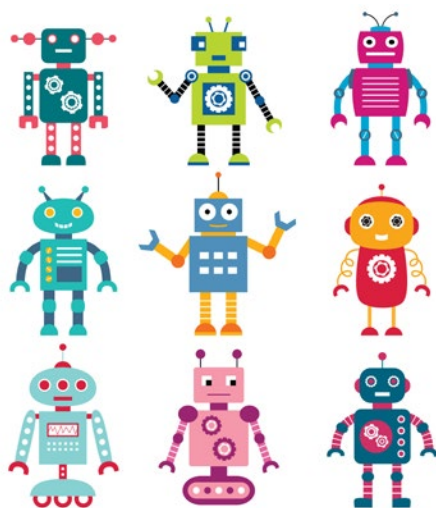
Membership includes a personalized member ID card, stamp card, and first dibs on Kids Club events.

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 to access the application form.



For more information, contact our Events Coordinator and Kids Club Captain Thea Rawjee at [trawjee@tcclub.com](mailto:trawjee@tcclub.com).



## Kids Science Night: AI Robo Lab

FRIDAY, JANUARY 23  
6:30 – 9:30 p.m.

*\$80 plus tax & service charge (includes robotics activity, snacks, and drinks)*

*\*A minimum six participants is required for the event to run*

For one evening, kids aged 5–12 will become future world designers, using robots, coding, and hands-on science to imagine the cities of tomorrow. Kids will build and program robots to complete “future missions” (launch, detect, navigate); take on AI-inspired STEAM challenges, like designing smart devices or testing mini engineering builds; and experiment, problem-solve, and collaborate as a next-gen innovation team.

The event will wrap up with a FutureWorld Showcase, where each group presents their robot and their vision for a smarter, more creative future. View the evening's timeline on Member Central. **Please note: this event does not include dinner.** Make a reservation in the Grill beforehand!



## Father Daughter Gala: Fairytale Fête

SATURDAY, FEBRUARY 28  
5 – 8 p.m.

*Adults: \$123 plus tax & service charge*

*Kids (3–12): \$72 plus tax & service charge*

Step into a fairytale world filled with wonder at our Father Daughter Gala!

Enjoy a princess meet and greet, a delicious buffet dinner, creative craft activities, a DJ-led dance party, and more. Join us for a special evening and create memories for a lifetime.

More details to come!

# Wedding OPEN HOUSE

SATURDAY, FEBRUARY 28  
1 – 3 P.M.



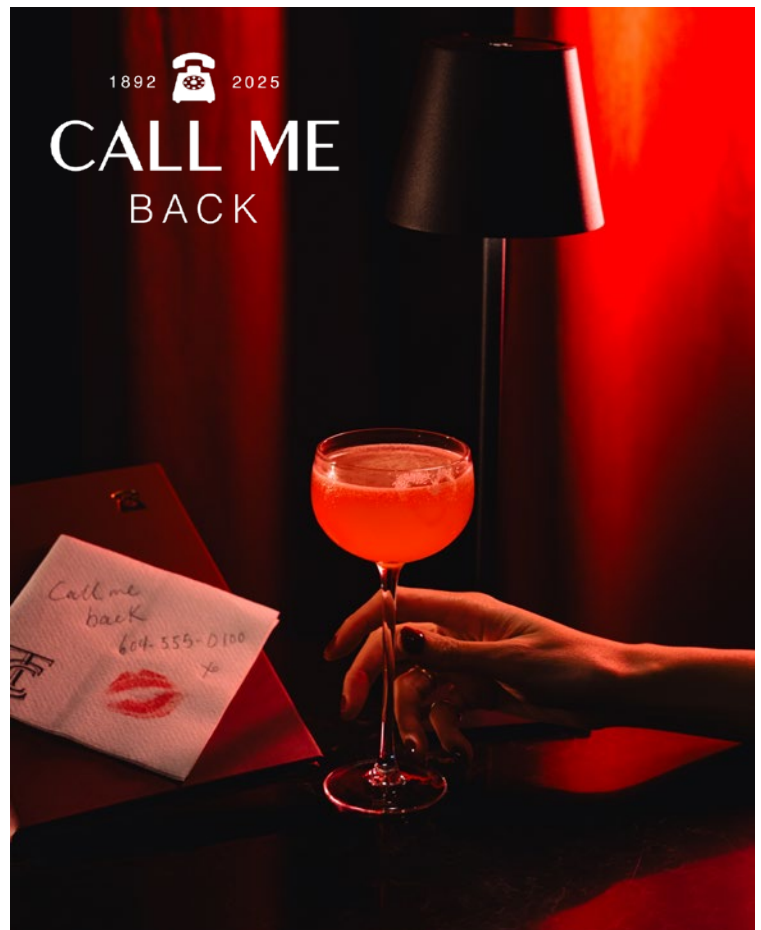
## LOVE IS IN THE DETAILS.

Join us for our Wedding Open House to tour the venue, connect with our favourite local vendors, and discover a space designed for timeless elegance.

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



On December 17 (for the 13th year), the TCC team brought joy to students of Admiral Seymour Elementary School at the annual Holiday Luncheon, complete with a turkey meal prepared by our culinary team, holiday decorations, and magicians!



# Liquid Assets

NOTES BY DJ KEARNEY

**Learn about the feature wines at our exciting PODERI COLLA DINNER on Friday, January 16**

Situated in the medieval town of Alba, (famed as the global epicentre for white truffles), Tino Colla and his niece Frederica (pictured) run the historic Piedmontese estate.

**We invite you to join Frederica and her son Riccardo on Friday, January 16 for a delicious and intimate dive into the Langhe hills and taste their pioneering efforts with native grapes dolcetto, barbera, and nebbiolo, paired with a beautiful dinner. See the full menu on page 4.**

In addition to some very special Colla sparkling wine and vermouth, we will be tasting six reds, including these fine offerings.



## **PODERI COLLA DOLCETTO D'ALBA DOC PIAN BALBO 2024 \$92**

This is a true unicorn wine, a mature single plot of dolcetto growing in the same place since 1969. Seen as a privileged cru, the Pian Balbo vineyard perfectly expresses the features of dolcetto di Langa with vivid cherries, plenty of spice and fine tannins. Made and aged in stainless steel allows us to taste the true soul of dolcetto from magnificent old vines.

## **PODERI COLLA BARBERA D'ALBA DOC COSTA BRUNA 2023 \$93**

Costa Bruna expresses all the fresh and drinkable features of barbera at its best, together with the elegance of the marly soil of Langhe. When the Colla family purchased the remarkable nebbiolo Roncaglie vineyard in Barbaresco, they discovered a treasure placed exactly inside another treasure: two hectares of barbera that was at least 90 years old. Full-bodied and spicy with flavours of strawberries and cherries, this special barbera can age for a decade.

## **PODERI COLLA LANGHE DOC PINOT NERO CAMPO ROMANO 2021 \$108**

This is another rarity... pure pinot noir, planted in 1977 at Cascine Drago with vines that arrived from Burgundy. The elegance and delicacy of French pinot nero (as it is called in Italy) with a clearly Piedmontese tannin and mineral structure. It is named after Roman remains that were found when the vineyard was prepared for planting, pieces of bricks, tiles and amphorae, belonging to a Roman settlement. Delicate, earthy and ineffable, as fine pinot noir should be!

## **PODERI COLLA NEBBIOLO D'ALBA DOC 2023 \$70**

This wine is produced at Colla's home base, Cascine Drago, in the Nebbiolo d'Alba production area, at the border of the Barbaresco zone. It embodies all the features of delicacy, elegance, structure and drinkability of a great nebbiolo. It is aged one year in large casks and is smoother and more approachable than its counterparts in Barolo and Barbaresco. Floral, spicy, briary with nicely chewy tannins and wonderful fruit depth.

## **PODERI COLLA BARBARESCO RONCAGLIE DOCG 2020 \$146**

Roncaglie is one of the first and true crus (meaning a premium single site) of Barbaresco, acknowledged throughout Piedmontese farming history as one of the best places to produce nebbiolo grapes. The Roncaglie plot gives balanced, perfect grapes every year, capable of producing a complex Barbaresco of red berried elegance with notable acid and tannin harmony.

## **PODERI COLLA BARBARESCO RISERVA RONCAGLIE 'BEPPE COLLA' DOCG 2016**

Completely sold out but brought for us from Italy by Frederica as a highlight of the dinner, this limited-edition imperious flagship wine of the estate shows the power of a great terroir harnessed with supremely ripe fruit of the exceptional 2016 vintage. A 'classic' Barbaresco with the elegance of a Roncaglie cru: rich, mouth filling and intense. Personality and pleasure with a long finish of velvety tannins and great ageing potential. Named of course for Bebbe Colla, the architect of the Barbaresco appellation, and the very first in all of Piedmont to first bottle single cru wines.

# MEET YOUR NEW Board Members



## Angeline Chandra

With a robust background in transfer pricing and corporate tax, Angeline Chandra's role at BDO Canada as National Leader has been central to delivering bespoke pricing strategies for a diverse clientele. Her journey has included partnering with technology and pharmaceutical firms to mining and manufacturing giants, each experience sharpening her acumen in navigating complex international tax landscapes.

Angeline and the team at BDO Canada have successfully developed and implemented transfer pricing strategies that align with their clients' global operations, fostering sustainable growth and compliance. This commitment to excellence is echoed through her speaking engagements and publications, where she shares insights on market-specific solutions and offshore tax planning strategies.

## Christine Tschetter

Christine Tschetter is a strategic operations leader with over 15 years of experience supporting complex infrastructure projects and business operations across the energy, transportation, marine, and utilities sectors in Western Canada. Known for her clear, steady approach to organizational growth and change, Christine has guided multiple teams through periods of expansion and transformation. At RAM Consulting, she played a significant role in the company's evolution by establishing a new division from its inception, while being a driving force behind RAM's diversity transformation where representation of women in technical and leadership roles proudly exceeds industry norms.

Originally from Edmonton, Christine has lived in downtown Vancouver for the past 13 years, enjoying the vibrant city life with her partner, Jonathan. Outside of work, she enjoys travel, long distance hiking, fitness, and sharing meals with friends and colleagues.



**PIERRE PELLETIER**



**ROB WAHL**



**DEAN DAVISON**



**FELICIA CIOLFITTO**



**JOHN HAMMOND**



**DAMIAN FRITH**



**BRIAN DUONG**



**DONALD MCINNES**

# Focus ON FITNESS

## TRAIN

### JANUARY 2026 PROMO: GIFT OF HEALTH

Let the MilFit Team be a part of your friends and family's health and fitness New Year's Resolutions. Refer your friends or family and receive one free 60-minute personal training session.

### MEET THE MIL FIT TEAM!

#### MILWINA GUZMAN

*Owner of Milfit Personal Training Services*

Milwina Guzman is here to be a part of your wellness journey, to help you achieve your optimal health, build your confidence, and teach you a wealth of fitness through her experience of over two decades of personal training. A personal trainer and kinesiologist since 2002, she is a trainer of trainers, holding a Bachelor of Human Kinetics from the University of British Columbia. Milwina has also been a yoga instructor since 2010. She loves to run, strength train, bike, hike, and practice yoga.



#### LEILA MAZHARI

Leila Mazhari is a certified ACE Personal Trainer with over 10 years of professional experience in fitness, health, and human performance. Her extensive education — including certifications as a Health Coach, Fitness Nutrition Specialist, Sports Performance Specialist, Corrective Exercise Specialist, and PNE Nutrition Level 1 — allows her to take a holistic approach — addressing strength, mobility, injury prevention, recovery, and nutrition all together. Leila specializes in strength training, functional movement, corrective exercise, weight loss, and performance coaching. She is known for her attention to form, personalized programming, and ability to help clients overcome pain, plateaus, and movement limitations.



#### ANDREA LO

A sporty type who loves to be active, Andrea Lo's passion for health and fitness has always been central to her life. Becoming a trainer has given me the fulfilling purpose of helping others to move well, feel healthier, and enjoy the importance of taking care of our bodies. You can find me playing ice and field hockey every week or running the seawall.



#### ATHOS LEAO

Athos Leao is originally from Brazil, where his passion for fitness was sparked at age 16 by his uncle, a competitive Ultraman athlete. With his uncle's guidance, he began competing in triathlons throughout Brazil and later completed Ironman 70.3 Victoria after moving to Canada. Since settling in Canada, Athos has focused on weight training and Brazilian Jiu-Jitsu, developing a well-rounded approach that blends strength and endurance. Athos earned his Personal Trainer Certification and Fitness Nutrition Specialist certificate in 2017 and has been working in the health and fitness industry ever since, completing multiple additional certifications in the field. He is dedicated to helping clients achieve their goals through individualized fitness and nutrition coaching.



# Focus ON FITNESS

## 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: ARM, SHOULDER & BACK STRENGTH with ZORICA**  
WEDNESDAYS, ON ZOOM  
7 – 8 a.m.

Each Wednesday will have a specific focus, such as: restorative; core; back, abs, hips and thighs, power and flow.

**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.

**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.



**POWER FLOW YOGA with HELIA**  
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.

Helia Yekta's completed her 200-hour Yoga Teacher Training at YYOGA, along with YHot and Traditional Vinyasa & Philosophy trainings, which shaped the heart-led approach she brings to every class.

In her classes, you can expect a mindful and grounding flow that weaves together breath, movement, and presence. She guides students to explore the balance between effort and ease, honour their unique bodies, and move with intention rather than expectation. Each practice becomes a space to soften, strengthen, and reconnect with yourself on a deeper level.

## 45-DAY FITNESS CHALLENGE

It's that time of the year again. Need a goal? For the month of January and February, the Fitness Centre is challenging members to commit to at least **45 work-outs in 57 days**. Members can choose any type of exercise—cardio, weight-training, squash, swimming, yoga—as long as all the exercises take place at the Club or on your way into the Club.

We will have a progress chart at the Fitness Centre to keep you on track. Sign-up today!



# SQUASH

SQUASH COACH BARRY GIFFORD  
squash@tcclub.com or  
604-219-8233

## FREE BEGINNERS CLINIC

Wednesday, February 11  
5 – 6 p.m.

Learn the basics of the game in a fun environment! Register by emailing Barry Gifford at [squash@tcclub.com](mailto:squash@tcclub.com) prior to 8 p.m. on Monday, February 9.

## WINTER 2025 JUNIOR SQUASH PROGRAM

Saturdays, January 10 – March 14  
(9 lessons; no lesson on February 14)

\$180 plus gst charged to your TCC account upon confirmation of your child's registration

1 – 1:45 p.m. | ages 7–11  
1:45 – 2:30 p.m. | ages 12+

## COMPLIMENTARY JUMPSTART

Wednesday, January 7  
Women: 5–6 p.m. | Men: 6–7 p.m.

This free quarterly session is for experienced players. This is a great way to get you back into fighting shape for the season. Drills and conditioning games are orchestrated to rekindle your squash spark.

## JOIN US! SQUASH SOCIAL

Thursdays, 4 – 6 p.m.  
Who says squash can't be a party? Bring your game face and jump right in. Post-match refreshments usually follow in Lions Pub.

## PRIVATE OR PARTNER LESSONS

Are you ready to take your game to the next level? Try a private or partner lesson on Tuesdays, Thursdays, or Saturdays (other days upon request). 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.

### PRIVATE PILATES with ZORICA JOVIC

Zorica provides Pilates-based movement therapy for clients seeking pain-free movement patterns. A BASI® certified Pilates instructor, Zorica has been practicing and teaching for over 15 years. **60-minute private (or duet) lessons are available Mondays & Fridays.** This personal program is tailored to your needs. Restorative and rehabilitative exercises can help address neck, back, and shoulder pain; low back, hip, knee, and sciatic issues.

**Packages available:** single, 5, 10, 20



# SWIM

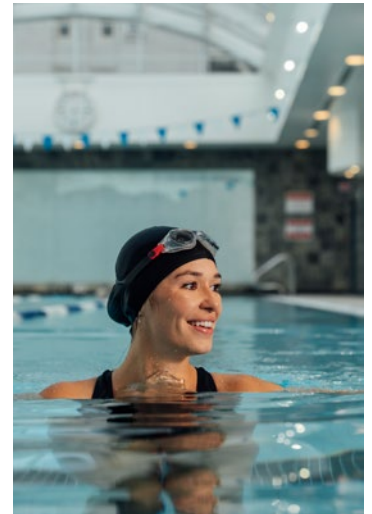
SWIM COACH JOHN RYAN  
john@swimminginvcouverbc.com

## POOL POWER PROS

Tuesdays & Thursdays,  
6:30 – 7:30 a.m.

January 13 – March 12  
\$270 plus gst

This is a high intensity endurance-based program for experienced swimmers, suitable for Masters, Triathletes and strong fitness swimmers. The program involves training with all stroke styles. Expect to swim 2.5 to 3km in the hour.



## POOL POWER STROKES

Tuesdays & Thursdays, 7:30 – 8:30 a.m.  
January 13 – March 12 | \$270 plus gst

This is an endurance stroke-based program; you must be able to swim the length of the pool non-stop. The goal is to work on technique of all strokes and flip turns while improving your cardio.

## POOL POWER PADDLERS

Tuesdays & Thursdays, 10 – 11 a.m.  
January 13 – February 5 | \$200 plus gst  
February 10 – March 5 | \$200 plus gst

This is a group lesson program for the non-, weak or nervous swimmer; you will progress at your own pace. Over many years John has developed a step-by-step pathway for beginners that has developed students into strong confident swimmers today. The two lessons a week promotes a faster learning cycle.

## KIDS' GROUP SWIM LESSONS

Saturdays, January 10 – March 14  
(no lesson on February 14)  
\$265 plus gst

10 – 10:40 a.m. | ages 3–5  
10:40 – 11:20 a.m. | ages 3–5  
11:30 – 12:10 p.m. | ages 6–7  
12:10 – 12:50 p.m. | ages 8–9  
12:10 – 12:50 p.m. | stroke improvement

\*Schedule subject to change. If your child has no prior experience in the water, private lessons are recommended first.

## PRIVATE LESSONS

Private lessons with John Ryan are available to members of all ages and skill levels. Lessons focus on improving technique, boosting endurance, and developing confidence and ease in the water. Children's private lessons are available on Saturdays from 9 – 10 a.m. or 1 – 3 p.m. Adult private lessons are available Monday through Friday.

Save the date – February 28



Father Daughter Gala!