

# TERMINAL CITY TIMES

DECEMBER 2025 • VOL. 32 NO.12



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

# Upcoming Events

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Work-Life Balance
- DEC 7 DICKENS FAMILY BRUNCH**  
with Santa! TCC Holiday Favourite
- DEC 8 SALON**  
Citizen Engagement for the Next Generation
- DEC 11 FESTIVE LUNCH BUFFET**  
Midweek Festive Celebration  
**SALON**  
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with Santa
- DEC 15 ANNUAL GENERAL MEETING**  
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- DEC 21 DICKENS FAMILY BRUNCH**  
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**NEW YEAR'S EVE PARTY**  
in the Lounge
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Lost in Automatic Translation
- JAN 16 WINEMAKER DINNER**  
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- JAN 21 MEMBERS' WINE TASTING**  
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- FEB 11 WINE MINI MASTERCLASS**  
Chianti
- FEB 19 TCC QUARTERLY WINE CLUB**  
February Tasting
- FEB 28 FATHER DAUGHTER GALA**  
Save the date

# Contact

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

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

|                  |              |                |              |
|------------------|--------------|----------------|--------------|
| 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 – Tuesday 11 a.m. – 11 p.m.  
Kitchen 11 a.m. – 9:30 p.m.

Wednesday – Saturday 11 a.m. – 12 midnight.  
Kitchen 11 a.m. – 10:30 p.m.

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

## MINK CHOCOLATE CAFÉ

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

# President's Letter

## DECEMBER 2025



### DEAR FELLOW MEMBERS,

As we head into the final stretch of the year, the Club is already alive with that familiar December energy, our lights are up, glasses clinking, trees are bright and more festive holiday sweaters in the lobby than anyone cares to admit. It's one of my favourite times at TCC, and this year is no exception. Our two annual Dickens Brunches selling out faster than a good cocktail disappears in Call Me Back, and the calendar is packed with holiday lunches, family gatherings, and the sort of traditions that make this Club feel like a second home.

If you haven't booked something festive yet, there's still time to sneak in a long lunch in the Grill, a drink in the Lounge, or a proper pint at Lions Pub. And of course, Call Me Back in Lions Pub continues to be the little secret everyone is talking about, just don't tell too many people; we like it that way.

As many of you know, this will be my final letter as President of the Club. After the AGM I'll be stepping off the Board, still very much around the Club, just no longer the one writing these monthly missives. It has been an honour to serve, and I'm grateful for the trust members have placed in me over the past eight years. What has made this role genuinely rewarding is working alongside a Board that consistently puts member experience at the heart of every project and decision. It's easy to talk about values, far harder to live them. This Board does the latter.

Looking ahead, the future is bright for TCC. With the recent City of Vancouver approval to expand into additional space in the TC Tower in November, we're set to enhance our wellness offering in a meaningful way. Next year's focus will be all about elevating health and wellbeing. We will start with dedicated Pilates and stretch/barre studios, and new opportunities to focus on longevity of our members and how we all keep moving well for years to come. It's an exciting step forward, and one that builds on an already excellent fitness facility.

Over my time on the Board, I've learned that our Club is a special place shaped by a remarkable history, strengthened by its members, and supported by a staff who genuinely love what they do. We are all driven by the same mission: creating memorable experiences for our members. I leave the Board confident it is in very good hands and that the best chapters are still ahead. Wishing you and your families a wonderful festive season. See you around the Club.

Warm regards,

A handwritten signature in black ink, appearing to read 'John Mackenzie'.

John Mackenzie  
President, Terminal City Club

# Stay Informed

## CLUB NEWS

### holiday & modified hours

| SUNDAY | MONDAY  | TUESDAY | WEDNESDAY   | THURSDAY                                       | FRIDAY | SATURDAY |
|--------|---|---------|---|--|--------|----------|
| 21     | 22  | 23      | 24  | 25   | 26     | 27       |
|        |   |         | MINK open<br>9 a.m. – 3 p.m.  | CLUB closed<br>MINK closed<br>LIONS PUB closed |        |          |
|        |   |         |   | CALL ME BACK closed                            |        |          |
| 28     | 29  | 30      | 31  | 1  | 2      | 3        |
|        | From December 29–31 and January 2, Club restaurants will have weekend hours. The Fitness Centre and Club Administration will have regular operating hours unless indicated otherwise. |         | Fitness Centre open<br>6 a.m. – 6 p.m.<br>Members' Lounge open<br>9 p.m. – 1 a.m.<br>MINK open<br>9 a.m. – 6 p.m. | CLUB closed<br>MINK closed<br>LIONS PUB closed |        |          |
|        |   |         |   | CALL ME BACK closed; reopening January 6       |        |          |

### did you know?

If you are a Resident or Corporate member paying dues monthly, you can switch to annual dues before December 31, 2025, and benefit by paying the 2025 rate for dues in 2026. Please contact your Membership Administrator at [members@tcclub.com](mailto:members@tcclub.com) for more information to move to paying your dues annually.

### seasonal reminder

As the holiday season approaches, we kindly ask that members consume responsibly. We would also like to remind members and guests not to leave valuables in parked cars when visiting the Club.

### 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. Warren Dombowsky | Mr. Matthew Warner   |
| Dr. Patrick McNulty  | Ms. Stephanie Whalen |
| Ms. Laryssa Rainboth | Ms. Olga Zarudina    |
| Mr. Joseph St. Jean  |                      |



**\$5 all draft beers**  
*Lager, IPA or Stout*

**dollar an ounce wines**  
\$6 for 6 oz. | \$9 for 9 oz.  
*featured Red and White wines*

**autumn reds by the bottle**  
*ask your server!*

## luck of the draw

Fortune has spoken in this month's random draw. Congratulations to **Russell Hallbauer**, recipient of this month's prize: a lunch for two in the Grill. Thank you to all who shared their feedback; your notes continue to shape and sharpen the dining experience.

## spotlight! fall club menu items

*photos by Chef Ansel Hendrawan*



### ROASTED RACK OF LAMB

pomegranate glaze, buckwheat groats, hakurei turnip, garlic potatoes, charred onion & mint purée, lamb jus



### PRAWN & SQUID LINGUINE<sup>S</sup>

squid ink linguine, grilled humboldt squid, prawns, puttanesca sauce, grana padano



PLANNING ON DINING WITH US?

## December live music 6 – 9 p.m. in the Members' Lounge

Thursday, December 4  
Olaf De Shield

Friday, December 5  
Nickolaj

Saturday, December 6  
Neal Ryan

Thursday, December 11  
Cassandra Maze

Friday, December 12  
Luc LeMans

Saturday, December 13  
Sean Allen

Thursday, December 18  
Dave Martone

Friday, December 19  
Olaf De Shield

Saturday, December 20  
Nelson Boschman



# Dining AT THE CLUB



## autumnal dishes at the lions pub

Have you had a chance to sample any of the new dishes at the Pub? The unveiling of our new food menu, led by Chef **Cole Trowbridge** to elevate your member experience, has been well received! Favourite new dishes so far have included the coconut chicken curry (pictured), rigatoni with pork ragù, and maple-glazed salmon over green pea risotto.

## lions new signature cocktails

Bartender **Sean Thornton** has been working on an exciting new cocktail list that marries style and substance. Standouts so far include:

### ISLAY OLD FASHIONED 2 OZ (CONTAINS PORK)

bacon fat-washed highland park scotch whisky, bowmore 12 sherry cask scotch whisky, maple syrup, angostura bitters

### FOAM & FORTUNE 2 OZ (CONTAINS NUTS)

pistachio orgeat foam, vodka, mink's cold brew, kahlua

# 2025 FESTIVE EVENTS

## DICKENS' FAMILY BRUNCH

Sunday, December 7 & 21 | seatings at 11 a.m. & 12 noon

Adults: \$127 plus tax & service charge

Kids (4–12): \$55 plus tax & service charge

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

## FESTIVE FAMILY DINNER BUFFET

Sunday, December 14 | seatings at 5, 6, & 6:30 p.m.

Adults: \$138 plus tax & service charge

Kids (4–12): \$58 plus tax & service charge

Indulge in a delicious spread with options for every age, from hearty favorites to kid-friendly delights. Enjoy the festive tunes; Santa will stop in from 5:30 – 7:30 p.m. to hear Christmas wishes and pose for memorable photos. It's an evening full of joy, food, and holiday cheer for the whole family!

## FESTIVE LUNCH BUFFET

Thursday, December 11 & 18 | 12 noon – 1:30 p.m.

\$108 plus tax & service charge

Take a break from your workday to enjoy the holiday season; reserve a table for your social gathering or corporate entertaining. Our Christmas lunch buffets include a festive spread of new and longstanding favourites, alongside live music.

## FESTIVE NETWORKING LUNCH BUFFET

Thursday, December 18

12 noon – 1:30 p.m.

\$108 plus tax & service charge

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! This month's Networking Lunch takes a festive twist, with a table at the Festive Lunch Buffet on December 18. Consider taking the afternoon off!



## NYE DINNER AT THE CLUB

Wednesday, December 31

The Grill: First seating 5:30 p.m.

Second seating 8 p.m.

Members' Lounge: 9 p.m. – 1 a.m., reservations recommended. Limited seating available; first come first served.

### • NYE menu available now on Member Central •

#### Pre-order Seafood Platter for 2

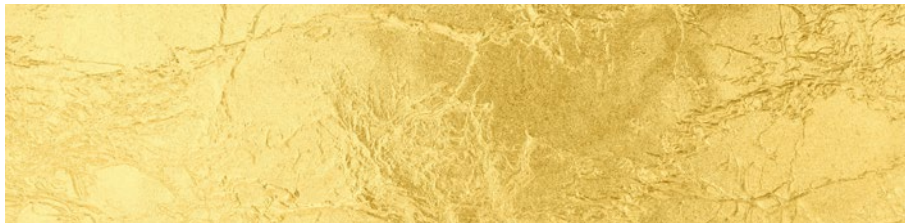
\$75 nf, gf

scallop ceviche, poached tiger prawns, ponzu ahi tuna, cold smoked salmon, smoked salmon pâté, oysters with shallot pearls, cocktail sauce, toyomansi, aioli, lemon, wakame

#### Pre-order Sunseeker Oysters

\$22 for 6 / \$40 for 12 nf, gf, df

fresh shucked, mignonette, toyomansi, salmon roe, lemon



# Club EVENTS



## The Reset Hour: Astral Travel & the Gong

MONDAY, DECEMBER 15  
5:30 – 6:30 p.m.

*\$22 plus gst*

*All levels welcome; this session is beginner friendly!*

This is a guided journey designed to shift awareness into a deeper, more expansive state. The session begins with gentle breathwork and visualization meditation to relax the body and quiet the mind. As the gong vibrations build, participants are guided into a meditative state that mimics the sensation of astral travel — spacious, light, and detached from physical tension. The experience encourages intuitive insight, inner clarity, and a sense of exploring beyond the everyday self.

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.



## Winemaker's Dinner: Poderi Colla Barbaresco

FRIDAY, JANUARY 16

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

*\$215 plus tax & service charge*

'Piemonte' to Italians, this northwestern corner of Italy is home to many characterful red grapes, the most aristocratic of which is nebbiolo. Grown throughout the region, nebbiolo makes her most profound terroir wines in the villages of Barbaresco and Barolo.

**Beppe Colla**, Poderi Colla's visionary winegrower was considered the architect of the Barbaresco zone, raising its stature and decoding the terroir. Beppe was the first in both Barolo and Barbaresco to make single vineyard nebbiolos, recognizing that geologic nuance showed in the bottle, just as in Burgundy (he also planted pinot noir long ago!).

**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** (niece of founders Beppe and Tino Colla) **and her son Riccardo**. Founded in 1703, the Colla family were pioneers in the region, but were also early producers of vermouth and sparkling wines which we will taste in addition to nebbiolo, dolcetto, barbera, pinot nero and more.

View the menu on Member Central.



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

THURSDAY, JANUARY 29

in the Member's Lounge

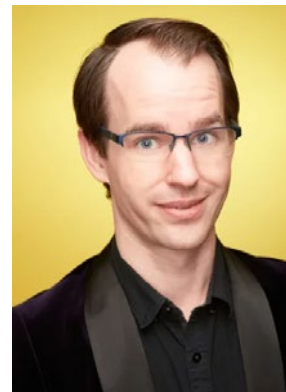
Doors at 5 p.m. | Show starts at 7 p.m.

*\$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 favorite 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*.



# MEMBERSHIP

at

TERMINAL CITY CLUB

*where you belong*



## *Do you know anyone interested in membership?*

The Board has approved a subscription increase; effective **January 1, 2026**, the Club's subscription for new memberships will be as follows:

RESIDENT 35 & OVER / CORPORATE  
Subscription (one-time): ~~\$6,000~~ \$6,500

RESIDENT 34 & UNDER  
Subscription (one-time): ~~\$4,500~~ \$5,000

SPOUSAL  
Subscription (one-time): ~~\$1,200~~ \$1,625

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

[joinus@tclub.com](mailto:joinus@tclub.com) / 604 488 8647

## *We've extended our special Member Referral Incentive!*

Until **December 31, 2025**, members may choose from a suite of thank-you gifts for every Resident or Corporate\* member they refer after the new member is formally balloted in.

**THE EASY WIN:** \$600 credit to your TCC account.

**PAY IT FORWARD:** gift your \$600 credit to the new member you referred.

**WELLNESS BOOST:** 5 personal training or squash sessions + 10 protein shakes + 8 Fitness Centre guest passes.

**THE WORKS:** \$200 Grill gift card + \$100 Lions Pub gift card + \$100 Call Me Back gift card + \$50 Mink gift card + 10 Fitness Centre guest passes.

**CASE IN POINT:** 24 bottles of TCC wine (six each of our sparkling, white, rosé, and red).

*\*Referral must be submitted in writing to [joinus@tclub.com](mailto:joinus@tclub.com) prior to submission of the application or clearly indicated on the new member's application form. Members are not eligible to receive referral credit for immediate family members as offers cannot be combined.*

# HOLIDAY GIFTING

## CHRISTMAS CARRY OUT

GIFT BOXES • HOLIDAY TREATS  
READY-TO-COOK DISHES

The Wonderland Gift Box is available for viewing at Member Services. Orders are processed Monday to Friday 9 a.m. – 4 p.m. Grab your order form from Member Services. :



## MINK CHOCOLATES

Everyone loves to receive a box of chocolates, especially during the festive season! Whether it's for a friend, a colleague, a parent (or even for yourself) the chocolate-lover in your life will thank you!

Our seasonal offerings include truffles and bars by Daniel, as well as sweet treats from Mink Chocolates! If you know anyone who likes to bake around this time of year, why not purchase a bag of Chipminks, Mink's signature baking chocolate?

They might return the good cheer with a batch of something sweet—it's the season of giving, after all...



**CHIPMINKS**  
Mink Signature  
Baking Chocolate



**SANTA GIFT BOX**  
16 Assorted Chocolates



**CHRISTMAS SEA SALT BAR**  
Dark Chocolate, 85g

## GIVE THE GIFT OF MEMBERSHIP

Share your love of the Club with your immediate family members. To learn more or to get an application started for Spousal or Intermediate membership, contact: [joinus@tcclub.com](mailto:joinus@tcclub.com) | 604 488 8647

## MEMBER WALL PLAQUES

Make a gift in your loved one's name with a personalized Member Wall plaque; all proceeds are used to enhance your Club's facilities. A limited number of plaques remain so secure your spot today; contact Amanda Jun at [ajun@tcclub.com](mailto:ajun@tcclub.com) or 604 488 8610.

## PERSONAL (WINE) SHOPPING

The giving season is here, and your trusted wine experts DJ Kearney and Owen Stuart are ready to help. Let us help you select a magnum for the boss, unique whisky for Dad, wines for the office team, or even pairing selections for your festive diner.

Email [wine@tcclub.com](mailto:wine@tcclub.com) to make arrangements that will simplify your busy life at this festive time.

## TCC GEAR

Terminal City Club is proud to be an approved authorized retailer for lululemon.

This year, give the stylish gym-goer in your life something they don't have yet. Shop men's and women's t-shirts, shorts, and sleek duffle bags, designed for life in motion both inside and outside the Club.

Visit the Fitness Centre to browse the products and colourways currently available.



## SPA DATE AT FAIRMONT SPA

Fairmont Spa at Fairmont Pacific Rim is thrilled to offer exclusive benefits to TCC members: 10% discount on all treatments (excluding RMT appointments) and 10% off on all retail. Please note: discounts are only available to TCC members; guests of TCC members are not eligible for this offer. For more information, or to book an appointment, contact [VPR.SpaReservations@Fairmont.com](mailto:VPR.SpaReservations@Fairmont.com).

Please note: proof of membership (i.e., TCC membership card) will be required to access these benefits.

# 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.*

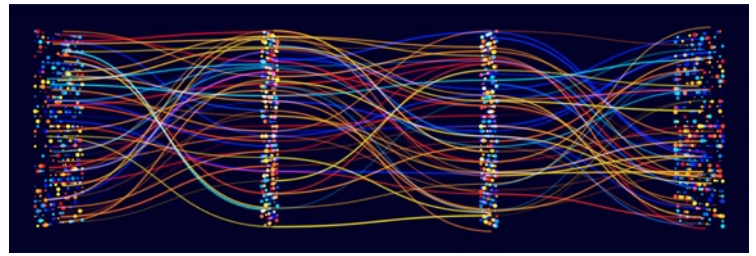
The last decade has seen an exponential increase in the development and adoption of language technologies, from personal assistants such as Siri and Alexa, through automatic translation, and to chatbots like ChatGPT. Yet questions remain about what we stand to lose or gain when we rely on them in our 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:conciierge@tclub.com">conciierge@tclub.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. **Registraton is mandatory as space is limited.***

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

### Work-Life Balance

WEDNESDAY, DECEMBER 3 | 6 – 9 p.m.

**Professor Lieke ten Brummelhuis** will offer a fresh perspective on achieving work-life balance. There are only 24 hours in the day, and we can't fit all the things we want to do into this time. Instead of asking if you do all the things you need to do, the question should be whether you are happy in life. Based on insights from psychology, people can feel happy in life if they utilize their roles strategically to fulfill three basic psychological needs: autonomy, belonging, and competence.

Lieke ten Brummelhuis, PhD is a Professor of Management at SFU Beedie School of Business and author of the book *Work-Life Strategy: Finding Happiness by Strategically Balancing Roles*.

### Citizen Engagement for the Next Generation

WEDNESDAY, DECEMBER 8 | 6 – 9 p.m.

Former Canadian High Commissioner to the United Kingdom and Former BC Premier **Gordon Campbell** will lead a dinner Salon discussion on citizen engagement—questions, evidence, and action for the next generation. Drawing from decades of public service, Campbell will explore how informed inquiry, transparent evidence, and inclusive action empower individuals to actively shape stronger, more resilient communities and democracies for the future.

### Quantum Entanglement

THURSDAY, DECEMBER 11 | 6 – 9 p.m.

Join **Thomas Jennewein**, a collaborator of Nobel laureate Anton Zeilinger and PhD graduate from the University of Vienna, for an engaging Salon on Einstein's famous "spooky action at a distance." Discover how Zeilinger's groundbreaking experiments proved quantum entanglement—the phenomenon where particles instantly affect each other across distances. Learn how quantum teleportation is real and foundational to ultra-secure quantum communication; Jennewein is a professor at Simon Fraser University advancing these technologies for quantum networks around Vancouver and in space. No prior physics needed—just curiosity about quantum wonders.

## UPCOMING WINE EVENTS

Friday, January 16 • Poderi Colla Winemaker's Dinner  
Wednesday, January 21 • Members' Wine Tasting  
Wednesday, February 11 • Mini Masterclass: Chianti  
Thursday, February 19 • Quarterly Wine Club Preview Tasting

# Liquid ASSETS

## Wines for Gifting or Feasting...



1



2



3



4

### *Mini Masterclass Series 2026 Speed Tasting Sessions*

February 11 • **Chianti!**

From Chianti DOCG, the ancient Classico zone, Riserva and the newest quality tier, Gran Selezione • \$75

March 25 • **Explore the White Wines of the Côte d'Or**  
From Marsannay to Meursault • \$96

April 15 • **Bordeaux Part I • The Left Bank** • \$96

May 13 • **Bordeaux Part II • The Right Bank** • \$96

June 10 • **Premium Rosés of the World** • \$75

### 01. **CHAMPAGNE MARIE DEMETS SINGULARITÉ PINOT BLANC EXTRA BRUT NV**

CHAMPAGNE, FRANCE \$182

For the wine nerd in your life, this rare champagne is made from a tiny vineyard of pinot blanc planted in 1992. Less than an acre in size, the precious fruit is lovingly fermented then rested on the lees in bottle for 29 months and given a lean dosage of 1.5 grams/litre. There are just 650 six-packs for the world (they sell out instantly). Golden apples, toasted bread, roasted nuts and impressive scarcity quotient for the switched-on wine lover in your life. For the curious: there are actually nine authorized wine grapes in the Champagne region, and while 99 percent is planted to chardonnay, pinot noir and meunier, there is also a sprinkling of pinot gris, pinot blanc, arbane, petit meslier, voltis (a hybrid added in 2021), and pink chardonnay (a mutation) added this year.

### 02. **CARTUXA BRANCO 2020**

ALENTEJO, PORTUGAL \$73

Cartuxa Branco is a refreshing white wine made from indigenous Portuguese varieties arinto, antão vaz, and roupiero. Arinto is the star of the blend, a grape of high quality and age-ability. Blessed with freshness of acidity, a hefty core of apple, pear, and vivid citrus flavours, unoaked and emphatically mineral on the finish. Perfect for your roasted pork loin, or Manchego cheese fondue.

### 03. **POGGIO TORSSELLI CHIANTI CLASSICO RISERVA 2020**

TUSCANY, ITALY \$92

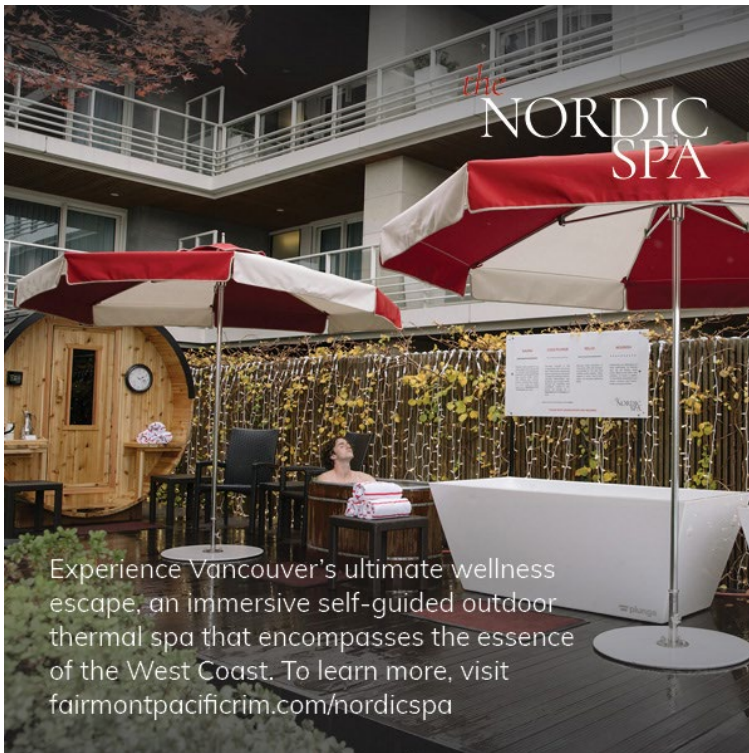
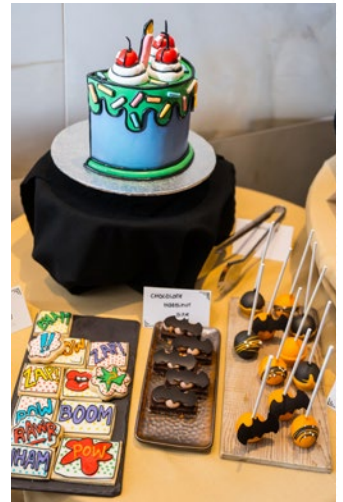
From a 1427 estate near Florence in the elite terroir of San Casciano comes this aristocratic Chianti Classico Riserva. Rich red cherry fruit, woody spice, rose petals and tobacco, it is both refined and reserved. Limestone soils lend dusty minerals to the long finish, and two years in French oak has polished the tannins to a gleam. Chianti is always a brilliant dinner wine, and you'll look like a shining star when you pour this out of a decanter for family and friends.

### 04. **BLACK HILLS NOTA BENE 2022**

OKANAGAN VALLEY, BC \$116

Need a showstopping gift? Canada's cult wine is Nota Bene, first made in 1999, and it still sells out minutes after release. A swashbuckling red blend, the glorious 2022 vintage presents 46% merlot, 36% cabernet sauvignon and the rest is cab franc. This is the very last vintage that brilliant winemaker and Master of Wine Ross Wise made start to finish, before heading back to his New Zealand home. Rich and fresh, with red and black fruits, black sage herbal signature, it is sleek and polished from 18 months in fine French oak (47% of the oak was new).

# Have you heard? CLUB NEWS



The Gotham City Gala transformed Terminal City Club on the evening of November 1, bringing together fantastic entertainment, culinary delights from our kitchen team, libations, costumes and revelry.

Thank you to everyone who attended, see you next year!

# MEMBER OF THE MONTH

## Michael Butler

In 2011, Michael Butler was coming to the end of his formal education in ophthalmology. After more than 13 years of study, he found himself in the salty, warm air of Florida's South Beach studying as an international visiting scholar at the prestigious Bascom Palmer Eye Institute. Getting there was a bit of a journey: Bachelor of Science at the University of Victoria; Doctor of Medicine at the University of Calgary; Ophthalmology Residency at the University of Ottawa; Diseases and Surgery of the Vitreous and Retina Fellowship at the University of British Columbia. Then, finally, South Beach.

Being so specialized in diseases of the retina, Michael could have opened shop anywhere. South Beach, for instance, with its ideal climate and world renowned nightlife. But what South Beach didn't have was his friends and family. And, for Michael, nothing beats friends and family.

"I love Vancouver," he says. "It's in my blood. It's the best place in the world. I have five little sisters. They all live here except for one who moved to Australia. My parents are here. Sure, there are other beautiful places, but nothing beats Vancouver."

As a young lad, he attended St. George's School for boys, where he excelled at track,

hockey, rugby, and academics. He was a strong-willed, free-thinking teenager, who, by his own admission was something of a rebel.

Yet, the influence of his parents on the decision to pursue medicine was considerable. Mom was a nurse and dad a renowned ophthalmologist. "I knew I wanted to help people, and I liked the idea of medicine. Going into medical school, I wanted to keep an open mind as to what my specialty would be. I liked obstetrics, but my dad's pioneering work had a big impact on me, so ophthalmology was the winner. The gift of sight is precious. If you can give sight to the blind, that has to be the best job in the world."

In 2013, Michael opened Oculus Eye Centres of Excellence, with locations in Richmond and Burnaby. Oculus is an "A to Z" ophthalmic practice offering everything from eye examinations, to surgeries, to emergency treatments for acute eye traumas. There are seven ophthalmologists working in the locations, as well as two optometrists. His father David works there, as well as his sister Andrea.

"Oculus has been a busy practice for all of us since opening. I start at 8 and end at 4:30, often with no breaks. I couldn't keep



that pace without an amazing support staff."

Michael joined Terminal City Club upon his return to Vancouver. His name is enshrined on the donors' wall. One of the things he appreciates most about the TCC is its robust roster of reciprocal clubs. As he travels a lot for work and for pleasure, being able to go to the Roppongi Hills Club in Tokyo or the St. James Club in Paris is a welcome pleasure.

"In my mind, Terminal City Club has always been the most prestigious club to be a member. It's a place for conversations with other medical professionals, and an ideal facility for meetings. I also come here regularly with the family for breakfast or other meals. And we love the galas." Michael was 34 when he met

his wife Karianne on a flight to Toronto. Serendipity sat the two together on the plane.

"We started talking about family and I honestly thought at that time that this woman was someone I might be lucky enough to marry one day. When I tell people the story of how we met, I joke that if she wasn't literally strapped down, she probably would have run away."

Michael and Karianne have two young boys, a three-year-old and a newborn. He calls this time in his life the golden years. "The most fun I have ever had is just spending time with Karianne and the boys. If any of my children go into medicine, I would stress that when you leave the office, you are still a doctor. It's who you become in society — you are a caregiver."

# 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.

**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.

**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.



### FITNESS CENTRE 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.

## Squash

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

**FREE BEGINNERS CLINIC**  
WEDNESDAY, DECEMBER 10  
5 – 6 p.m.

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

**WINTER 2025 JUNIOR SQUASH PROGRAM**  
SATURDAYS, JANUARY 10 – MARCH 1  
(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+

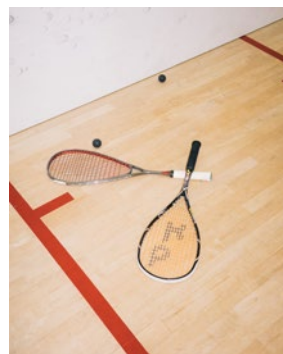
**COMPLIMENTARY JUMPSTART**  
WEDNESDAY, JANUARY 7  
Women: 5–6 p.m. | Men: 6–7 p.m.

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

**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.**

**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.



♥  
**CHRISTMAS GIFT IDEA**  
*Squash Lessons!*

1 HOUR LESSON  
\$88  
TWO 1-HOUR LESSONS  
\$168  
THREE 1-HOUR LESSONS  
\$240

# 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, Triathlete's and strong fitness swimmers. The program involve training with all stroke styles. Expect to swim 2.5km/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 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.

# Train

## MEET THE MILFIT TEAM!



LEILA MAZHARI

I'm an ACE-certified Personal Trainer and Health Coach. Preventing or overcoming injury is a passion of my training.



ATHOS LEAO

I obtained my Personal Trainer Certification and Fitness Nutrition specialized certificate in 2017, allowing me to coach my clients on nutrition as well.



ANDREA LO

Becoming a trainer has given me the fulfilling purpose of helping others to move well and feel healthier, as well as enjoy taking care of your body!

## MILWINA GUZMAN

Owner of Milfit Personal Training Services

I hold a Bachelor of Human Kinetics from the University of British Columbia and have been a Kinesiologist and personal trainer since 2002. I became a Yoga Instructor in 2010. I am here to be a part of your wellness journey, to help you achieve your optimal health, to build your confidence and to share almost two decades of experience.



## A MESSAGE FROM THE MILFIT TEAM

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

## 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. Their first personal training session will be free and if they purchase any packages, you will receive one free personal training session as a thank you!

## 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 takes 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!

## 99-KM SWIM CHALLENGE

*Congratulations to all participants who completed the challenge!*

Bri Ribaj, Francis Lau, Heather Leitch, Paul Simmons,  
Richard Kurland, and Ashley Ramsden-Wood



**NEW YEAR'S DINNER  
IN THE GRILL**

Wednesday, December 31  
5:30 & 8 p.m. seatings

**PRIX FIXE 3-COURSE MENU**  
*\$135 plus tax & service charge*  
View the menu on Member Central.

**PARTY IN THE  
MEMBERS' LOUNGE**

Wednesday, December 31  
9 p.m. – 1 a.m.

*The Members' Lounge is 19+  
\$20 plus tax & service charge  
(includes late night snack buffet  
and bubble at midnight)*

**Reservations recommended.**  
Limited seating;  
first come first served.

*Light up the New Year with us.*

- [reserve@tcclub.com](mailto:reserve@tcclub.com) -