

TERMINAL CITY TIMES

MARCH 2021 • VOL. 28 NO. 3



SPECIAL EVENTS • ENTERTAINMENT & DINING

CLUB NEWS • FEATURES & MORE



837 West Hastings Street
Vancouver, BC
V6C 1B6
Canada

Call : 604 681 4121
Text : 604 200 2279
tcclub.com

terminalcityclub
 @tcclub
 Terminal City Club

CONTACT US

Billing : 604 488 8607
Catering : 604 488 8640
Weddings : 604 488 8605
Lions Pub : 604 488 8602
Fitness Centre : 604 488 8622
Member Services : 604 681 4121
Membership Sales : 604 488 8647

CLUB HOURS

MEMBER SERVICES (FRONT DESK)
Monday – Friday : 5 a.m. – 10:15 p.m.
Saturday & Sunday : 7 a.m. – 8 p.m.

FITNESS CENTRE
Monday – Friday : 5 a.m. – 11 p.m.
Saturday & Sunday : 7 a.m. – 8 p.m.

THE GRILL
Monday – Friday :
7 a.m. – 10:30 a.m. breakfast
10:30 – 11:30 a.m. limited breakfast
11:30 a.m. – 9 p.m. all day
Saturday & Sunday :
8 a.m. – 9 p.m. coffee
9 a.m. – 2:30 p.m. brunch
3:30 p.m. – 9 p.m. dinner

MEMBERS' LOUNGE
Monday – Sunday : 7 a.m. – 10 p.m.

CUVÉE & 1892
Temporarily closed

LIONS PUB
Monday – Wednesday : 11 a.m. – 8 p.m.
Thursday – Friday : 11 a.m. – 10 p.m.
Saturday & Sunday : closed

DAYLIGHT SAVINGS

Don't forget to "spring forward" by setting your clocks an hour ahead on Sunday, March 14 for Daylight Savings.

NEW MEMBERS

Welcome to our new members!

Andrea Bell	Matthew Schmidt
Ivan Harmatny	Chantal Schutz
Sepideh Omid	Mike Schutz
Amy Rebodos	

IN MEMORIAM

It is with great sadness that we announce the passing of **Mr. Thomas Tidball**. He entered the hotel business with his wife and partner Cynthia and became president of the BC Hotel Association and Hotel Association of Canada in the process. Mr. Tidball was a TCC member for 39 years.

END OF QUARTER REMINDER

Don't let the end of the quarter slip by without visiting The Grill, Members' Lounge, or Lions Pub! Food orders from **tcc2go.com** also count toward your minimum food spend. You can view your unspent minimum online at **tcclub.com**.

UPDATE – NEW BC SALES TAX

The Government of B.C. has updated the provincial sales tax. Effective April 1, 2021, 7% PST will apply to all retail sales of soda beverages.

MONTHLY PARKING

Random Monthly	\$247
Reserved 24hrs	\$347
Premium (P1) Reserved 24hrs	\$392
Service Level 24hrs	\$457

**Prices exclusive of tax.*

For more information, or to secure your spot, please contact Member Services Manager Cory Gibson at **cgibson@tcclub.com** or **604 488 8643**.



2020 EMPLOYEE OF THE 4TH QUARTER

Congratulations to **Yuen Ni Siaw** on our Culinary team for winning 2020 Employee of the 4th Quarter! Yuen Ni is a backbone of the TCC kitchen. She often brings new ideas to the team, and always meets changes and challenges head on. Yuen Ni recently took on the staff meal responsibility, and has been delivering nourishing meals with food costs in mind. She brings 200% every day and without her, TCC wouldn't be the same. Thank you, Yuen Ni!



2020 EMPLOYEES OF THE YEAR

Traditionally, those employees named Employee of the Quarter are eligible for the coveted Employee of the Year title. However, as 2020 was a year like no other, please join us in celebrating the incredible efforts of **Martyn Lee** (Lions Pub), **Cameron Park** (Culinary), **Renée Armitage** (Outlets), and **Yuen Ni Siaw** (Culinary) this past year as our 2020 Employees of the Year.

IT'S NOT
TOO MUCH
TO MASK



SECURITY REMINDER

Don't make life easy for opportunistic thieves! When parked in our public parkade, keep your windows up, vehicle doors locked, and all personal belongings out of sight. Shopping bags, tools, spare change, electronics, and briefcases can all tempt a thief.



PRESIDENT'S LETTER

DEAR FELLOW MEMBERS,

When I was growing up, my father used to treat our family to the occasional dinner at Terminal City Club. Men and boys were required to dress in jacket and tie. The Club would lend you an oversized green jacket if you didn't have one. I found this out the hard way when I once had to dine in that jacket... it came down to my knees.

In those days, I think it's fair to say that Terminal City Club was a businessmen's establishment club. We're still a business club, but today we're so much more. Today our membership is much more diverse. Over 30% of our members are women (the first to join was in 1991). We are also younger, with 17% of our members under the age of 40. We also have around 325 spousal members. You can still feel the "tradition," but more and more we hear that people joined the Club for our fabulous Fitness Centre, the elegant Members' Lounge, the social events, the way we've embraced families, or simply the welcoming staff and atmosphere when you walk through the doors of the Club.

The first official day of spring is not far off. I am very much looking forward to the days getting a little longer, and the outdoor temperatures a little more welcoming. It has been a long winter for many of us. It's incredible to realize that it was a year ago (St. Patrick's Day, actually) that COVID-19 restrictions began to impact TCC's operations in earnest. It has been a roller-coaster ride since then, and while we all know that there is still a ways to go, there is light at the end of the tunnel.

We are all looking forward to the day that our patios start to open up, but until then, there are still safely-spaced indoor options to enjoy (with reservations encouraged, of course).

- Easter looks a little different this year, with family-style brunch on Saturday, April 3 and Sunday, April 4. We will also offer Easter dinner on Saturday, April 3. While it won't include the traditional kid's free-for-all egg hunt, I'm quite sure that chocolate-seeking youngsters will still be delighted. This is one of our most popular events, so be sure to book your family's table today.
- For the chocolate connoisseur and/or art appreciator in your life (or for anyone who deserves an extra-special gift), make sure to order one of TCC's incredible one-of-a-kind Easter chocolates. Our own TCC Pastry Chef makes a limited number of chocolate mushroom and avocados by hand – take a peek at page 9 for a preview. You can see a sample of these coveted, intricately decorated masterpieces on display in the lobby, and Member Services can give you ordering details.
- Whether for Easter, or for any given weeknight, TCC's take-out menu has an amazing range of options. From Meal Kits and Entertaining Plates (4–6 people), to heat-and-serve comfort foods and delicious desserts, you'll find lots to please every palate. Peter our GM tells me that his new favourite "social" activity is the Meal-Bomb: order two of any Meal Kit (he likes Taco), deliver one to friends and take one home, and arrange to eat dinner "together" on Zoom.

Last but not least, a great addition for fitness class participants: TCC *online fitness classes* (there are lots – check the schedule on TCClub.com) will now remain active for one week after posting. So you can still enjoy your favourite workout, even if you can't make the exact class time.

The pandemic is certainly the Club's biggest challenge in modern times. Physical distancing doesn't lend itself to an office gathering on Friday after work, but we're doing our utmost to make TCC your safe place, whether for work, or a workout, or a meal with your family. On behalf of our Board and staff, I would like to thank all of you – TCC members – for helping to keep our Club safe and allowing our vibrant community to continue thriving. I'm grateful for the circumstances in British Columbia that have allowed businesses like TCC to remain functional throughout most of the past year, and I am also very proud of our organization in particular. Staff have been incredibly resilient and creative; and members have been respectful, accommodating, and positive. Together, we have managed to maintain a place that we can all feel good about – and these days, that is saying a lot!

I wish you health and happiness in the coming weeks.

Sincerely,

Stewart Marshall
Terminal City Club President
















CSCM
The Canadian Society
of Club Managers

Club of the Year 2020


WHAT'S ON AT THE CLUB

MARCH //

- WEDNESDAY, MARCH 3  Wine:30 - Washington Wizards
- THURSDAY, MARCH 4  Meditation Class
- MONDAY, MARCH 8  Travel Group: Canada's Hidden Gems
- TUESDAY, MARCH 9  Book Club: *Demi Moore - Inside Out*
- WEDNESDAY, MARCH 10  Beer 201 - The ABCs of IPAs
- THURSDAY, MARCH 11  Meditation Class
- SUNDAY, MARCH 14 Daylight Savings
- WEDNESDAY, MARCH 17  Irish Whiskey: Pot of Gold
- THURSDAY, MARCH 18  Meditation Class
- FRIDAY, MARCH 19  Lunch Exchange: Robinhood, Gamestop, and Short Selling
- WEDNESDAY, MARCH 24  Wine:30 - Cooking with Wine
- THURSDAY, MARCH 25  Meditation Class
- FRIDAY, MARCH 26 Gourmet Dinner: Japanese Flair
- SATURDAY, MARCH 27 Gourmet Dinner: Japanese Flair
- TUESDAY, MARCH 30  Discussion Group
- WEDNESDAY, MARCH 31  BC's Craft Spirit

drink features

FEATURE BEERS

-  Guinness (500mL): \$6
- Phillips Citicity IPA (330mL): \$3
- Phillips Phoenix Lager (330mL): \$3

TCC WINES

\$6 FOR 6 OZ. / \$9 FOR 9 OZ.

- Terminal City Club Private Label Sauvignon Blanc, France
- Terminal City Club Rhône 13, BC

BARTENDER'S CHOICE COCKTAILS: \$12

Spice it up and try the weekly Bartender's Choice feature – we'll be showcasing some of our new spring cocktails.



OUR NEW BESPOKE BUBBLY IS ABOUT TO POP!

Stay tuned for a special online launch event in April with TCC Wine Director DJ Kearney and the winemaker.



APRIL 2021
**THE MACALLAN
 MASTERCLASS //**
See page 8 for more information.

TO REGISTER


For more information, contact us!

ONLINE: at Member Central

EMAIL: conciierge@tcclub.com

CALL: 604 681 4121

TEXT: 604 200 2279

 Virtual event - Live on Zoom

LIVE MUSIC

5:30 – 8:30 P.M.

THURSDAYS • FRIDAYS • SATURDAYS

- 03 • 04 - David Capper
- 03 • 18 - Neal Ryan
- 03 • 05 - Paul Filek
- 03 • 19 - Adam Thomas
- 03 • 06 - Melanie Dekker
- 03 • 20 - Vicky Sjøhall
- 03 • 11 - Dave Martone
- 03 • 25 - Dave Martone
- 03 • 12 - Cassandra Bangel
- 03 • 26 - Rob Eller
- 03 • 13 - Rob Eller
- 03 • 27 - Neal Ryan

LIONS PUB

ALL DAY HAPPY HOUR

Enjoy \$5.50 pints of Red Truck, Parallel 49, and Russell beers plus House Red and White Wines - all day, all week!

MEMBERS' FOOD DISCOUNT

Don't forget! Place charges to your member account and receive 10% off on food. We have breakfast and brunch, too: Bangers & Mash and a big, hearty Lions Breakfast with the works!



Charan's famous butter chicken with tomato chutney, basmati rice, and warm naan.

FRESH SHEET

Be sure to check out our March Fresh Sheet, featuring seasonally inspired dishes.

CANUCKS BURGER & BEER SPECIAL

Catch all your Vancouver Canucks action in the Pub. Settle in for the game with our Canucks Burger & Beer Special for \$20.

CRAFT BEERS

Try something new! We've got a great selection of craft beer on tap. Check out our feature stout, the **Cookie Jar Oatmeal Stout with Fudge & Sea Salt** from Twin Sails Brewery (Port Moody), and our feature sour, the **Blackberry Dinosaur** from Phillips Brewery (Victoria).

Meal Kits & More

tcc2go.com



Home cooking has never been easier.

Say aloha to the **Hawaiian Box**

the original maui beef short rib, coconut butterfly shrimp, mahi-mahi, tuna poke and shoyu sauce

TCC Favourite Salads & Bowls

Seafood Salad

Cobb Salad

Classic Caesar Salad Kit

Cauliflower & Chimichurri Bowl

Savoury Pies

Chicken, Mushroom, and Tarragon

Beef Short Rib Rosemary and Cheese

TCC Lions Pub Famous Cottage Pie

COCKTAIL KITS

Highland Park Old Fashioned - \$70

only 12 available!

Everything you need to make 6-8 cocktails, plus one glass and one ice cube mold.

St. Paddy's Day with Jameson - \$60

only 24 available!

Everything you need to make 4 Irish Gold cocktails and 2 Irish Mule cocktails.

Stop by Member Services for the full kit list. Questions? Contact Owen Stuart at wine@tccclub.com.



March Events



MEDITATION CLASSES

Thursdays

March 4, 11, 18, 25

5:30 – 6:30 p.m.

📺 Complimentary event

Take time out of your day for an hour of relaxation and calm. After a series of relaxing, deep breathing exercises to help move into the present moment, enjoy the peace and tranquility of visualization techniques and a guided meditation led by fellow member Denise Levine. Enjoy from the comfort of your own home.



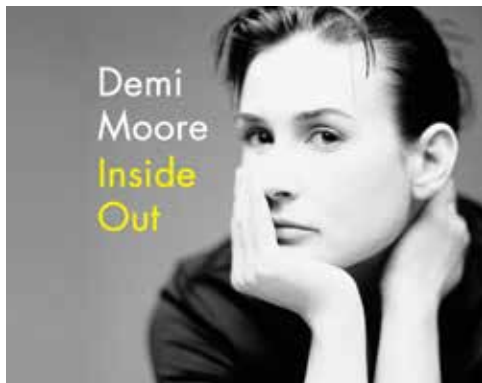
TRAVEL GROUP: CANADA'S HIDDEN GEMS

Monday, March 8

5 – 6:30 p.m.

📺 Complimentary event

Canada is the second largest country in the world, with more than half the world's population of polar bears (Churchill, MB), the only walled city north of Mexico (Québec City, QC), the highest tides in the world (Bay of Fundy, NB/NS), the unlikely home of the world's smallest dessert (Carcross, YT) and an assembly of cultures new and old. What's are some of your most memorable Canadian destinations, and what's still on your bucket list? Join the group for an open and casual conversation, and see where the evening takes you!



BOOK CLUB: DEMI MOORE - INSIDE OUT

Tuesday, March 9

5 – 7 p.m.

📺 Complimentary event

For decades, Demi Moore has been synonymous with celebrity. Even as she was becoming the highest paid actress in Hollywood, she was battling addiction, body image issues, and childhood trauma. As much as her story is about adversity, it is also about tremendous resilience. In this deeply candid and reflective memoir, Demi pulls back the curtain; *Inside Out* is a story of survival, success, and surrender.

*Get a head start on the April 13 selection: *A Time for Mercy* by John Grisham.

WINE:30

WITH DIRECTOR OF WINE, DJ KEARNEY

Wednesdays, 5:30 – 6:30 p.m.

📺 Complimentary events

Turn to Liquid Assets on page 8 for the full roster of wine events and offerings.

📺 Virtual event - live on Zoom

March Events



LUNCH EXCHANGE: ROBINHOOD, GAMESTOP, AND SHORT SELLING

Friday, March 19

12 noon – 1:30 p.m.

 Complimentary event

If you're up to date with news in the world of investments, last month we witnessed an extraordinary case of mob investing and activism through a Reddit group that punished short sellers of Gamestop's stock. What happened? Why did it happen? Is it going to be a trend? This month the Lunch Exchange will discuss the impact social media has on investing as well as the ethical dilemmas surrounding short selling.



GOURMET DINNER: JAPANESE FLAIR

Friday, March 26

NEW! Saturday, March 27

6 – 9 p.m.

\$90 plus tax & service charge; optional wine pairings available


TCC's Gourmet Dinner Series is a member favourite. Traditionally on the last Friday of each month, we've added a Saturday seating going forward to meet demand. Enjoy a beautiful four-course menu featuring fresh Kushi oysters, ahi tuna, koji-aged wagyu bavette, and a lovely cream puff. (Full menu up on Member Central.) Make a reservation and leave the rest to us. Save your seat early; this dining experience always sells out!



DISCUSSION GROUP

Tuesday, March 30

7:15 p.m.

 Complimentary event

Join the TCC Discussion Group – for members, run by members – for an evening of dialogue and camaraderie. The group meets on the last Tuesday of each month; discussions are enlightening, thoughtful, and engaging.

*To join the email list, please contact TCC member and host John McCarter at john@triadforestproducts.com.



SAVE THE DATE
APRIL 3 & 4
EASTER

family brunch • dinner
sweet treats • featured meal kits

see page 9 for
more information

To register for an event, contact Member Services at 604 681 4121 (call), 604 200 2279 (text), conciierge@tcclub.com, or book online at tcclub.com.

LIQUID ASSETS

WINE:30 - WASHINGTON WIZARDS

Wednesday, March 3

5:30 – 6:30 p.m.

📺 Complimentary event - live on Zoom

Our southern neighbour is a wine lover's paradise with 60,000 acres of grapes planted with over 70 different varieties that luxuriate in Washington's blessed climate. Over a thousand wineries from Seattle to the Idaho border are ready for your post-pandemic visits, and Wine Director DJ Kearney will take you on a tour of her favourites. From racy rieslings to plush reds, Washington State can do it all.

BEER 201 - THE ABCs OF IPAs

Wednesday, March 10

5:30 – 6:30 p.m.

📺 Complimentary event - live on Zoom

The style of ale that became known as India Pale Ale has spilled to all corners of the globe. Usually defined by their hoppy, pungent nature, join DJ to discover the world of IPA possibilities from the original 1700s edition to the eight other distinct styles that have evolved over time.

IRISH WHISKEY: POT OF GOLD

Wednesday, March 17

5:30 – 6:30 p.m.

📺 Complimentary event - live on Zoom

Let's say "Sláinte" today, to salute all the distinctive beverages that Ireland has given the world. Of course there is Guinness – the champagne of beers – but the whiskey scene is the focus on St. Paddy's Day. After the industry's disastrous 20th century decline, Irish whiskey is now the world's fastest growing spirit. Join us for a look at the main styles of the elixir of life known as *uisge beatha* that the Irish just might have invented.

WINE: 30 - COOKING WITH WINE

Wednesday, March 24

5:30 – 6:30 p.m.

📺 Complimentary event - live on Zoom

Do you love to drink wine? Do you love to cook? If you answered YES to both questions, then pour a glass and join DJ online to whip up some classic dishes that are defined by wine. Red, white, rosé, or sparkling – you'll add to your repertoire with new ideas, techniques and recipes.

BC'S CRAFT SPIRIT

Wednesday, March 31

5:30 – 6:30 p.m.

📺 Complimentary event - live on Zoom

The last decade has seen our province explode with innovative distilleries from Tofino to Fernie. There's no stopping our local artisans who are inspired by the classics but devoted to distilling local ingredients to create uniquely BC flavours. You'll find new favourites to savour, and plenty of inspiration for your summertime travels.

The MACALLAN® MASTERCLASS

We are beyond excited to bring you an exclusive Macallan Masterclass in April. Brand Ambassador Jeffrey Meyers will guide us through a virtual tasting of whiskies from this iconic Speyside distillery. Best of all, you can sip along with a curated kit of Macallan mini samples and delicacies from Executive Chef Dan to pair. You'll also have a chance to buy your favourites for your locker or bar.



New Wines

❶ **Gaja Pieve Santa Restituta Brunello di Montalcino 2015** is a must-have for Italio-philes. Piedmont's Angelo Gaja acquired this sublime Tuscan estate in 1994, painstakingly reviving the ancient church and vineyards. The 2015 vintage was long and warm, imbuing this wine with rich fruit and sweet, polished tannins. Decant and drink now or cellar for another decade.



1

❷ **Parés Baltà Cava Brut Organico NV** is one of the most elegant and expressive Cavas you'll ever taste. Only ever farmed organically, it's dry, snappy and crisp, with a wondrous toasty finish.



2

❸ **Oregon's de Lancelloti Famiglia Pinot Noir 2017**



3

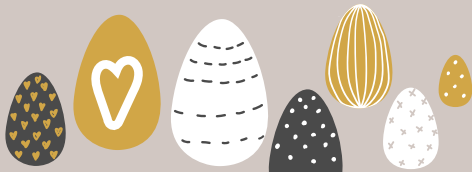
is blended from top Burgundian clones farmed biodynamically, with a brief oak burnish. Black cherry, exotic spice and black tea flavours glide along a silky palate cushioned with soft tannins.



♥ ♥
 ♥
AT THE CLUB ♥

Easter looks a little different this year.

Celebrate safely, at the Club.



FAMILY-STYLE EASTER BRUNCH

Saturday, April 3
Sunday, April 4

Seatings at 10:30, 11:15, 12 noon
Adults: \$75 plus tax & service charge
Kids (aged 4–12): \$38 plus tax & service charge

Dig in to a beautiful three-course brunch served family-style, with a sweet start, savory middle, and dessert, of course!

FAMILY-STYLE EASTER DINNER

Saturday, April 3

Seatings at 6 & 6:30 p.m.
Adults: \$95 plus tax & service charge
Kids (aged 4–12): \$48 plus tax & service charge

Savour a three-course dinner served family-style, with salad and cold seafood starters, savoury entrées – including a lovely lamb roast – and dessert.

♥ ♥
 ♥
FOR HOME ♥

EASTER KITS

Rabbit, Pancetta, and Mustard Pie

A savory treat for the occasion. Serves 2-3.

Easter Brunch

The works! Serves 4.

cinnamon buns, english muffins, eggs confit pork belly, salmon fillet with maple mustard glaze, chimichurri, roasted tomatoes, rosemary nugget hash browns, roasted cauliflower bowl with lemon aioli, sugar waffles with whipped mascarpone and strawberry compote

Available on tcc2go.com
 from March 15–29.
 Pick-up: April 1, 3, or 4

SWEET TREATS

Chocolate Mushrooms

\$35 plus tax & service charge

Chocolate Avocados

\$35 plus tax & service charge



Limited quantities available! Place your order with Member Services.

Order cut-off: Wednesday, March 24, 5 p.m.

Pick-up available from: Monday, March 29

HAVE YOU HEARD



We are delighted to join Laura & **William Donnellan** in welcoming the newest addition to their family, Tiernan, who was born October 20, 2020. Tiernan will be joining dad and big brother Iarla at their weekly TCC swims soon enough!



Chase Chau recently joined BDC's financing and advisory group as Senior Commercial Account Manager. BDC is Canada's business development bank devoted exclusively to entrepreneurs. Chase's focus is supporting medium to large growing companies with strategic financing and advisory solutions for high leverage commercial/industrial real estate and asset acquisitions, management buy-outs, equity withdrawals, and working capital. Congratulations, Chase!

TCC HOME

SUBSCRIBE TO TCC'S YOUTUBE CHANNEL

EAT & DRINK @ HOME

We're all spending a lot more time at home these days. Use the downtime to hone your skills in the kitchen or behind the bar; our team will show you how.

how to shuck an oyster • how to fillet a whole salmon
knife skills • cocktail lessons • how to decant white wine

...AND MORE!

HEALTH & WELLNESS @ HOME

It's never been more important to maintain a fitness program. If you're new to fitness, there's no better time to start than in the comfort of your own home.

LIVE & PRE-RECORDED FITNESS CLASSES

see page 14-15 for the schedule

YOGA, ANYTIME

*with certified international yoga teacher
and lululemon ambassador Matt Corker*

MEDITATION

every Thursday, guided by TCC member Denise Levine

KEEP CONNECTED @ HOME

Many of our member events have moved online and continue to keep our members connected and engaged:

LIQUID LEARNING

Wine:30 with DJ Kearney, Director of Wine

MEMBER-LED DISCUSSION GROUPS




Lunch Exchange, Discussion Group

MEMBER INTEREST GROUPS

Book Club, Travel Group

...AND MORE!

Log on to Member Central at tclub.com to access exclusive new content and archived recordings of select offerings. Keep your eye on our weekly e-blasts and follow us on social for updates!

 [terminalcityclub](https://www.facebook.com/terminalcityclub)  [@tclub](https://www.instagram.com/tclub)  Terminal City Club

CAMERON FOSTER

MEMBER OF THE MONTH

As a young man in his early 20s, Cameron Foster considered how he might distinguish himself, how he might be exceptional. He set two goals. “After university, I wanted to be at a management-level position by 30,” he says. “And I had a salary expectation for myself, also by age 30.” He hit both at 26.

Scrupulous planning has been a hallmark of Cam’s life, but, by his own admission, a little bit of “right time, right place” played a part, as well. Following graduation from the prestigious St. George’s Senior School in 2009, Cam applied to UBC. Despite boasting an 88 percent average, he didn’t have the marks for admission. “I really didn’t know what I was going to do.” That’s when serendipity stepped to the plate.

Throughout his young life, Cam could do many things with great proficiency. Of all those things, the affable six-foot-seven athlete truly excelled at throwing a baseball. He started little league at seven. By 17, he was the ace on the mound for the legendary North Shore Twins of the Premier Baseball League, winning back-to-back Premier League titles.

The summer following high school graduation, he was playing for Team BC in a tournament in Oregon. Recruiters from a nearby community college saw him pitch. Right time; right place. “I was picked up by Mount Hood on the spot,” he recalls with a laugh. “I signed some papers, enrolled in classes, and, in two weeks, I was back down there for fall training.”

His second year at Mount Hood, he “blew out” his elbow. Rather than endure surgery and rehab, he hung up the mitt, transferred to the University of Oregon and eventually graduated with a bachelor’s degree in psychology.

“When I came back to Vancouver, it was my dad who suggested I join the TCC. He thought the opportunity to network would help build a career.” Cam’s dad,



TCC members Cameron Foster and his partner Hannah Wolverton at Blind Tiger Winery in Lake Country, BC.

Marcus, has been a member at the Club since 2003. “I joined at 22,” Cam recalls. “At the time, I’m thinking: ‘I’m a little young for this.’ But I’m so thankful my dad suggested becoming a member. It’s been a big part of my life.”

Since graduating university, Cam has worked in real estate development with some of the Lower Mainland’s biggest players, including Concert Properties and the Wall Financial Corporation. Today, he works for the Aquilini Investment Group as the manager of their Homeowner Care department. His team oversees warranty claims, as well as many of the most significant issues related to the pre- and post-completion of real estate transactions. “I’ve been fortunate to have worked with so many accomplished companies,” he says. “I want to branch out in the industry – continue to learn and grow.”

Cam turns 30 this year, and looking back on the previous decade, he speaks eloquently of the symmetry between his

life in sport in his life in work. “So much of what I learned on the baseball diamond or the rugby field or the hockey rink assisted my transition to a successful work life: leadership, team-building, hard work determination, overcoming adversity.”

On the subject of his relationship with Terminal City Club, like so many other members, he came for the gym and discovered so much more.

“I initially joined for the fitness facility. My dad knew the networking would be important, but I was 22 and I felt disconnected. I really thought I should just stay in my lane. But then, as I got a little older, I got involved in the wine tastings, networking events, the gala ... the Club really opened up for me.”

Cam is no longer TCC’s youngest member. As he struts into his 30s, he feels he’s hit the sweet spot: “I’m getting older and the club is getting younger. How perfect is that?” 🍷

TELUS HEALTH CARE COLUMN

UNDERSTANDING PAIN: WHY A HEALED INJURY CAN STILL HURT

As physiotherapists, we deal with pain – a lot.

Sometimes pain is very simple, like a sprained ankle that resolves quickly. But other times, pain is more complex: like an ordinary ankle sprain that still hurts months later. Or maybe there's pain that lasts for months without any apparent injury.

So how can pain come and go in such a seemingly random fashion?

Our understanding of pain has changed over the years. We used to think it was fairly straightforward. If we rolled an ankle, the pain fibres from that tissue sent a “pain signal” to a “pain centre” in our brains and – BAM – we felt pain.

We know now that pain is much more complex.

Our bodies actually have more than one pain centre, called a “pain matrix,” which helps our brains interpret danger signals. For example, an injured ankle sends signals to the brain, and the pain matrix considers: Do I need to protect this ankle from more damage? If it decides “YES,” we feel pain. This is common in acute injuries while tissues are healing. But what about three to six months later? It should be healed, so why does it still hurt?

The road to recovery.

Many things can influence the brain as it decides if these signals are threatening, especially if we have been in pain for a long time. Factors that make the brain more sensitive to danger signals include increased stress, lack of sleep, prior traumatic experience, prior injuries,

how we feel about pain and fear of not getting better.

Fortunately, physiotherapists have many treatment options to help clients deal with all kinds of pain.

If you're experiencing ongoing pain, TELUS Health Care Centres' Personalized Care team can help.

—by TELUS Health Care Centres' physiotherapy team



To learn more about virtual care at TELUS Health Care Centres, visit telushealth.com/carecentres

KIDS CLUB
Sign-up for Kids Club today!

MEMBERSHIP INCLUDES:

- personalized membership card
- stamp card
- exclusive 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!**

FOR MORE INFORMATION OR TO SIGN UP, CONTACT:

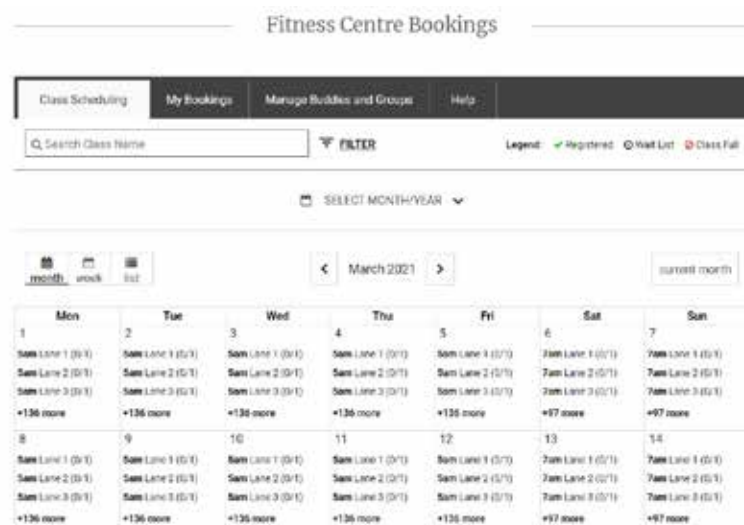
KIDS CLUB CAPTAIN
604 681 4121
joinus@tclub.com

Welcome to FITNESS CENTRE BOOKINGS ON MEMBER CENTRAL

For pool and gym (exercise room) only.

To make a squash court booking, please contact Member Services.

Log on to your Member Central account from tclub.com to access Fitness Centre Bookings. (If you do not have a login or if you have forgotten your username or password, please contact Member Services at concierge@tclub.com.)



Instructions Guide





WEEKDAYS: 5 AM – 11 PM
WEEKENDS: 7 AM – 8 PM

POLICIES

COVID-19 SPECIAL RESTRICTIONS

At this time, a **reservation is required** to use the Fitness Centre (gym, pool, squash). Reservations are not required to use the Auxiliary Cardio Room, and there is no time limit for the space; however there is no access to the Fitness Centre locker room and showers. See page 15 for details.

Members may reserve up to three time slots a week; duration will vary depending on peak or off-peak times.

Each booking is inclusive of changing, exercising, and showering, so please plan your time accordingly.

NEW! ONLINE BOOKINGS

Online bookings are now available for the pool and gym (exercise room). See page 12 for more information.

AS A COURTESY TO OTHER MEMBERS, IF YOU ARE UNABLE TO MAKE YOUR BOOKING, PLEASE REMEMBER TO CANCEL.

GUEST POLICY

The guest policy has also been amended temporarily; members may only bring their spouse and children under 19 (i.e. same household) to use the Fitness Centre with them. Please do not bring food or drinks other than water to the gym.

EXERCISE ROOM POLICY

A maximum of 12 people are permitted in the gym at a time.

SQUASH COURT POLICY

Sanitize the door handles before entering and after completing play. Please play solo unless joined by a second person from the same household.

SWIMMING POOL & HOT TUB POLICY

Full body showers are mandatory before entering the swimming pool and hot tub. Only one person per lane unless the member is joined by a second person from same household (maximum of 2 people per lane at a time). Only two lanes can be shared. A maximum of 6 people are permitted in the pool at any given time. Only one person may use the hot tub at a time unless the member is joined by a second person from the same household.

SAUNA & STEAM ROOM POLICY

Mandatory full body showers are required before entering the sauna and the steam-room. There may only be one person at a time unless joined by a second person from the same household (maximum of 2 people in the steam-room or sauna at a time). Members must inform the Fitness Centre staff prior to using either room (to ensure the room is sanitized before next use).

MASKS ARE MANDATORY IN THE FITNESS CENTRE

Locker-room : Masks are mandatory unless showering, using the sauna or steam-room.

Swimming Pool Area : Masks are mandatory unless entering the swimming pool or hot tub.

Squash Courts : Masks are mandatory until players enter the court and the door is closed.

Exercise Room : Masks are mandatory when moving around the exercise floor; members may only remove their mask when performing strenuous exercises on a cardio machine or on a selectorized/free weight area. Masks must be worn when moving from one equipment to another or on a stretch mat.





WEEKDAYS: 5 AM – 11 PM
WEEKENDS: 7 AM – 8 PM

FITNESS

VIRTUAL CLASSES

F.I.T. WITH RACHEL

Mondays, 12 noon – 1 p.m.

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

VINYASA YOGA WITH CLARE

Tuesdays, 7 – 8 a.m.

Vinyasa Yoga is an active, flowing style of yoga proven to improve strength, balance, and flexibility. This is an all-levels class, with options provided to ensure all participants feel challenged and successful.

CARDIO & CORE WITH LEILA

Tuesdays, 1:15 – 2:15 p.m.

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

MAT PILATES WITH ZORICA

Wednesdays, 6:30 – 7:30 a.m.

Zorica Jovic is a BASI®-certified Pilates Instructor and an award-winning gymnast. Pilates hits both large and small muscle groups, giving added strength and improved mobility. *Private classes with Zorica are also available.*

CARDIO KICKBOXING WITH LEILA

Wednesdays, 12 noon – 1 p.m.

Kick off the new year with this fun, non-contact workout engaging every muscle group in your body. This high-energy class combines boxing skills and drills; increase your cardiovascular endurance, power and stamina. You'll feel it the next day!

POWER FLOW YOGA WITH RACHEL

Thursdays, 7 – 8 a.m.

Power Flow is a vigorous, athletic approach to yoga and an excellent complement to any sport. Improve muscle tone, strength, flexibility, and balance, all at once. Get ready to sweat!

SCULPT & STRETCH WITH LEILA

Thursdays, 12 noon – 1 p.m.

This low-intensity class utilizes controlled, non-impact body weight movements focusing on posture, alignment, flexibility, and mobility. Sculpt & Stretch is perfect if you are nursing an injury, tight from your sport, or just sore from being active.

PURE CORE WITH LEILA

Fridays, 12 noon – 1 p.m.

Strengthen and tone your entire midsection. Pure Core exercises focus on improving back strength, spine stability, enhancing abdominal definition, and leaning your waistline.

F.I.T. WITH STRENGTH WITH LEILA

Saturdays, 9 – 10 a.m.

Start your weekend right with this high energy full-body intensity training (F.I.T.) class. Increase strength, improve endurance and burn calories. You will be able to incorporate added resistance to any of the exercises or simply use your own body weight.

Register for virtual fitness classes online at Member Central.



Can't make a class?

TCC's Fitness Classes are recorded and uploaded to Member Central the following day, and will remain available for one week.

Did you know?

Pre-recorded complimentary fitness classes are also available on TCC's private YouTube channel. See page 10 for more information.



FITNESS

AUXILIARY CARDIO ROOM NOW OPEN!

The Auxiliary Cardio Room (ACR) in the Walker/Ceperley rooms will hold treadmills, bikes, and elliptical trainers spaced to allow generous physical distancing. Hand towels, water, and limited fitness equipment (mats, exercise balls) will also be available.

Access : drop-in (no reservations required)

Time limit : none

Capacity : 7 people

***Members using the ACR will not have access to the Fitness Centre – including lockers or change rooms – as this area remains reservation only.**

The ACR is a temporary set-up. We hope it will relieve some of the pressure on the Fitness Centre and allow more members to access a safe indoor space for exercise. When public health regulations allow and a return to regular business is possible, the ACR will be discontinued and the equipment will be offered for sale.



PERSONAL TRAINING

MilFit personal training is a private one-on-one session designed to focus attention entirely on your needs to make sure you reach your health and fitness goals safely and effectively. Whether you are new to fitness or an athlete, our team of professional and experienced Certified Personal Trainers will customize on-going personalized exercise programs that will be specific towards achieving your best possible health, fitness and well-being. Contact Milwina Guzman for more information at milwina@milfit.com.

SWIM

SWIM LESSONS

Private swim lessons with John Ryan are a structured but fun program that anyone can benefit from. Improve your technique, try new strokes, increase stamina, or just gain confidence being in the water.

KIDS SWIM

Kids group swim lessons will resume when it is safe. In the meantime, consider booking private lessons over the weekend. Availability is limited. To learn more, contact the Fitness Centre front desk at 604 488 8622 or email Sergio Hsia at shsia@tcclub.com.



FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m.			Mat Pilates with Zorica			
7 a.m.		Vinyasa Yoga with Clare		Power Flow Yoga with Rachel		
7:15 a.m.						
7:30 a.m.						
8 a.m.						
9 a.m.						F.I.T Strength with Leila
9:15 a.m.						
9:30 a.m.						
12 p.m.	F.I.T. with Rachel		Cardio Kickboxing with Leila	Sculpt & Stretch with Leila	Pure Core with Leila	
12:15 p.m.						
12:30 p.m.						
1 p.m.						
1:15 p.m.		Cardio & Core with Leila				
1:30 p.m.						
1:45 p.m.						
2 p.m.						
2:15 p.m.						

SQUASH

RACQUET STRINGING AVAILABLE

Have you had a racquet restringing in the past year? If not, your game may be affected. Strings tend to lose tension over a period of six to eight months; and with a new restringing, your shots will have more control and spring in them. Please see the attached restringing prices sheet for details, or the Fitness Centre front desk.



Membership for your family household bubble.

Spousal Membership

Subscription (one-time): \$950
Annual dues: \$585 + 5% tax
Quarterly minimum food spend: Nil

Intermediate Membership

Available to children between the ages of 19-24 of TCC members.
Subscription: Nil
Monthly dues: \$143.50
Quarterly Minimum Food Spend: Nil

Immediate Family Offer

A discounted subscription is available to children 25 and over of TCC members.



**To learn more, contact your
membership team:**

Jennifer Silver & Amanda Jun
joinus@tccclub.com
604 488 8647