

TERMINAL CITY TIMES

NOVEMBER 2024 • VOL. 31 NO. 11



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

Upcoming Events

NOV 2	ANNUAL GALA Beyond the Shadows
NOV 10	WINEMAKER'S DINNER Q&A with the Stars
NOV 13	SALON Topic TBA
NOV 14	INVICTUS GAMES Breakfast & Speaker Event
NOV 19	QUARTERLY WINE CLUB Seasonal Tasting
NOV 21	MEMBERS NETWORKING LUNCH
NOV 22	WINE MASTERCLASS Champagne
NOV 24	HOLIDAY WREATH WORKSHOP
NOV 25	SALON Topic TBA
NOV 26	MEDITATION The Nature Sanctuary Sound Bath
NOV 27	HOLIDAY SOCIAL A Seasonal Favourite
DEC 1	DICKENS' FAMILY BRUNCH with Santa
DEC 3	HOLIDAY WREATH WORKSHOP
DEC 6	FESTIVE DINNER BUFFET
DEC 8	FAMILY DINNER BUFFET with Santa
DEC 12	HOLIDAY LUNCH BUFFET
DEC 15	DICKENS' FAMILY BRUNCH with Santa
DEC 18	HOLIDAY LUNCH BUFFET

REGISTER FOR EVENTS

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

Contact

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

call	604 681 4121	 terminalcityclub
text	604 200 2279	 @tcclub
web	TCCLUB.COM	 Terminal City Club

Member Services	604 681 4121
Membership Sales	604 488 8647
Billing	604 488 8607
Catering	604 488 8605
Weddings	604 488 8625
Lions Pub	604 488 8602
Fitness Centre	604 488 8622

Hours

MEMBER SERVICES (FRONT DESK)

Monday – Friday	7 a.m. – 9 p.m.
Saturday & Sunday	8 a.m. – 7 p.m.

FITNESS CENTRE

Monday – Friday	6 a.m. – 10 p.m.
Saturday & Sunday	7 a.m. – 8 p.m.

THE GRILL

Monday – Friday	7 a.m. – 10:30 a.m.
Breakfast	11 a.m. – 9 p.m.
All Day Menu	

Saturday & Sunday	8 a.m. – 9 p.m.
Coffee	9 a.m. – 2:30 p.m.
Brunch	3 p.m. – 9 p.m.
All Day Menu	

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.
<i>Weekend service available upon request from Grill</i>	

LIONS PUB

Sunday – Wednesday	11 a.m. – 11 p.m.
Kitchen	11 a.m. – 8:30 p.m.

Thursday – Saturday	11 a.m. – 12 midnight.
Kitchen	11 a.m. – 9:30 p.m.
<i>For reservations, contact pubbookings@tcclub.com</i>	

MINK CHOCOLATE CAFÉ

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

TERMINAL CITY CLUB



President's Letter NOVEMBER 2024

DEAR FELLOW MEMBERS,

November is a special time at Terminal City Club. It's a month where we come together to celebrate the good things, reflect on the year gone by, and start gearing up for the new year ahead. Whether it's gathering with friends, setting plans in motion, or soaking in the festive atmosphere, November marks the start of something exciting here at the Club. We've got a fantastic lineup of events and important updates to share. So, grab your calendars, and let's dive into what's coming up!

One major highlight this season is the Invictus Games, which are coming to Vancouver and Whistler in February 2025. These incredible Games will bring together over 500 athletes from more than 20 nations, all competing in adaptive sports, showcasing resilience and strength. As part of the excitement leading up to the event, on **Thursday, November 14**, members will have a unique opportunity to join us for **breakfast with Scott Moore, CEO of the Invictus Games**. It promises to be an inspiring morning full of insights and stories from the heart of the Games. Space is limited for this special event, so be sure to reserve your spot early!

As the holiday season unfolds, our team has put together an array of events designed to bring the festive spirit to life here at the Club. Whether you're looking to host an intimate gathering with family or dive into the holiday cheer with fellow members, there's something for everyone on the agenda. One standout event is the **Holiday Social on Wednesday, November 27**. I try never to miss this one! This year, in addition to the usual high-calibre scotch and spirits,

we're offering a diverse selection of wine, beer, non-alcoholic beverages, and cocktails—both boozy and buzz-free—with proceeds supporting the Terminal City Club Foundation. It's the perfect opportunity to enjoy great company and maybe even tick off some early holiday shopping. If you can't make it but want to support youth and education and receive a tax receipt, visit vancouverfoundation.ca/tcc.

And, of course, the holiday season wouldn't be complete without a visit from Santa! He'll be making three special appearances at the Club this year: on **December 1 & 15** for our beloved **Dickens Family Brunch** (which is already 50% sold out), and on **Sunday, December 8 for the Festive Family Dinner Buffet**. These are sure to be magical moments for the whole family, so be sure to secure your spot early.

If you're thinking of hosting a gathering of your own, whether it's a corporate event, elegant dinner, retirement celebration, or even a casual holiday party, our Catering team is here to help make it truly memorable. The Club is the perfect backdrop for all kinds of celebrations; however, dates are filling up quickly, so don't delay—reach out to catering@tclub.com to secure your event.

In addition to the festive events, there are some important dates to keep in mind. Our **Annual General Meeting** is just around the corner on **Monday, December 16**. This is an opportunity for us to reflect on the year that's passed and discuss the Club's future. We'll be covering key topics like modernizing our Articles and reviewing

the 2023-24 fiscal year. More details are coming soon, so keep an eye out for updates.

All fob readers in the Club are being upgraded this month. It is a big project but will make for a more secure TC Tower, so for a short time members may need to carry two fobs. Members will also have an option to just use their phone if that is preferred as it has an RFID reader option. See page 3 for more details.

Finally, I want to take a moment to express my appreciation for the staff who make everything at the Club run smoothly throughout the year. The Club Fund, which is supported by a percentage of the service charge on catering events and restaurant business, is typically distributed to all staff (except for the GM & CEO) in December. This fund is a way for members to show appreciation for the dedicated team who work behind the scenes to deliver exceptional service, and if you'd like to make an individual contribution, please visit tclub.com/club-fund-2024. Your support goes a long way in recognizing the hard work of our staff during this busy season.

Wishing you all a wonderful November filled with warmth, laughter, and great company!

Warm regards,

Nate Kube
Terminal City Club President

Stay informed

CLUB NEWS

holiday & modified hours

Saturday, November 2

The Club will have modified hours to prepare for our annual gala:

The Grill and Members' Lounge: 8 a.m. – 2 p.m.

Fitness Centre: 7 a.m. – 3 p.m.

The Club will close at 4 p.m. and reopen at 7:30 p.m. for our annual gala. Lions Pub and Mink will be open regular Saturday hours.

Sunday, November 3

"Fall back" on Sunday, November 5. Revellers at our annual gala gain an extra hour every year.

Monday, November 11

The Club – including the Pub and Mink – will be closed on Saturday, November 11 for Remembrance Day.



welcome to our newest members!

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

Ms. Yuki Chen
Mrs. Charis Broadbent
Mr. Conan Graham
Mr. Tyler Hatch

Ms. Cindy Stibbar
Ms. Samantha Tokarz
Mr. Bo Wu

2025 subscription increase & member referral program

Do you know anyone interested in membership?

The Board has approved a subscription increase; effective January 1, 2025, the Club's subscription (entrance fee) will be as follows:

RESIDENT 35 & OVER / CORPORATE

Subscription (one-time): ~~\$5,500~~ \$6,000

RESIDENT 34 & UNDER

Subscription (one-time): ~~\$4,000~~ \$4,500

IMMEDIATE FAMILY OFFER

The Immediate Family offer discounts the one-time subscription for children, parents, and siblings of current TCC members.

Resident 35 & Over: ~~\$4,500~~ \$5,000

Resident 34 & Under: ~~\$3,000~~ \$4,500

Member Referral: Members are eligible to receive a \$250 credit for every Resident or Corporate* member they refer after the new member is formally balloted in.

**Members are not eligible to receive referral credit for immediate family members as offers cannot be combined.*

***Referral must be submitted in writing prior to submission of the application.*

Connect you interested friends and family with Amanda or Alison on your membership team! joinus@tclub.com / 604 488 8647

minimum food spend increase

Effective October 1, minimum food spend increased to \$275 per quarter.

save by paying your 2025 dues annually

Did you know? If you are a Resident or Corporate member and paying dues monthly, you can switch to annual dues before December 31, 2024, and benefit by paying the 2024 rate. Please contact your Membership Administrator at members@tclub.com for more information to move to paying your dues annually.

Stay informed

CLUB NEWS



enhanced safety and security at terminal city tower

Over the past 18 months, the Club and the three Stratas in the Terminal City Tower have collaborated on a comprehensive upgrade to safety and security and will be upgrading our fobs and fob readers. This project addresses our existing security system's limitations, as the software and hardware could no longer receive support. Following a careful RFP process, we selected a new vendor, and our team has been working closely with security experts on the design since summer.

What does this mean for members?

To ensure a smooth transition, we'll have an interim period where two fobs will be required:

November 4 to November 26:

Please visit the Member Services Desk to pick up your new fob ahead of any door reader updates, ensuring you have uninterrupted access.

November 27 to December 9:

During this upgrade period, each fob reader will be switched to the new system over approximately 10 days. During this time, members will need to carry both the new and old fobs until the transition is fully complete.

meet cristobal valdes!



As we prepare for the grand opening of our Speakeasy, we are excited to introduce you to our fabulous mixologist, **Cristobal Valdes!**

Born and raised in Santiago, Chile, Cristobal has been working in the industry for over 10 years. He is a certified Cicerone, has his WSET Level 2 in spirits and is a certified beer sommelier from the Instituto de Cervezas de America (ICA). Cristobal is a big whisky lover and a lover of classic cocktails with a focus on mezcal and tequila. His favourite cocktails are Gibson Martinis and Old Fashioned. Fun fact: Cristobal has a twin that works as a restaurant manager and they are both musicians!

congratulations, sheila de meerler!

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



Dining AT THE CLUB

make it easy: pre-order!

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

and the winner is...

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

holiday entertaining & reservations

Contact your Catering team at catering@tcclub.com to book your 2024 holiday entertaining.

There are also a few spaces in November and December remaining for business or personal receptions in the Members' Lounge to celebrate the holiday season. Connect with our Restaurants team at reserve@tcclub.com to inquire about our reception packages and current culinary offerings.



BOOK YOUR NEXT EXPERIENCE
reserve@tcclub.com

LIVE MUSIC in the Lounge

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

NOVEMBER

- 01 Rob Eller
- 07 Cassandra Maze
- 08 Neal Ryan
- 09 David Capper
- 14 David Capper
- 15 Cassandra Maze
- 16 David Capper
- 21 Olaf de Shield
- 22 Nikolaj
- 23 Luc Lemans
- 28 Connor Roff
- 29 Neal Ryan
- 30 David Capper

Pictured: Rob Eller

Dining AT THE CLUB

new fall menus

Have you had a chance to sample any of the new fall/winter Grill menu items? We recommend the **Winter Squash Risotto** with Ashala's winter squash, black garlic molasses, fried brussels, root vegetable chips, and pumpkin seed granola. The **Blood Orange, Burrata & Pistachio** appetizier is also divine: charred citrus, pomegranates, sumac, fresh mint, watercress, toasted chia seeds, and Spanish extra virgin olive oil.

Keep your eye out for new items in the Lions Pub in early November!



new food items in mink!

Tiramisu
Coffee Éclair
Caramel Beignet
Cinnamon Roll Donut
Butter Croissant
Ham & Cheese Croissant

Carrot Cake [pictured]
Dulce De Leche Cheesecake
Banana Crème Loaf
Lemon Crème Loaf



lions pub beer spotlight: Innis & Gunn Original (Scotland)

The Original is the flagship beer of Innis & Gunn, on which the brewery was founded back in 2003 when they discovered the incredible effects of cask maturation. The flavours imparted by Single Malt Whisky casks on this beer give a beautiful honey-hued, malty, golden Scottish ale. Carefully matured in single malt whisky casks, this maturation lends the beer an incredible smoothness and depth of flavour with hints of vanilla, toffee, and oak.

The result is a truly unique, delicious beer brimming with vanilla and toffee. That richness is perfectly balanced by notes of orange marmalade, citrus, and hints of oak with a very gentle understated bitterness. A delicate, velvety mouthfeel completes the experience. Smooth, refreshing, and decidedly different from the usual.



Club EVENTS



TCC WINEMAKER DINNER
Q & A with the Stars!
SUNDAY, NOVEMBER 10
6 p.m. reception, 6:30 p.m.
dinner
*Waitlist only; \$110 plus tax
and service charge*

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

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



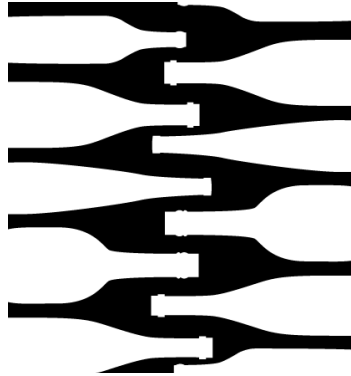
TCC EXCLUSIVE
**Invictus Breakfast
Speaker Event**

THURSDAY, NOVEMBER 14
8 – 10:30 a.m.
*\$25 (donation will be made to
the Invictus Games on behalf of
the TCC Foundation)*

Don't miss this exclusive opportunity to join **Scott Moore**, a distinguished media and sports executive with over 40 years of groundbreaking experience in broadcasting and international games.

After a redefining career in sports broadcasting, Scott is now the CEO of Invictus Games Vancouver Whistler 2025 and is joining us to share insights into the upcoming games.

Scott is leading the operation and will be joining us to share the mission of the games: to support the recovery and rehabilitation of international wounded, injured and sick service personnel and veterans through sport. This conversation promises to provide fascinating insight into this major sporting event and the opportunity to hear from one of Canada's most influential media figures.



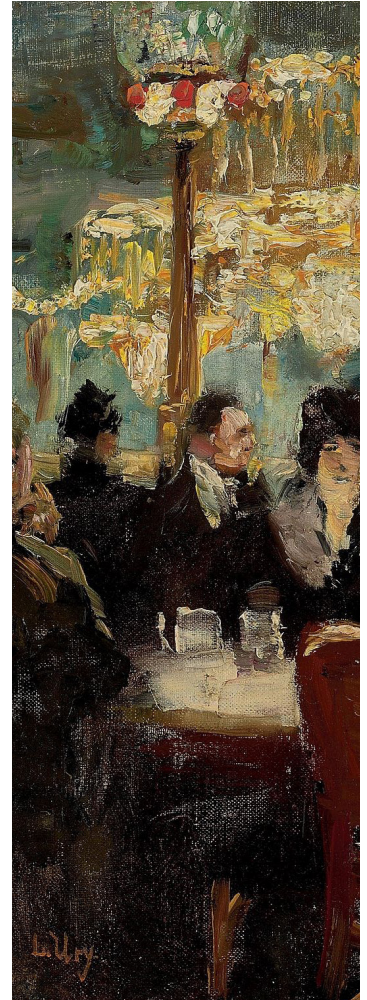
SIP, MEET & MINGLE
**Quarterly Wine Club
Tasting**

TUESDAY, NOVEMBER 19
6 – 8 p.m.
*Subscribers: complimentary
Non-subscribers: \$20 plus tax
& service charge
(waived if a wine pack is pur-
chased after the tasting)*

Did you know that your Club has a Wine Club?

Every quarter Director of Wine DJ Kearney curates two very special collections of bottles to stash in your locker or take home to pair with your culinary creations. **Wine's greatest strength is diversity**, and our Quarterly Wine Club will whisk you around the world discovering new grapes, regions, styles and estates.

You do not need to have a Club locker to join or attend, and the modest fee of \$20 to taste 12 wines is waived if you purchase a 6-pack. DJ's global wine expertise guarantees delicious wines, great value, insider access, and most importantly, discovery.



MEMBERS' ONLY
**Members'
Networking Lunch**

THURSDAY, NOVEMBER 21
12 noon – 1:30 p.m.
*Complimentary event with the
purchase of lunch à la carte*

Join the city's entrepreneurs, executives, and business owners for conversation over a power lunch.

This is a terrific opportunity to meet and learn from other members representing diverse industries.

Club EVENTS



TCC WINE MASTERCLASS

Champagne

FRIDAY, NOVEMBER 22

6 – 7:30 p.m.

\$125 plus tax & service charge

Champagne is historic, luxurious and intricate, and a little knowledge always enhances enjoyment and appreciation. Join Wine Director DJ Kearney and discover the secrets of soil, grapes, blending, and pairing as you taste all the epic styles of Champagne. We'll discuss the best stemware, serving temperatures, and so much more.

Welcome Bubbles –
Champagne Drappier
Carte d'Or Brut NV

Champagne Philipponnat
Blanc de Noirs Brut NV

Champagne Elise Dechannes
Coeur de Noir Extra Brut 2014

Champagne Palmer & Co.
Solera Rosé NV

Champagne Drappier
Grande Sèndrée Brut 2012

Champagne Pierre Gimonet
Special Club Brut Grand Cru
2015



TCC SEASONAL

Wreath Making Workshops

SUNDAY, NOVEMBER 24

2 – 4:30 p.m.

TUESDAY, DECEMBER 3

4 – 6:30 p.m.

*Doors open 30 minutes
before workshop begins.

*\$97 plus tax and service charge
(includes materials, a drink,
and bites)*

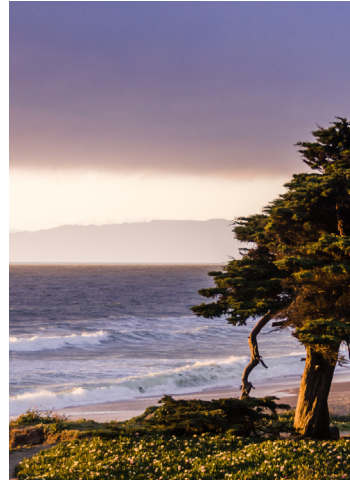
***cancellation and registration
deadline is Sunday November
17, as materials needed to be
confirmed with florist*

*No à la carte food service will
be available at this event*

Looking for a gift idea, or an
activity to do with family or
friends?

Get into the holiday spirit with
the pros from **The Stem Shop**
as they guide you on how to
make your very own gorgeous
holiday wreath to take home.

All materials will be provided, as
well as a drink and something
to nibble on. Make a dinner
reservation for afterwards in the
Grill or Members' Lounge.



FIND YOUR CENTRE

Meditation: Nature Sanctuary Sound Bath

TUESDAY, NOVEMBER 26

5:30 – 6:30 p.m.

*\$15 plus gst
All levels welcome! No previous
experience necessary.*

**Minimum 10 participants
required to run*

Take a break from the busy
holiday lead up to unwind
and de-stress. Throughout this
relaxing guided meditation, you
will take a stroll through nature
with accompanying sounds from
different alternative instruments.
You will hear water, the rain, a
blowing breeze, and then the
calming sounds of the metal
drum and crystal singing bowls.

As the class will involve sitting/
lying down, participants are
encouraged to bring a yoga
mat and/or any cushions,
blocks or blankets to make
themselves comfortable.



TCC SEASONAL

Holiday Social

WEDNESDAY, NOVEMBER 27

5 – 7 p.m.

*\$50 plus tax & service charges
- partial proceeds go to the TCC
Foundation*

We've added SO much more to
our annual launch to the
festive season. Not just high
calibre spirits and irresistible
nibbles, but we will have wine,
beer, an exciting non-alcoholic
offering and cocktails, both
boozy and buzz-free.

Come and imbibe, connect,
groove to a DJ, and accomplish
some early gift shopping. (Get
your list ready!). It's a great time
to tick off your corporate list, buy
a premium bottle for that special
someone, or simply stock up
your home bar for the holidays.

This year, sample several
varieties of Dillon's (gin &
rye), Spain's Nomad Outland
Whisky, Naughty Sparkling
Chardonnay & Sparkling
Tempranillo (zero-proof), and
a zero-proof rum by Undone,
among many other offerings.

2024 FESTIVE EVENTS



Wine Masterclass: Champagne

Friday, November 22

5:30 p.m. reception; 6–7:30 p.m. session

\$125 plus tax & service charge

Join Wine Director DJ Kearney and discover the secrets of soil, grapes, blending, and pairing as you taste all the epic styles of Champagne. (See page 7 for more information; the tasting list is also available on Member Central.)

Holiday Wreath Workshop

Sunday, November 24 | doors at 2 p.m.; 2:30–4:30 p.m.

Tuesday, December 3 | doors at 4 p.m.; 4:30–6:30 p.m.

\$97 plus tax & service charge

Looking for a gift idea, or a fun activity to do with family or friends? Florists from the Stem Shop will show you how to make your very own gorgeous holiday wreath to take home. All materials will be provided, as well as a drink and something to nibble on.

Holiday Social

Wednesday, November 27 | 5–7 p.m.

\$50 plus tax & service charge

Come and imbibe, connect, groove to a DJ, and accomplish some early gift shopping. It's a great time to tick off your corporate list, buy a premium bottle for that special someone, or simply stock up your home bar.

Dickens' Family Brunch

Sunday, December 1 | seatings at 11 a.m. & 12 noon

Sunday, December 15 | seatings at 11 a.m. & 12 noon

Adults: \$123 plus tax & service charge

Kids (4–12): \$52 plus tax & service charge

The Dickens' Family Brunch is a beloved Christmas tradition at TCC! 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. It's always a full house so be sure to book your spot early.

Festive Dinner Buffet

Friday, December 6 | seatings at 6, 6:30, and 7 p.m.

\$130 plus tax & service charge

This delicious spread of traditional holiday favourites, alongside live music, is sure to secure your spot on the "nice" list this year! Treat your friends and colleagues to an evening of grown-up fun.

Festive Family Dinner Buffet

Sunday, December 8 | seatings at 5:30, 6, and 7 p.m.

Adults: \$130 plus tax & service charge

Kids (4–12): \$60 plus tax & service charge

Enjoy a festive spread with the family and say hello to Santa while you're here.

Festive Lunch Buffet

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

Wednesday, December 18 | 12 noon – 1:30 p.m.

\$105 plus tax & service charge

Take a break from your busy 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. Leave room for dessert!

NYE Dinner & Party in the Lounge

Tuesday, December 31 | 6–9 p.m. & 9 p.m. – 1 a.m.

More information to come- reservations for one or both events to be made through reserve@tcclub.com.

Register with Member Services or online at Member Central.

TERMINAL CITY CLUB

Member-led EVENTS



TCC SALON

Sleep Discussion with Dr. Najib Ayas

WEDNESDAY, NOVEMBER 13
6 – 9 p.m.

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

We spend a substantial proportion of our time asleep, and it is a key component of human existence. In this dinner salon, we will discuss the importance of sleep in preserving health and wellness, addressing questions such as: What is the purpose of sleep? What are the long-term impacts of reduced quantity and quality of sleep? How much sleep do you need? What are the symptoms and treatments of the most common sleep disorders? How can I improve my sleep?

Dr. Najib Ayas is a Professor of Medicine, the Medical Director of the Leon Judah Blackmore Sleep Program at UBC Hospital and is an international expert in sleep disorders.



BUSINESS & COMMUNITY
SPEAKER SERIES

Business Professionals Meet & Greet

WEDNESDAY, NOVEMBER 20
6 – 7:30 p.m.

Complimentary event; space is limited – registration required.

This is a structured event for professionals from all backgrounds to connect and network. Organized activities will be centered around meeting all attendees by sharing and learning about work, travel and fitness interests. This is a wonderful opportunity to connect with fellow members and guests and to share information and resources. Remember to bring your business cards/contact info.

Register online or at the TCC reception desk. Guests are welcome. Looking forward to meeting you all!

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



TCC SALON

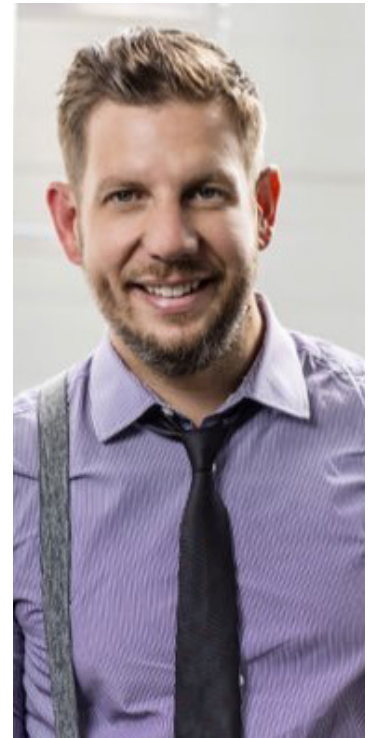
Dr. Jane Buxton on Harm Reduction & Substance Use

MONDAY, NOVEMBER 18
6 – 9 p.m.

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

Jane Buxton is a public health physician and professor emerita at UBC School of Population and Public Health. In this salon, she will share her experiences and perspectives of working for 20 years in harm reduction and substance use. Harm reduction is an evidence-based, person-centred approach that seeks to reduce the harms associated with substance use.

In 2012, Jane introduced the B.C. take-home naloxone program which has shipped more than two million kits and saved thousands of lives. Jane advocates engaging people with lived and living experience of substance use in all aspects of harm reduction policy, planning, implementation, evaluation and research. Jane was appointed to the Order of British Columbia in 2023.



TCC SALON

Ryan Benn

THURSDAY, NOVEMBER 28
6 – 9 p.m.

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

At just 26, Ryan Benn was tasked with transforming a struggling media company as its new CEO. Now, having faced another profound challenge—a recent battle with cancer—Ryan shares a deeply personal journey of overcoming adversity with resilience and unwavering optimism.

As the Group CEO and Publisher of CW Media and Alive Publishing, his story is a testament to the power of perseverance and the impact of sharing our experiences to inspire strength and positivity in one another.



MINK CHOCOLATES

Mink's award-winning chocolates are the perfect gift – we've done the taste testing!



CHRISTMAS CARRY OUT

Limited quantities available – order early!

Display boxes are available for viewing at Member Services.

GIFT BOXES • HOLIDAY TREATS
READY-TO-COOK DISHES

FORMS COMING SOON.



*Orders are processed Monday to Friday 9 a.m. – 4 p.m.
Order deadline: 12 noon, Thursday, December 19
Pick-up deadline: 5 p.m., Monday, December 23
Return completed forms to Member Services, in person,
or via email to concierge@tcclub.com.*



HOLIDAY WREATH WORKSHOP

Get into the festive spirit, sip bubbles and learn how to create a seasonal wreath with your friend, parent, child, sibling,,, more on page 7.

GIVE THE GIFT OF MEMBERSHIP

Share your love of the Club! Spousal and Intermediate memberships are available to your immediate family members.

To learn more or to get an application started, contact your membership team.

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 or 604 488 8610.

PERSONAL (WINE) SHOPPING

Take advantage of personal gift shopping from your beverage experts (elves!).

The giving season is here, and your trusted Club professionals, DJ Kearney and Owen Stuart are ready to help. Few gifts are more appreciated than a bottle of fine wine or premium spirit. **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 to make arrangements that will simplify your busy life at this festive time.

Liquid Assets

CURATED BY DJ KEARNEY



Marvellous Merlot!

Native to Bordeaux in France, merlot is all about pleasure. A cross of cabernet franc and a forgotten red grape called magdeleine noir des Charentes, first mentions of merlot date back to the 1400s.

Merlot is the most planted grape in Bordeaux, valued for ripening early, softer tannin and acid than the cabs, and of course a seductive, fragrant nose, gorgeous red cherry and dark plummy fruit. Planted widely around the world, merlot is as satisfying as it is delicious from Californian to BC. Here are a few in the TCC Cellars to tempt you.



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4



5

1 CHÂTEAU NICOT 2019 BORDEAUX \$50

This is a balanced, smoky wine with quite emphatic tannins and red/blackcurrant fruits already in harmony. From vines in the heart of the Entre-deux-Mers, it has fine structure and shape from an outstanding vintage. A blend of 60% merlot and 40% cabernet sauvignon, this is a lovely everyday, great value, bullseye juicy Claret.

2 CHÂTEAU FAYAT 2016 POMEROL, BORDEAUX \$163

Fayat combines the freshness of this highly celebrated vintage with beautifully deep, vibrant dark berry fruits. Lovely persistency and elegance, with plummy merlot in centre stage. Polished, plush and showing the classic cedar and cigar-box of age. Try next time you are in for Sunday Prime Rib.

3 LE VIEUX PIN EQUINOXE 2015 OKANAGAN VALLEY, BC \$165

Merlot is the most planted red in the Okanagan, and this plush, substantial wine is one of the very best. Extremely low yielding vines, intuitive winemaking from Severine Pinte, and a long, warm vintage. BC wines age incredibly well, and this stately merlot is in full flourish.

4 DUCKHORN DECOY ANNIVERSARY LIMITED EDITION ALEXANDER VALLEY 2021 SONOMA, CALIFORNIA \$123

Dan and Margaret Duckhorn pioneered merlot in California decades ago, and this potent version is testament to their success. Vibrant and alluring with ripe raspberry, Bing cherry, red currant and baking spicy. Full-bodied yet fresh with a deep gleam of posh oak.

5 MAYACAMAS NAPA VALLEY MERLOT 2019 NAPA, CALIFORNIA \$155

This historic winery is in magnificent Mount Veeder in Napa and was established in 1889. Mayacamas is famed for mountain-grown fruit, valued for supreme freshness and tannin vigour because of the extra elevation of the vineyards. Merlot with a dash of cabernet franc, this is seamless and supple wine with dark berried fruit and firm but ripe tannins.

Focus ON FITNESS

WEEKDAYS
WEEKENDS

HOURS

6 a.m. – 10 p.m.
7 a.m. – 8 p.m.

TCC GALA: SATURDAY, NOVEMBER 2

Modified Hours: 7 a.m. – 3 p.m.

MONDAY, NOVEMBER 11

Club Closed for Remembrance Day

SQUASH & POOL

ADULT-ONLY SWIM TIME

WEEKDAYS 6 – 9 a.m.

WEEKENDS 7 – 9 a.m.

SQUASH COURT BOOKINGS

Squash court bookings are available through sportyhq.com. New users: please contact the Fitness Centre front desk for registration.

RACQUET RE-STRINGING

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

POLICIES

SWIMMING POOL

Full body showers are mandatory before entering the swimming pool.

EXERCISE ROOM

Please continue to sanitize gym equipment before and after use.

GUEST POLICY

The Fitness Centre guest fee of \$30.25 is waived on weekends for the spouse or common-law partner of a member.

Guest fees are also waived for members' children and grandchildren under the age of 19. Members are limited to six guests per visit. Non-member guests must always be accompanied by a member.

SWIM

99-KM SWIM CHALLENGE

Congratulations to all participants that completed the Challenge! Special shout out to _____ who completed in two months.

SWIM COACHING

John Ryan has helped beginners, Masters, and triathlete-swimmers reach their goals over his 20+ years of coaching. Private lessons are a structured (but fun) program that anyone—regardless of skill level—can benefit from. Improve your technique, try new strokes, increase stamina, cultivate a sense of ease and elegance being in the water, and grow your confidence.

KIDS' GROUP SWIM LESSONS

Saturdays | September 7 – December 21

16-week term with 14 lessons (No lessons on October 12 & November 9)

\$385 plus GST

10:00 – 10:40 a.m. 3 – 5 years

10:40 – 11:20 a.m. 3 – 5 years

11:30 – 12:10 p.m. 6 – 7 years

12:10 – 12:50 p.m. 8 – 9 years

12:10 – 12:50 p.m. Stroke Improvement

*12:10 classes run concurrently

Changes in start and end times are possible. Children will be grouped based on age but may be moved to a different group if their ability requires it. To take part in group lessons, children must have some experience in the water, otherwise private lessons are first recommended to establish that confidence. For more information, please email Doreen at john@swimminginvancouverbc.com.

TRAIN

MILFIT PERSONAL TRAINING

For the month of November take advantage of our 3 for 2 - 60-minute personal training promo that will focus on building a strong body through scientific strength training principles.

Our Certified Personal Fitness Trainers will teach proper form and technique as well as provide safe and challenging programs specific to your fitness level.

Purchase 2 single session personal training sessions and receive the 3rd for free (new training clients only). **Please contact Milwina Guzman at milwina@milfit.ca or 604-716-8927.**

PRIVATE PILATES WITH ZORICA

Available Tuesday, Thursday, or Friday, 10:30 a.m. onwards

(one-hour session will be held in non-peak squash court time)

Packages available: single, 5, 10, 20

Zorica Jovic is a BASI®-certified Pilates instructor and an award-winning gymnast. (BASI-certified instructors undergo three years of devoted study with master teachers.)

Practicing and teaching over 13-years, Zorica believes, to be a good teacher you must also be a student and continues her education constantly. Teaching is her passion, helping every BODY from the inside out! **Inquire at the Fitness Centre Front Desk for more information.**



GROUP CLASSES

F.I.T. WITH ATHOS

Mondays on Zoom ■

12 noon – 1 p.m.

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

VINYASA YOGA WITH CLARE

Tuesdays, in person ■

6:30 – 7:30 a.m.

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

CORE CONDITIONING WITH LEILA

Tuesdays, on Zoom ■

12 noon – 1 p.m.

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

PILATES: STRENGTHEN WITH ZORICA

Wednesdays, on Zoom

7 – 8 a.m. ■

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

CARDIO KICKBOXING WITH LEILA

Wednesdays, in person ■

12 noon – 1 p.m.

This fun, non-contact workout utilizes boxing skills and drills to engage every muscle

group in your body. Increase your cardio endurance, power and stamina.

POWER FLOW YOGA WITH RACHEL

Thursdays, on Zoom ■

7 – 8 a.m.

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

TOTAL BODY STRENGTH WITH LEILA

Fridays, in person ■

12 noon – 1 p.m.

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

SQUASH

SQUASH LESSONS

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

VANCOUVER SQUASH LEAGUE

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

SQUASH

FALL JUNIOR SQUASH

Saturdays

September 7 – December 14

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

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

1:00 – 1:45 p.m. 6 – 8 years

1:45 – 2:30 p.m. 9 – 12 years

2:30 – 3:15 p.m. 13 – 17 years

SQUASH DRILLS

Wednesdays | 4 – 5 p.m. | \$25

Saturdays | 11 a.m. – 12 noon | \$25

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

FREE BEGINNER'S CLINIC

Wednesday, October 9

Learn the basics of squash in a fun environment! Please register by calling the Fitness Centre front desk prior to 6 p.m. on Monday, October 7.

WOMEN'S SQUASH SKILLS CLINIC

Wednesdays | 5 – 6 p.m.

November 6 – Dec 11 (six sessions)

\$140.00

Agenda:

1. Have FUN with women of your calibre of play!
 2. Racquet skill drills & footwork
 3. Reminder of "Let, No Let, & Stroke" rule
 4. Games: understanding tactics and winning strategies
- (Reg. Deadline: Nov 3rd)
Please contact Barry to register (& tell a friend!); squash@tcclub.com | 604-219-8233



WEDNESDAY, NOVEMBER 27 5 - 7 P.M.

meet · sip · shop



METROPOLITAN BALLROOM

holiday social