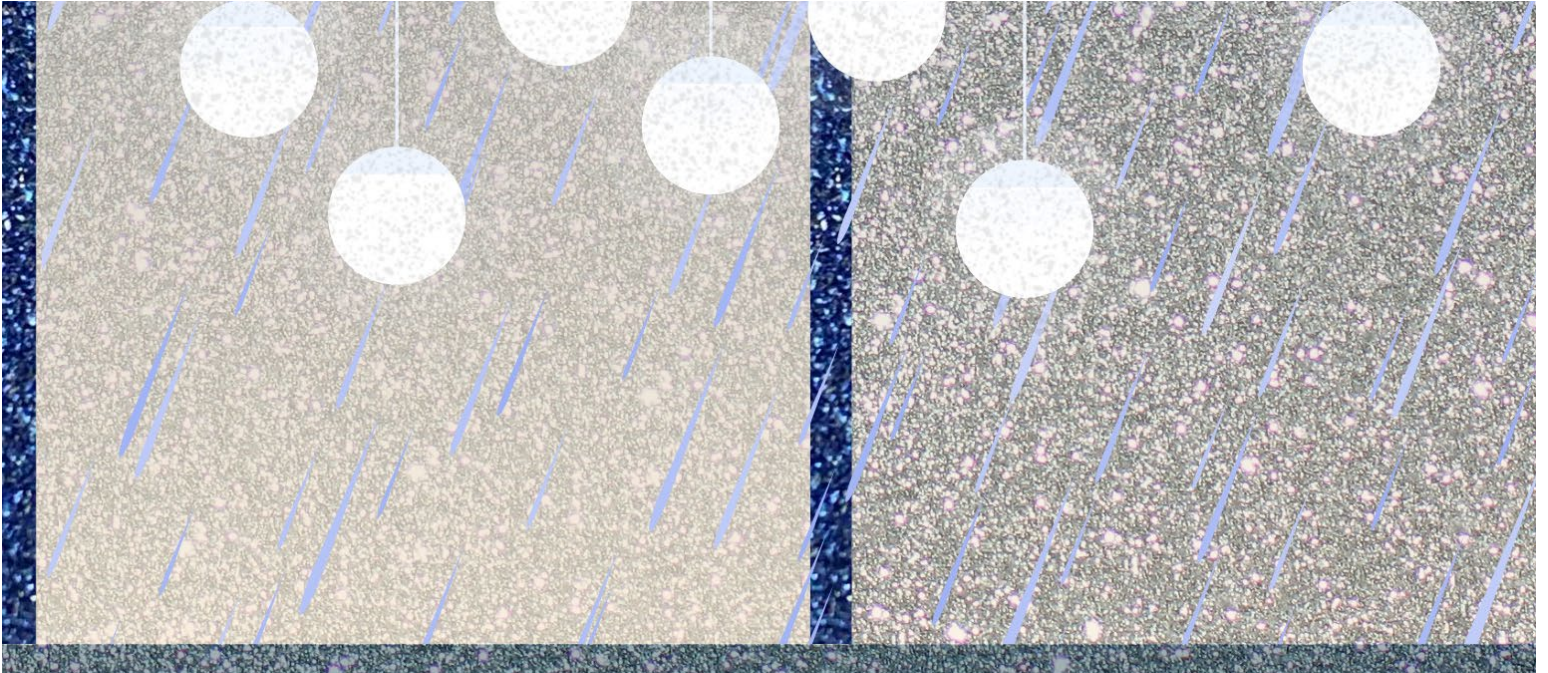


# TERMINAL CITY TIMES

JANUARY 2025 • VOL. 32 NO. 1



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

# Upcoming Events

## Contact

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

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

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

## Hours

### MEMBER SERVICES (FRONT DESK)

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

### FITNESS CENTRE

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

### THE GRILL

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

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

### MEMBERS' LOUNGE

Monday – Friday 8 a.m. – 11 p.m.  
Coffee Service 8 a.m. – 9 a.m.

Saturday & Sunday 8 a.m. – 11 p.m.  
Coffee Service 8 a.m. – 11:30 a.m.  
Brunch 9 a.m. – 2:30 p.m.

### CUVÉE (PHONE-FRIENDLY WORKSPACE)

Monday – Friday 8 a.m. – 8 p.m.  
All Day Menu 11:30 a.m. – 6 p.m.  
Weekend service available upon request from Grill

### LIONS PUB

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

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

Thursday – Saturday 11 a.m. – 12 midnight.  
Kitchen 11 a.m. – 9:30 p.m.

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

### MINK CHOCOLATE CAFÉ

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

- JAN 1 NEW YEAR'S DAY**  
Club, Pub & Mink Closed
- JAN 11 PARENT-TODDLER HOUR**  
Little Builders: Three Little Pigs
- JAN 14 THE RESET HOUR**  
Calm, Focus, Recharge
- JAN 15 MEMBERS' WINE TASTING**  
Lo-Fi Wines
- JAN 16 MEMBERS' NETWORKING LUNCH**  
Get to know your fellow members!
- JAN 23 COMEDY NIGHT**  
In the Members' Lounge
- JAN 25 KIDS' SCIENCE NIGHT**  
Minecraft Ecosystems
- JAN 27 BUSINESS & COMMUNITY SERIES**  
Innovation in Entertainment & Economic Development
- FEB 8 WEDDINGS OPEN HOUSE**  
View our ballrooms in bloom
- FATHER DAUGHTER GALA**  
Enchanted Garden
- FEB 14 VALENTINE'S DAY**  
Dinner in the Terrace Ballroom
- FEB 17 FAMILY DAY**  
Club Closed
- FEB 19 MEMBERS' WINE TASTING**  
Meet & Mingle

### REGISTER FOR EVENTS

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



# President's Letter JANUARY 2025

## DEAR FELLOW MEMBERS,

Happy New Year! I hope you all had a wonderful holiday season and are ready to kick off 2025 with enthusiasm.

First, I want to extend a sincere thank you to Nate Kube for his leadership as President over the past year. During his term, the Club continued to make great strides towards strategic goals, and even exceeded a few targets and revenue records. This is not the norm in the current city club industry landscape, so my hat is off to Nate and club management for this achievement.

On behalf of management and staff, I would also like to thank the many members who contributed to the TCC Club Fund for Staff in 2024. While there are many components that contribute to our strong staff retention rates, the special year-end bonus that is afforded by the Club Fund is a meaningful way to recognize the contribution of staff in making TCC our home away from home.

The first quarter of 2025 is already behind us, and the TCC Articles and House Rules were both updated at the recent Annual General Meeting on December 16. I encourage you to review and familiarize yourself with the updates available on Member Central.

As we step into January, I'm excited to take the helm just as the TCC Annual Fitness Challenge kicks off. For those who are not familiar, the Challenge entails completing 45 workouts in 59 days (January and February). It is no easy feat, but it is a fantastic opportunity to

focus on your health and well-being in a supportive environment. Whether you're aiming to achieve personal fitness goals or simply looking to engage with fellow members, I encourage everyone to participate and make the most of our excellent facilities.

Speaking of excellent facilities, they just keep coming. We recently opened a new room in the TC Lions Pub. Haven't noticed? Look carefully and you'll find Call Me Back. The city's newest meeting spot – and some of its best cocktails – are hidden behind the Lions Pub phone booth. The room is open from 5 p.m. until late, Wednesday to Saturday.

Moving forward this year, our board and staff will continue to focus on what makes a terrific member experience, and how to effectively bring that knowledge into each TCC experience, whether it is dining, networking, events, or fitness.

I hope you make 2025 a remarkable year!

Best regards,

A handwritten signature in dark ink, appearing to read "John Mackenzie".

John Mackenzie  
President, Terminal City Club

# Stay informed CLUB NEWS

## holiday & modified hours

The Club – including Mink and Lions Pub – is closed **Wednesday, January 1** for New Year's Day.

On **Saturday, January 18**, all areas of the Club, including the Pub and Mink, will be closing early at 4 p.m. for our annual winter staff party. We appreciate your understanding for this special event.

**January 2 & 3**, the Grill will be closed for scheduled maintenance. The Lions Pub will be open.

On **Tuesday, February 4**, the Club will be closed from 3 p.m. for a private event. On **Thursday, February 6**, the Club with the exception of the Fitness Centre will be closed for a private event.



## welcome to our newest members!

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

Mr. Lyndon Arnall  
Ms. Jannetta Dunlop  
Ms. Shima Javan  
Mrs. Cynthia Krampf  
Mrs. Sharon Laxon  
Mr. Hyeon Oh Lee  
Ms. Michelle Mah  
Mr. Jordan Mauro  
Mr. Saman Pirzadeh

Mr. Sina Pirzadeh  
Ms. Renee Russo  
Ms. Heather Williamson  
Mrs. Christine Wilkins  
Mr. Scott Wilson  
Mr. John Zaleski  
Mr. Henry Zhang  
Mr. Xiao Heng Zhang



VALENTINE'S DINNER AT THE CLUB  
FRIDAY, FEBRUARY 14

## 2025 MEMBERSHIP FEES AND DUES

	Dues	Capital Reserve
Resident & Corporate	\$345/month	\$44.50/month
Resident (34 & under)	\$234.75/month	\$44.50/month
Diplomatic & Non-Profit	\$345/month	\$44.50/month
Intermediate	\$172.50/month	\$22.25/month
Country	\$172.50/month	\$22.25/month
Non-Resident	\$1,119/year	\$249/year
Spousal	\$489/year	\$249/year
Life (35+ years)	\$1,035/year	\$133.50/year

**\*Resident and Corporate members wishing to prepay their 2025 dues will be billed the 2024 rate.** Contact your Membership Administrator at [members@tclub.com](mailto:members@tclub.com) or 604-488-8607.

### FITNESS CENTRE (OPTIONAL)

Day locker: complimentary  
Fitness locker (annual): \$699  
Cube locker (annual): \$381  
Laundry\* (monthly): \$62.25  
Dry Cleaning: prices vary  
Guest (adult) drop-in: \$32.50  
Members' children under 19: complimentary  
Guest (child) drop-in: \$18.75

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

### BEVERAGE LOCKERS (OPTIONAL)

Liquor locker (annual): \$315  
12-bottle wine locker: \$555  
24-bottle wine locker: \$1,032

### MONTHLY PARKING

Random monthly: \$289  
Member reserved 24hrs: \$389  
Premium reserved 24hrs: \$439  
S level: \$499

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

## dine in 2025

Why "Dine Out" when you can "Dine In" at the Grill? Stay tuned for our featured fresh sheets, running from January 22 – February 9, coinciding with Dine Out Vancouver.



### new at lions pub!

**Dry January?** Did you know, at Lions Pub we have a large selection of alcohol-free beverages?

With six different alcohol-free beers (including local Phillips Iota Pale Ale on draft) and a selection of zero-proof cocktails (you'll love our **Coal Harbour Fizz** with Seedlip Grove, cranberry compote puree, lemon, saline, fever tree soda) there is something for everyone – January has never tasted so good!



### mink at the hot chocolate festival!

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

Available January 18 – 31

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

On the side, a two-bite croissant.

May contain traces of nuts.

#### CHOCO-LOTTA - NUTTY HORCHATA

Available February 1 – 14

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

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

# 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@tclub.com](mailto:reserve@tclub.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, **Mojgan Bogzaran!**

### bespoke dining

TCC's bespoke dinner is the perfect custom celebratory experience tailored to each individual group according to their preferences and tastes. Depending on size, it can be in a private room, or private area with elevated set up and service to accompany the menu. Contact [reserve@tclub.com](mailto:reserve@tclub.com) to book your next birthday, anniversary, or milestone celebration at your Club!



BOOK YOUR NEXT EXPERIENCE  
[reserve@tclub.com](mailto:reserve@tclub.com)

# Club EVENTS



FIND YOUR CENTRE

## The Reset Hour: Calm, Focus, Recharge

TUESDAY, JANUARY 14

5:30 – 6:30 p.m.

*\$22 plus gst*

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

In today's fast-paced world, stress can take a toll on focus, productivity, and overall well-being. Join these guided stress-relief sessions designed to help you reset and recharge using proven techniques rooted in mindfulness and relaxation science. In just a short time, experience improved clarity, reduced tension, and a renewed sense of calm.

The session will begin with a brief discussion on the science of relaxation and its benefits, followed by a guided relaxation to calm the mind, and concludes with a soothing sound immersion to deepen your sense of calm and recharge. **Please bring anything that will help you feel comfortable while seated or lying down for the hour-long session.** Members are encouraged to invite guests.



SIP, MEET & MINGLE

## Members' Wine Tasting: Lo-Fi Wines

WEDNESDAY, JANUARY 15

5 – 6:30 p.m.

*\$10 plus tax & service charge*

*\*Registration is mandatory as  
space is limited*

Lo-Fi wines are all about no intervention! Just pure, clean farming (usually organic or biodynamic), hand-harvesting, gentle winemaking with wild yeast, less SO<sub>2</sub>, and ageing in neutral oak or concrete. Ancient methods for maximum expression!

### Millton Libiamo

#### Gewurztraminer 2019

Gisborne, New Zealand \$82

#### Mersel Lebnani Abyad

Merwah/Sauvignon Blanc

2021

Lebanon \$92

#### Domaine des Tourelles

#### Red Blend 2021

Bekaa Valley, Lebanon \$46

#### Meinklang Blaufränkisch

2021

Burgenland, Austria \$66

#### Domaine Maby La Férmade

#### Lirac 2019

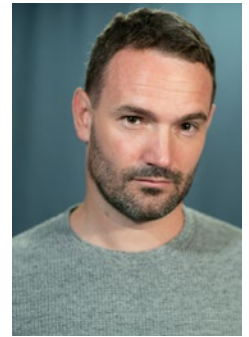
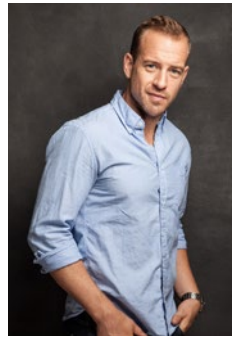
Southern Rhône Valley, France

\$58

#### Mastroberardino Aglianico

#### Irpinia 2017

Campania, Italy \$55



TCC EXCLUSIVE

## Comedy Night

THURSDAY, JANUARY 23

Doors open at 5 p.m.; show starts at 7 p.m.

*\$30 plus tax & service charge; reservations are required*

Join us for a fresh take on comedy night!

**John Beuhler** started his stand-up career at 19, quickly rising through the ranks with a national comedy special and wins like the Just for Laughs Homegrown Comedy Competition. Known for his smart, fearless, and wickedly funny style, his sharp wit has earned him accolades, including winning the Corner Gas Comedy Contest and performing at the prestigious Just for Laughs Gala, where he was praised for saving the show.

**Shane Clark's** comedic style is a paradox that's hard to explain – an uncanny ability to address the uncomfortable with a dose of warmth and likability. He takes his audience on a rollercoaster of emotions, from uproarious laughter to introspective contemplation, and all emotions in between. His genuine approach allows him to connect with people on a deeper level and create a real camaraderie with his crowd.

**Jon Gagnon** is a cartoonist and award-winning screenwriter known for his thought-provoking humor and dark wit. He performed at the 2023 Paris Comedy Festival, the Burbank Comedy Festival, and opened for Darryl Lenox at Gotham NYC. Jon created Stickman, hosts This Month Tonight, and appeared on CBC's Canada's Smartest Person Season 2.

# Kids' Club EVENTS



## Not a member? Join Kids Club today!

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

Every time you visit the Club, visit Member Services for a stamp. Collect 10 stamps and get any dessert from the Grill for free!

Scan the QR code to access the application form.



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



## Parent-Toddler Hour: Little Builders with the Three Little Pigs

SATURDAY JANUARY 11  
10:30 – 11:30 a.m.

*For kids ages 1–4 and their parent(s)*

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

*\*A minimum of five registrants is needed to run the event. If fewer than 5 children register, the event will be cancelled.*

Toddlers aged 1 – 4, together with their parents, will step into the classic world of the Three Little Pigs through fun, hands-on building activities. In a workshop led by Sparks Academy, your little one will become an artist, crafting adorable paper plate pigs and big bad wolves!

This playful morning will also include engaging number activities during circle time, helping your toddler develop important early math skills in a fun and interactive way.



## Kids' Science & Movie Night:

### Minecraft Ecosystems

SATURDAY JANUARY 25  
4:30 p.m. – 8:30 p.m.

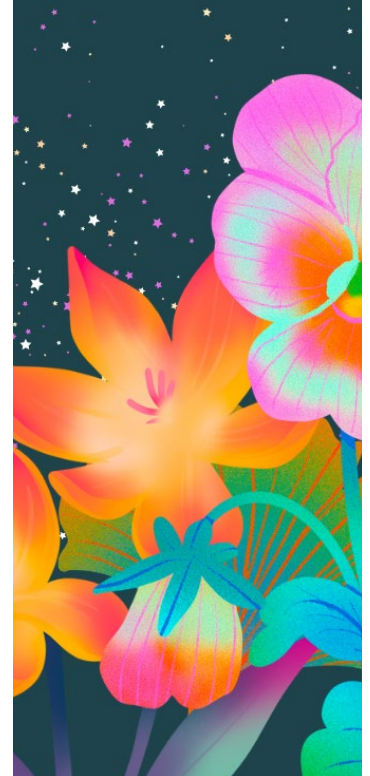
For kids ages 5 – 12

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

*\*A minimum of five registrants is needed to run the event. If fewer than five children register, the event will be cancelled.*

Turn into ecologists with our "Minecraft Ecosystems" event at TCC's Kids Club!

Kids aged 5 – 12 will dive into the exciting world of ecosystems, using both digital and hands-on approaches to explore the balance of nature. They will start by building their own closed terrarium ecosystem in Minecraft, learning about habitats and biodiversity. Then, they will create a real-life Ecosystem in a Jar, observing how plants and soil interact to sustain life. This nature-inspired adventure finishes with a screening of Pocahontas, bringing the beauty of the natural world to life!



## Annual Father Daughter Gala: Enchanted Garden

SATURDAY, FEBRUARY 8  
5 – 8 p.m.

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

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

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

# Member-led EVENTS

BUSINESS & COMMUNITY SPEAKER SERIES

## Innovation in Entertainment & Economic Development

MONDAY, JANUARY 27

6 – 7:30 p.m. in Cuvée

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

This month **Catherine Warren** will speak about trends in the creative industry/creative economies, including fandom, tech, investment, sustainability and AI for TV, streaming, video games and esports. She recently returned from speaking at the TV festival in Cannes and will share some great insights for 2025.

Catherine is President of FanTrust, a pioneer in fan-building and digital innovation. She has led two decades of digital relationships, rights, and revenues for international entertainment clients in streaming, TV, film, video games and esports. Prior to founding FanTrust, Catherine was COO of a broadcast tech company that she and co-founders took public on the Nasdaq, growing it to a \$300M market cap.



## LIVE MUSIC in the Lounge

Every Thursday, Friday & Saturday

6 – 9 p.m.

### JANUARY

09	Conor Roff
10	Olaf De Shield
11	Cassandra Maze
16	Nickolaj
17	David Capper
24	Cassandra Maze
25	Olaf De Shield
30	Neal Ryan
31	Nickolaj

### event registration

SAVE YOUR SPOT!

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



TCC PARTNERSHIP WITH

# TELUS HEALTH CARE CENTRES



Take control of your longevity.

At TELUS Health Care Centres, your health is our priority.

We are investing in cutting-edge screening technologies to give you the knowledge needed to help you live longer and healthier. Discover more about your health and put your mind at ease through personalized preventive care that offers comprehensive insights to guide your individual wellness journey.

## TELUS HEALTH CARE CENTRE SERVICES

### Preventive Health Assessments

This comprehensive head-to-toe assessment helps you understand the status of your health so you can mitigate potential health risks. When done annually, the Preventive Health Assessment can help individuals be healthier, in turn extending your healthspan and longevity. Take advantage of a Wellbeing Assessment<sup>1</sup> to benefit from a mental health check-in and personalized action plan. Get even deeper health insights by adding Genetic testing that can help you understand your hereditary risk of some diseases including cancer and cardiovascular disease, your medication response, and more.

### LifePlus™

The LifePlus membership program offers a preventive health, year-round care program that includes two key components: an annual Preventive Health Assessment and Continuing Care with flexible wellness services. The Preventive Health Assessment provides a thorough evaluation of an individual's current health status, establishing a baseline for future care. Continuing Care ensures ongoing support and monitoring, allowing for timely interventions and adjustments to health plans. The flexible wellness services enable members to tailor their care to their specific needs and health goals. By combining these elements, LifePlus creates a comprehensive approach to wellness optimization. The program is supported by an expert clinical team dedicated to personalized care and proactive management. This approach aligns with the growing trend in healthcare towards continuous, data-driven health management, focusing on disease prevention, overall wellbeing, and longevity.

### Precision Health

Revolutionize your approach to prevention and take charge of your health journey with Precision Health, Canada's most advanced proactive health screening program. Gain health insights from data gathered through a full body MRI, extensive labs, advanced assessments and genetic testing; empowering you to live your healthiest life. Located in vibrant downtown Calgary within the iconic TELUS Sky building, this thoughtfully curated space is designed to offer a deeply personalized health experience.

<sup>1</sup>Wellbeing Assessment services are not intended to assess urgent concerns or provide crisis intervention. For crisis support or urgent mental health concerns please contact your family physician or your local emergency services. Services are not for use outside of Canada.

### TCC MEMBER OFFER

As a valued TCC member, you are eligible for preferred pricing on the following TELUS Health Care Centre services:

- \$400 off any Preventive Health Assessment package
- 10% off any Precision Health package

To learn more about TELUS Health Care Centre services for yourself, your family or your business, contact **Alexandra Castillo** at 604-314-1595 or [alexandra.castillo@telus.com](mailto:alexandra.castillo@telus.com).

TELUS<sup>®</sup> Health  
Care Centres



SATURDAY, FEBRUARY 8  
1 – 3 P.M.

# Weddings OPEN HOUSE



*Fairmont*  
PACIFIC RIM



## Discover the Nordic Spa at Fairmont Pacific Rim, Vancouver's ultimate wellness retreat.

*Surrounded by breathtaking harbour and mountain views, our self-guided outdoor thermal spa offers an immersive healing experience that encompasses the essence of the West Coast. Soak in the hot tub, submerge in cold plunge baths and find solace in our cedar plank sauna where you can stretch and sweat. Be gently reintroduced into reality in heated relaxation areas while draped in cozy robes and slippers, and nourish yourself with a delicious menu of seasonal and local dishes.*

TCC members enjoy a 90-minute session at the Nordic Spa for just \$35 per person, plus an exclusive 10% off spa treatments (excluding packages) and a 10% discount on retail items. *Please note, these discounts cannot be combined with other promotions.* Also exclusive to TCC members is the **Sole Revival Service – Restore**, a 60-minute treatment designed to rejuvenate and restore, starting from \$199.

Experience the Nordic Spa with your next discounted treatment at Fairmont Spa at Fairmont Pacific Rim. To book, please contact Fairmont Spa directly at [VPR.WillowStream@fairmont.com](mailto:VPR.WillowStream@fairmont.com) or 604-695-5550 and let them know you are a TCC member.

# Liquid Assets

CURATED BY DJ KEARNEY

## *Buzz-Free, Flavour-Full*

### HOW DO THEY GET THE ALCOHOL OUT?

In a movement that has been building for years now, non-alcoholic options are everywhere. As they should be, given the present trend for mindful drinking and sober drinking. Buzz-free booze has been around for a few decades, but gargantuan leaps in quality have occurred lately, making this a much more interesting and delicious category.

Non-alcoholic products are generally below 0.05% alcohol by volume (abv), the point at which there is no danger of intoxication (there are 0.0% abv items too, but fewer of them). A lot of proprietary technology and fiddling goes into making non-alc drinks, and what is true is that any manipulation of a wine, beer or spirit to remove alcohol risks stripping away the desirable parts, like aroma, flavour and especially texture. Often this void is filled with sugar or other compounds to plump up the body and build structure, resulting in something that is far removed from the original!

Essentially there are two main ways to remove alcohol, reverse osmosis and vacuum distillation (invented in 1907 by German winemaker Carl Jung – not the Swiss psychoanalyst!). Reverse osmosis works well to remove a few percentage points of ethanol, but vacuum distillation is so far the preferred method to remove all alcohol. In a nutshell, distilling under vacuum pressure lowers the boiling point of ethanol from 78°C to 35°C, which avoids the ruinous effect of heating wine/beer/spirits). Now alcohol-free, the trick is to mitigate the lost mouthfeel and structure provided by alcohol, without simply using sugar.

#### ❶ THOMSON & SCOTT NOUGHTY SPARKLING CHARDONNAY BRUT NV SPAIN \$35

Non-alcoholic, vegan, and halal, this sparkling beauty made from Spanish-grown organic chardonnay has been carefully dealcoholized to retain rich flavour. Farming the fruit specifically for de-alcoholizing is the secret to quality here, and with just 2.9 grams of sugar per 100 ml, it tastes dry with half the sugar content of others for just 14 calories per glass. The business is B Corp Certified and founder Amanda Thomson was formerly an Arts Broadcaster at the BBC! She studied wine at Le Cordon Bleu School in Paris and her Noughty offerings are found globally on all the best wine lists.



❶

#### ❷ LEITZ ZERO-POINT-FIVE PINOT NOIR GERMANY \$36

Think of this as Grand Cru chardonnay from Oregon. Master Sommelier Larry Stone together with Burgundy's Dominique Lafon are behind this opulent, articulate, mesmerizing chardonnay. Old vines planted at high elevations on volcanic soils, farmed biodynamically with artful winemaking that channels Dominique's brilliance (he's considered the greatest interpreter of chardonnay on the planet). Sleek, sensitively oaked, intense and tense, this is a thrilling white for oysters, pork roast or decadent lobster.



❷

#### ❸ SEEDLIP SPICE 94 ENGLAND \$80

This is the world's first distilled non-alcoholic spirit! Launched in London's Selfridges in 2015, the creator of Seedlip (Ben Branson) handmade 1,000 bottles that sold in three weeks, the second thousand sold in three days, and the third in 30 minutes online. The Spice version showcases allspice, cardamon and citrus and takes six weeks to make using maceration, copper pot distillation, blending and filtration. Sophisticated and yes, pricey, it's important to know that the best of the category are expensive to make. The pioneering Seedlip brand is a decade old now, and Ben is working on a range of oak tree derived dark spiritless elixirs.



❸

#### ❹ GUINNESS 0.0 ALCOHOL-FREE STOUT IRELAND \$7.50 PER 440ML DRAUGHT CAN

The same iconic Guinness natural ingredients make this beer: water, barley, hops, and yeast before gently removing the alcohol through a cold filtration method, allowing the alcohol to be filtered out without presenting thermal stress to the beer, protecting taste and character. Unmistakably Guinness, with creamy head, hints of chocolate and coffee, smoothly balanced with bitter, sweet and roasted notes. The only thing you'll notice is a smidge less body than the original.



❹

# Have You Heard?

## CLUB NEWS



PLATINUMCLUBNET



### MEMBER BENEFITS: PRIVATECLUBWORLD

Did you know? TCC is a recognized Platinum Club®, a revered recognition for private clubs worldwide. PlatinumClubNet™ is the exclusive network enabling members of Platinum Clubs of America, Europe & Middle East, Asia-Pacific and the World to request access to Platinum Clubs around the globe, engage, network and participate in bespoke experiences, enhancing value, benefits and relationships.

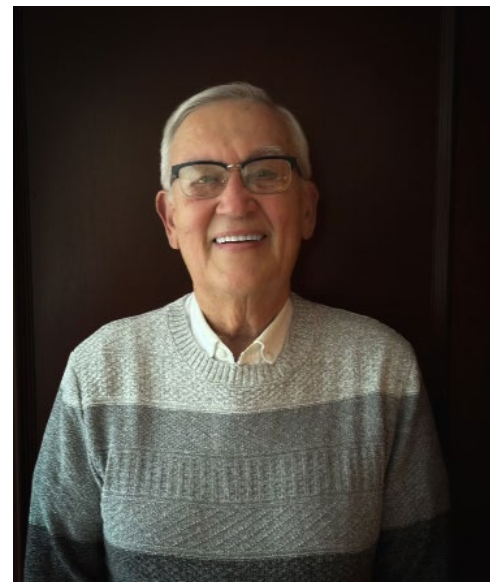
Members have complimentary access to PrivateClubWorld™ enable them to request access to our club's existing network of reciprocal clubs via the app. In addition, the world's largest network of private golf, country, city, athletic and yacht clubs are available for members who have taken up a subscription\* to explore seamlessly, as a Global Private Club Citizen. Further, members may access tee-time reservations at over 1,100 private golf courses worldwide through specially priced Link Golf membership options.

Exclusive benefits for members include:

- Dining & entertainment
- Accommodation
- Golf
- Sports & fitness
- Business meetings
- Banquets
- Networking
- Lifestyle experiences

Download the PlatinumClubNet member app and click on "ACTIVATE" on the login page to receive your personalized invite. You will be able to navigate to PrivateClubWorld from the PlatinumClubNet app by creating your unified account for a seamless experience. \*Members receive a 90-day complimentary subscription enabling you to enjoy the PrivateClubWorld networks. At the end of the complimentary subscription period, members may continue to access the network with a \$250 annual subscription fee payable to PlatinumClubNet. **There is no subscription required to access reciprocal clubs via PrivateClubWorld.**

Please contact Member Services for more information or assistance. You may also email [support@platinumclubnet.com](mailto:support@platinumclubnet.com) for assistance related to the network.



Beloved Grill server, **Nick Shaw**, has been a valued member of the TCC team for over 60 years. Nick has made the decision to attempt retirement again. We are truly grateful for his hard work and commitment throughout the years. Nick has been an inspiration to both TCC staff and members who have been touched by his good humour, impeccable service, and kindness. Please join us in wishing Nick all the best as he begins this exciting new chapter!



Congratulations to TCC's Division 4 Squash Team for winning the 2024 season and the playoffs!

- Shehzad Bharmal
- Brian Duong
- John-Mark Ferguson
- John Glynn
- Stephen Hui
- Ian Humphries
- Shreyans Jain
- Brodie Kristensen
- Adam Melnyk
- Hamid Shekarchi
- Robert Torrance

# Member of the Month

## MARCO TOMASSETTI

Marco Tomassetti grew up in Coquitlam, the youngest of three in a “typical Italian family.” Mom stayed home and ran the house. Dad worked at a mill. Family dinner, which often meant fresh pasta, was important. And on special occasions, like birthdays or Christmas, the house would fill with the love and laughter of 20 people or more. “It was a super time in my life,” he says.

As a teenager, Marco showed little interest in academics, enjoying instead the pursuits of soccer, martial arts, BMXing and hanging out with friends. “I knew school was important, but I had a keener interest in other things. Like work. I liked working.”

And work he did — up to 30 hours a week, plus going to school full-time. Marco swept floors at a grocery store, pumped gas at a filling station, and worked in the gym that his older brother owned. “I learned a lot watching my dad. He deeply believed in hard work and integrity. He instilled that in me, and I’ve carried it throughout my life.”

After high school, Marco attended Douglas College. He also started a pressure cleaning business called Sludge Busters (Motto: We ain’t afraid of no sludge.) He used this business to pay for school and gain real-life business experience.

“I had decided at that point in my life I wanted to be a businessperson. I was not actually sure what that meant exactly, but I did know that that I should study accounting so I could be strong with numbers. I recognized early that numbers are the foundational language of business.”

After Douglas College, Marco transferred to SFU and entered the SFU co-op program for



accounting. This eventually landed Marco a position at KPMG. “I was excited to work in a business environment getting exposure to several businesses learning about their processes and seeing which ones made money and which ones did not. After three years in the audit function, I transferred into the Financial Advisory group and was exposed to restructuring, business valuation and corporate finance – experience that in hindsight gave me a very valuable business foundation.”

Two years later, he had an opportunity to join a boutique corporate finance shop, where he spent 13 years doing private company M&A. Then, in 2013, he returned to KPMG as Managing Director.

“Right now, my main role is leading our Corporate Finance practice for the region; where we advise private companies on divestitures, acquisitions, and financings. I am also the Deal-Advisory leader, where my role is to assist in the coordination of our Deals functions ensuring we are bringing the best integrated solutions to meet our client’s objectives.”

Last June, Marco joined the board of directors at KPMG Canada, and as of January, Marco is taking on the role of President of KPMG Corporate Finance Canada. “My roles with the firm carry a lot of responsibility and work. People laugh when I tell them I was a kid in school who couldn’t pay attention.”

Marco recently turned 54. As his business continues to grow and he works through the later part of his career, his focus is on building and mentoring young professionals. Here are three of the most important keys to success he shares with his team:

1. Show up every day. No matter what you are doing, do it with vigor.
2. Exercise intellectual curiosity. Find something in your daily job that helps you ask questions, so you want to do more, and learn more.
3. Don’t take yourself too seriously. Be humble.

In his leisure time, Marco likes to have the house filled with love and laughter, as his parents did. He loves to cook and entertain with his wife Nicole. “Nicole retired recently from KPMG. We do lots of hiking, bike riding — just getting out. We also love travel. We recently visited Kenya and Tanzania.”

Marco joined TCC two years ago. “My two boys are adults now, so there is less of a race to get home from work. Plus, I do a lot of entertaining with clients and staff, and I was getting tired of restaurants. The club is such a nice place to just mix and mingle or sit down for a closing dinner in a private room with the team and their spouses.”

**WEEKDAYS**  
**WEEKENDS**

## HOURS

6 a.m. – 10 p.m.  
7 a.m. – 8 p.m.

### WEDNESDAY, JANUARY 1

Club closed for New Year's Day

### SATURDAY, JANUARY 18

Early closure for Annual Staff Party  
6 a.m. – 4 p.m.

## SQUASH & POOL

### ADULT-ONLY SWIM TIME

**WEEKDAYS** 6 – 9 a.m.

**WEEKENDS** 7 – 9 a.m.

### SQUASH COURT BOOKINGS

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

### RACQUET RE-STRINGING

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

## POLICIES

### SWIMMING POOL

Full body showers are mandatory before entering the swimming pool.

### EXERCISE ROOM

Please continue to sanitize gym equipment before and after use.

### GUEST POLICY

The Fitness Centre guest fee of \$32.50 is waived on weekends for the spouse or common-law partner of a member.

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

# Focus ON FITNESS

## SWIM

### SWIM COACHING

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

### KIDS' GROUP SWIM LESSONS

**Saturdays | January 11 – March 15**  
(No lesson on February 17 - Family Day)  
*\$385 plus GST*

10:00 – 10:40 a.m.	3 – 5 years
10:40 – 11:20 a.m.	3 – 5 years
11:30 – 12:10 p.m.	6 – 7 years
12:10 – 12:50 p.m.	8 – 9 years
12:10 – 12:50 p.m.	Stroke Improvement
*12:10 classes run concurrently	

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

### CHILDREN'S PRIVATE LESSONS

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

### ADULT PRIVATE LESSONS

Available on Wednesday and Friday afternoons.

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

## SQUASH

### SQUASH LESSONS

Try a private or partner lesson on Tuesday, Wednesday, Thursday, or Saturday (other days upon request). Coach Barry Gifford is a seasoned squash professional (2022 - 60+ National Champion and past Squash Doubles World Masters Games gold medalist) with over 30 years coaching experience. Each lesson is tailored to your needs and can include mental strength training and yearly training plans upon request. **Junior Privates, Partner Lessons, and Group Sessions** available upon request for Tuesdays, Wednesdays, Thursdays & Saturdays. Email Barry at [squash@tclub.com](mailto:squash@tclub.com) for more information.

### ADULT SQUASH DRILLS

**Wednesdays | 4 – 5 p.m. | \$25**

**Saturdays | 11 a.m. – 12 noon | \$25**

These drills are for intermediate/advanced VSL players. To register, contact Barry for placement by 5 p.m., the previous day.

### JUNIOR SQUASH 2025

**Saturdays**

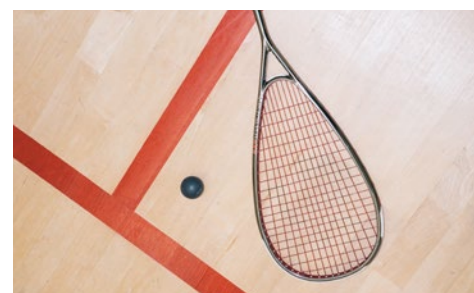
**January 11 – March 15, 2025**

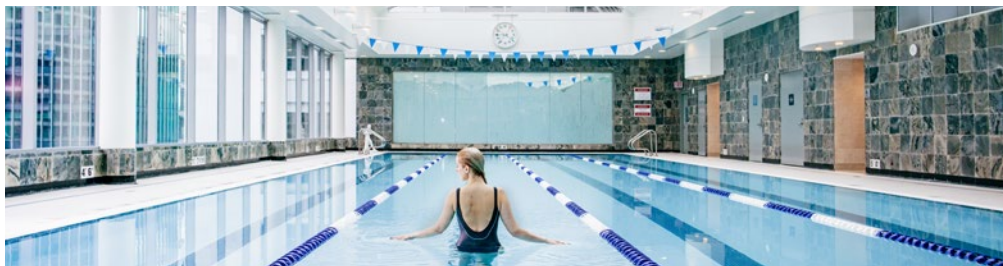
(9 weeks; no class February 17)

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

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

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





## GROUP CLASSES

### F.I.T. WITH ATHOS

**Mondays on Zoom** ■

**12 noon – 1 p.m.**

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

### VINYASA YOGA WITH CLARE

**Tuesdays, in person** ■

**6:30 – 7:30 a.m.**

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

### CORE CONDITIONING

#### WITH LEILA

**Tuesdays, on Zoom** ■

**12 noon – 1 p.m.**

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

### PILATES: STRENGTHEN

#### WITH ZORICA

**Wednesdays, on Zoom**

**7 – 8 a.m.** ■

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

### CARDIO KICKBOXING

#### WITH LEILA

**Wednesdays, in person** ■

**12 noon – 1 p.m.**

This fun, non-contact workout utilizes boxing

skills and drills to engage every muscle group in your body. Increase your cardio endurance, power and stamina.

### POWER FLOW YOGA

#### WITH RACHEL

**Thursdays, on Zoom** ■

**7 – 8 a.m.**

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

### TOTAL BODY STRENGTH

#### WITH LEILA

**Fridays, in person** ■

**12 noon – 1 p.m.**

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

## TRAIN

### SEASONAL PROMOTION: MILFIT PERSONAL TRAINING

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

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

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

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

### PRIVATE PILATES WITH ZORICA

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

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

Packages available: single, 5, 10, 20

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

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

### 45-DAY FITNESS CHALLENGE!

It's that time of the year again. Need a goal? The Fitness Centre is challenging members to commit to at least 45 workouts in 57 days over January and February.

Members can choose any type of exercise; cardio, weight-training squash, swimming, yoga or jog outside, as long as all the exercises takes place at the Club or on your travels.

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



DELICIOUS BUFFET · CRAFT STATION · DJ & DANCE FLOOR

PLUS! PROFESSIONAL PORTRAIT TO TAKE HOME

SATURDAY, FEBRUARY 8

5 – 8 p.m.

# *Enchanted Garden*

TCC ANNUAL

## *Father Daughter Gala*

