

TERMINAL CITY TIMES

SUMMER 2025 • VOL. 32 NO. 7/8



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

Looking for
Upcoming Events?
Our **Summer Calendar** is
on page 3.

holiday & modified hours

The Club, including the Fitness Centre, will be closed on the following statutory holidays: Tuesday, July 1 for Canada Day; Monday, August 4 for BC Day; and Monday, September 1 for Labour Day. The Lions Pub and Mink Chocolate Café will be open holiday hours.

On Tuesday, August 19, the Club – including Lions Pub and Mink Chocolate Café – will close at 4 p.m. to accommodate our annual summer staff party. Last call for food service will be at 2:30 p.m. Thank you for your understanding and support of this special event.

sound improvements ahead

The Grill will be receiving an acoustic treatment upgrade this summer to enhance the dining atmosphere. Dates will be announced soon. This work is expected to take one week. The Patio will remain open.

welcome to our newest members!




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

Mrs. Surinder Kaur Chinai
Mr. Stephen Davies
Mr. Benjamin Hayward
Mr. Richard Hughes
Mr. Victor Jang
Mr. Nam Lau
Ms. Courtney Lee
Mr. Zhixin Liang
Mr. Harsev Oshan
Ms. Lee Schofield
Mr. Daniel Vander Ster
Mr. Mehrdad Zargari

Contact

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

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

 terminalcityclub
 @tcclub
 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

Sunday – Wednesday 11 a.m. – 11 p.m.
Kitchen (Sun/Mon) 11 a.m. – 9 p.m. | snack menu until 10 p.m.
Kitchen (Tues/Wed) 11 a.m. – 10:30 p.m.

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

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

MINK CHOCOLATE CAFÉ

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



President's Letter SUMMER 2025

DEAR FELLOW MEMBERS,

Summer is here. The longer days invite us to linger, laugh, and make memories together—and this season, we've crafted the perfect lineup to help you do just that.

Patio season is officially on—and there's no better place to soak in the sunshine or catch a golden-hour sunset than from your favourite table with a chilled drink in hand. Whether it's a quiet escape after work or a lively dinner with friends, your Club's patio is summer's best seat in the city.

Speaking of dinner, we're making weeknights easier with our **Summer Express Buffet Series**. Think of it as your night off from cooking: all you have to do is stop in and fill your plate. With a rotating lineup of culinary themes—Mexico (yes, tacos!), Greece, India, and Italy—there's always something new to enjoy. Quick, easy, and delicious.

Saturday, July 5 is all about family fun. Join us for a **pancake breakfast**, then head into the **STEM Discovery Zone** where kids (and curious adults!) can build a bot, fly a drone, or navigate a maze challenge. Stick around for a casual **hot dog lunch** and make a day of it.

Later in the month, we bring the rhythm back with the return of **Latin Social Dance Night** on Friday, July 25. Whether you're a seasoned salsa dancer or just curious to try, this is your night to move, mingle, and enjoy the energy of the dance floor.

Be sure to save the dates for our signature longtable dinners, staged on our stunning Terrace Patio. This summer, we're setting the

scene for **Riviera**, with vibrant Spanish flavours and cutting-edge wines on Thursday, July 18, and member-favourite dinner-in-white, **Cena in Bianco**, now in our third year, on Friday, August 15. Get all dressed up for a romantic evening savouring beautiful dishes and divine wines with your friends and loved ones. Save your seat now; space is limited for these exclusive dining experiences.

Don't miss **TCC's Night Market** on Thursday, July 31, a fresh new way to spend a hot summer night, full of flavour, local finds, and laid-back fun.

Lastly, a note on community: We're growing, and you can help shape that growth. This season's **Member Referral Incentive** is a special one: if you refer one of the next 100 Resident or Corporate members to join our Club before September 12, choose from a suite of rewards – take a peek on page 2 for everything you need to know, including the fine print. It's a great way to share the Club with someone who would love it as much as you do.

Wherever your summer plans take you, I hope the Club remains a place of connection, comfort, and joy. I look forward to seeing you on the patio, at the buffet, or dancing under the stars.

Warm regards,

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

John Mackenzie
President, Terminal City Club

This Member Referral Incentive



is For You

You probably know someone who'd be a great fit for the Club—a client, friend, or colleague. Maybe they've mentioned joining. Maybe you meant to bring them in sometime. **Now's the time.**

SUMMER *Incentive*

New Resident or Corporate members who submit an application by September 12, 2025, are eligible to receive a \$600 welcome credit to kick off their membership!

If your referral is successfully balloted into the Club as a new Resident or Corporate member by September 12, 2025, choose your favourite from the following:

- **THE EASY WIN:** \$600 credit to your TCC account.
- **WELLNESS BOOST:** 5 personal training or squash sessions + 10 protein shakes + 8 Fitness Centre guest passes.
- **THE WORKS:** \$200 Grill gift card + \$100 Lions Pub gift card + \$100 Call Me Back gift card + \$50 Mink gift card + 10 Fitness Centre guest passes.
- **CASE IN POINT:** 24 bottles of TCC wine (six each of our sparkling, white, rosé, and red).
- **PARTY OF THE YEAR:** Four tickets to TCC's Annual Gala on Saturday, November 1, 2025.

HOW TO REFER:

- Make an **email introduction** to your membership team at joinus@tcclub.com.
- **Scan the QR code** and complete the Referral Form.
- Ensure your referral puts your name down on their **new member application form** where it says: "I was referred to TCC by:"

We'll take care of the rest!

Reach Alison Magill and Amanda Jun on your membership team at:

joinus@tcclub.com
604-488-8647



THE FINE PRINT

Offer valid only for the first 100 new Resident and Corporate members whose applications are received by September 12, 2025. Referral must be made via online form, by email to joinus@tcclub.com, or by listing the referring member's name under "I was referred to TCC by" on the application form. Welcome credit and referral gift are applied only after the new member is successfully balloted into Terminal City Club as a Resident or Corporate member. If the referral is not successful, no credit or gift will be issued. Members must be in good standing to qualify for the referral reward. Offer has no cash value; and cannot be transferred, redeemed for cash, or combined with any other promotion. Campaign ends on September 12, 2025.



94 DAYS OF SUMMER



JULY

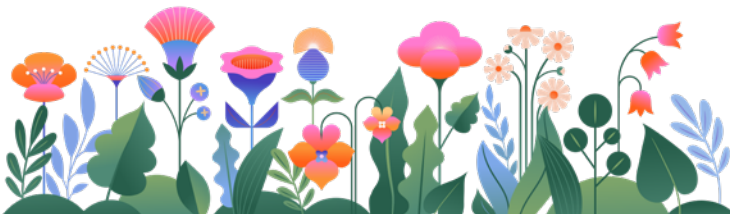
TUESDAY, JULY 1	Canada Day (Club Closed) <i>Lions Pub & Mink Chocolate Café open</i>
SATURDAY, JULY 5	Pancake Breakfast 🌸 Kids' STEM Discovery Zone 🌸 <i>Robots, micro-drones & maze challenges</i> Hot Dog Lunch
TUESDAY, JULY 8	🌸 Express Dinner Buffet: Mexico <i>Eat your fill of tacos!</i>
WEDNESDAY, JULY 9	○ Salon: Female Athlete Injury Prevention
SATURDAY, JULY 12	Latin Dance Class
WEDNESDAY, JULY 16	🎵 Members' Wine Tasting <i>Sparklers</i>
THURSDAY, JULY 17	Members' Networking Lunch
FRIDAY, JULY 18	★ Longtable Dinner: Riviera <i>An open-air celebration of Spanish cuisine, coastal wines, and good company</i>
TUESDAY, JULY 22	Express Dinner Buffet: Greece <i>A taste of the Aegean; no Odyssey required</i>
WEDNESDAY, JULY 23	Speed Tasting: Gin <i>Four gins & two snacks in a snappy hour</i>
THURSDAY, JULY 24	TCC Pool Tournament ○ Salon: The Evolving Solitude in Aging
FRIDAY, JULY 25	🎵 Latin Social Dance Night
TUESDAY, JULY 29	○ Salon: Screen-based iTech & our Brains ○ Discussion Group: Topic TBA
THURSDAY, JULY 31	TCC Night Market <i>Snack and sample your way through a lively lineup of vendors</i>

AUGUST

MONDAY, AUGUST 4	BC Day (Club Closed) <i>Lions Pub & Mink Chocolate Café open</i>
TUESDAY, AUGUST 5	Express Dinner Buffet: India <i>A celebration of spice</i>
THURSDAY, AUGUST 7	○ Salon: Topic to be Announced
SATURDAY, AUGUST 9	🌸 Family Movie Night
WEDNESDAY, AUGUST 13	Speed Tasting: Greek Wines <i>Four wines & two snacks in a snappy hour</i>
FRIDAY, AUGUST 15	★ Longtable Dinner: Cena in Bianco <i>Don your finest whites for an unforgettable evening of elegant dining and crisp wines shared with your favourite people</i>
WEDNESDAY, AUGUST 20	🎵 Members' Wine Tasting <i>Natural Born Thrillers</i>
THURSDAY, AUGUST 21	Members' Networking Lunch ○ Wine Club: Quarterly Tasting
MONDAY, AUGUST 25	Business & Community <i>Summer Business Social Networking</i>
TUESDAY, AUGUST 26	Express Dinner Buffet: Italy <i>La dolce vita</i>

FALL AT A GLANCE

WEDNESDAY, SEPTEMBER 17	🎵 Members' Wine Tasting <i>Drink Outside the Box 4.0</i>
FRIDAY, SEPTEMBER 19	🎵 Duelling Pianos <i>Two pianists, one stage, and crowd-fuelled fun</i>
FRIDAY, SEPTEMBER 26	Brunello Winemaker Dinner: San Polo Montalcino <i>An exclusive evening of fine wine and exceptional company</i>
SATURDAY, NOVEMBER 1	★ Annual Gala <i>The party of the year</i>



TO REGISTER

For more information, contact us!

ONLINE at Member Central | EMAIL: concierge@tccclub.com
CALL: 604 681 4121 | TEXT: 604 200 2279

- ★ TCC Signature event
- Member-led discussion group
- 🎵 Live music
- 🌸 Family-friendly programming

Dining AT THE CLUB

dress code: no fly zone

The Club – with the exception of the Fitness Centre – has a minimum dress code of **smart casual**. Since interpretations vary, we've outlined what *isn't* acceptable, rather than define every detail.



VISUAL GUIDE

The following is **not permitted, regardless of value**:

- ✗ graphic t-shirts & sweaters
- ✗ ripped or distressed denim
- ✗ gym & workout attire (permitted in the Fitness Centre only)
- ✗ flip-flops, slides, sandals, and plastic footwear
- ✗ scuffed or dirty looking footwear
- ✗ baseball caps & toques (permitted on the patio only)

The following is **permitted and encouraged**:

- ✓ collared shirts
- ✓ plain unbranded t-shirts & sweaters
- ✓ blazers
- ✓ slacks or tailored pants
- ✓ solid coloured denim



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, **Christos Kalaitzis**.

HAPPY HOUR

~ weekdays, 2-5 p.m. ~

Embrace summer with these terrific drink specials!

\$99 CHAMPAGNES

Henriot Brut Souverain NV
 Drappier Carte d'or Brut NV
 Moutard Père et Fils Grande Réserve
 Champ Persin Côte des Bar Brut NV
 Ployez-Jacquemart Extra Brut NV
 Lanson Green Label Bio-Organic Brut NV
 Palmer & Co. Brut Reserve NV

\$5 - ALL DRAFT PINTS

DOLLAR AN OUNCE WINES

\$6 for 6 oz. | \$9 for 9 oz. | Red & White Wine

\$9 - COCKTAILS

WHITE SANGRIA: **Fruity by Nature** ^{6 OZ.}
Hibiscus-infused Captain Morgan white rum, St. Germain, raspberry syrup, pineapple, white wine, fresh orange & strawberry

RED SANGRIA: **Crushed Velvet** ^{6 OZ.}
Disaronno, Grand Marnier, passionfruit syrup, pineapple, red wine, fresh orange & strawberry

SUMMER COCKTAIL: **Lavender Haze** ^{2 OZ.}
Empress gin, St. Germain, lemon juice, lavender syrup



koolfest - the chill side of summer

Mink is participating in the city's first ever Koolfest, by the creators of the Hot Chocolate Festival. From July 19 to August 10, watch out for a new iced feature designed to beat the heat every week at Mink.



new! wine specials to pair with sunday's prime rib dinner

Our prime rib special – available every Sunday from 5 – 9 p.m. in the Grill – is a long-standing favourite with members. Now, we've added wine features at irresistible prices to pair with your dinner.

SLOW ROASTED PRIME RIB

seasonal vegetables, creamy whipped potato, yorkshire pudding, au jus
\$40 plus tax & service charge

KIDS' PRIME RIB DINNER

thin sliced prime rib stuffed in a yorkshire pudding, seasonal vegetables, creamy whipped potato, fresh fruit cup or vegetable sticks with ranch dip, vanilla ice cream with chocolate or caramel sauce
\$15 plus tax & service charge (kids 10 and under)

FEATURED WINES BY THE BOTTLE

Koerner Classico 20 Cabernet Sauvignon/Malbec 2020
Clare Valley, South Australia
~~\$102~~ \$65

Mission Hill Compendium 2016 – Okanagan Valley, BC
~~\$120~~ \$85

Colomé Estate Malbec 2021 – Salta, Argentina
~~\$88~~ \$54

Château Pesquié Silica 2018 – Ventoux, France
~~\$99~~ \$62

Il Marroneto Brunello di Montalcino 2019 – Tuscany, Italy
~~\$212~~ 160

López de Heredia Viña Tondonia Rioja Reserva 2011 – Rioja, Spain
~~\$116~~ \$80

Dining AT THE CLUB

July Live Music

6 – 9 P.M. IN THE MEMBERS' LOUNGE

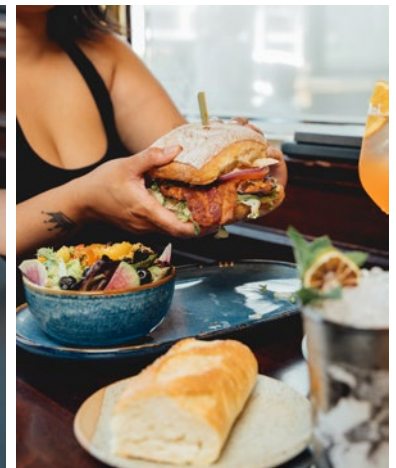


Thurs 3
Fri 4
Sat 5
Thurs 10
Fri 11
Sat 12

David Capper
Nickolaj
Dave Paterson
Sasha Veregin
David Capper
Dave Paterson

Thurs 17
Fri 18
Sat 19
Thurs 24
Fri 25
Sat 26

Jim Kwan
Dave Paterson
Luc LeMans
Luc LeMans
David Capper
David Capper



leisurely lunch at lions pub

If you can snag a spot on the pub patio, try the trio of thirst-quenching sangrias available!

Have you tried our **Plougman's Platter** yet? With a selection of British cheeses (Shropshire Blue, Cheddar and Red Leicester), locally made Le Petit Chapeau artisan terrine, Branston Pickle, our house made beer nuts, piccalilli, pickled eggs and toasted baguette, it's our current obsession. Pair it with a glass (or bottle!) of local BC wine and you'll be in heaven.

SUMMER EXPRESS BUFFETS



Take a night off making dinner.
Come and fill your plate!

5:15 – 8 p.m.

Adults: \$60 plus tax & service charge
Kids (4 – 12): \$30 plus tax & service charge

MEXICO

- TUESDAY, JULY 8 -

COLD

Guacamole

Tomato, jalapeno, green onion

Chop Salad, romaine, cherry tomato,
cucumber, white onion, avocado, cilantro
lime dressing, tajin fried tortilla crumb

Street Corn Salad, charred corn, jalapeno,
bell pepper, cilantro, cojita

HOT

Soft flour Tortillas

Corn Tostadas

Butter Lettuce Cups

Achiote Pineapple
Overnight Braised Pork Leg

Corn Crusted Snapper

Crispy Fried Cauliflower

Rice & Black Beans

SWEET

Churros, warm chocolate sauce
Fruit Platter, watermelon, mango, papaya



Greece

- TUESDAY, JULY 22 -

COLD

Grilled Pita, tzatziki & salmon taramasalata

Maroulosalata, romaine, butter lettuce,
watercress, dill, mint, parsley, red wine
vinaigrette, fried capers

Greek Salad, bell peppers, cucumber,
red onion, romaine, kalamata olives,
lemon oregano dressing

HOT

Anchovy Herb Roast Lamb Shoulder

Cretan Spiced Tuna, warm bulgar salad

Tiropita, greek cheese pie with feta,
kefalotyri, kefalograviera, ricotta, filo,
arugula artichoke salad, dill dressing

Saffron Tomato Orzo

Grilled Beans & Summer Squash,
mint, yogurt

SWEET

Baklava
Loukoumades, warm honey
Fruit Platter



India

- TUESDAY, AUGUST 5 -

Save the date for this celebration of spice!

Menu coming soon!

Italy

- TUESDAY, AUGUST 26 -

Menu coming soon!



Signature Experiences

Longtable Dining



RIVIERA

FRIDAY, JULY 18 | 6 p.m.

Join us for a sensory journey to the Costa del Sol where the food is sultry and the wines are scintillating. This is Spain's Riviera, and TCC's chefs revere the bounty of its Mediterranean coastline. Bring your dancing shoes!

CANAPES

Artichoke & Feta, cherry tomato
Red Wine-braised chorizo, anise
Fig & Ham Toastie

Pork Trotter Croquettes

manzanilla olive aioli, white anchovy

Watermelon & Tomato Gazpacho

dungeness crab, grapes, pickled fresno chili

Pollo Al Ajillo

side stripe shrimp stuffed chicken thigh,
white romesco, eggplant, ajillo sauce

Flan de Naranja

6 p.m. Reception; 6:45 p.m. Dinner

\$165 plus tax and service charge

+\$40 wine or non-alcoholic pairings (optional)

Save your seat today. Register on Member Central.

CENA IN BIANCO

FRIDAY, AUGUST 15 | 6 p.m.

Dress in your finest whites (think linens, silks, dresses, and sophisticated suits) for TCC's third annual Dinner in White. Let our team transport you to Italy on this magnificent summer evening. After dinner, continue the festivities with a dance party under the stars.

RICEVIMENTO DI ANTIPASTI

Grilled Octopus Spiedini, black olive, saffron aioli
Black Truffle Arancini, aged balsamic
Negroni Compressed Watermelon, lonzino, whipped ricotta, basil gel

Insalata di Solstedt Off Grid Farm

tomatoes, plums, basil, pursulane, burrata, black garlic dressing

Carbonara di Fagioli Estivi

ashala's beans, house-made north arm farm pancetta,
pecorino romano, 63° egg, soft summer herb & squash salad

Cervo Arrosto alle Ciliegie

cherry-glazed leg, venison sweet pepper ragu, ricotta gnudi,
charred onion, pickled garlic scape, cherry jus

Formaggi

parmigiano reggiano, gorgonzola dolce,
apricot mostarda, grilled ciabatta

Sfogliatelle

hand-rolled flaky pastry, ricotta & semolina filling, stone fruit jam

Club EVENTS



RESET HOUR

Sacred Sound Journeys

5:30 – 6:30 p.m.

\$22 plus tax

No previous experience necessary;

**A minimum of 10 participants are required to run*

Great Pyramid of Giza

MONDAY, JULY 7

This immersive experience includes a short visual talk from Denise's visit to the Giza Plateau, followed by a guided meditation and gong bath inside the energetic heart of the Great Pyramid. Leave feeling grounded, inspired, and more connected to yourself and the world.

Glastonbury

MONDAY, AUGUST 11

Travel in guided meditation through the vibrational gardens of the Chalice Well and ascend Glastonbury Tor, a portal of transformation and connection. Align with elemental forces and let the crystalline tones of the singing bowls ground and renew your energy field.

Please bring anything that will help you feel comfortable while seated or lying down. Members are welcome to bring guests to the sessions.



DANCE LESSONS

Latin Dance Class

SATURDAY, JULY 12

5:30 – 6:30 p.m.

\$20 plus tax & service charge per person, OR \$30 plus tax & service charge per couple

Get a step ahead; come solidify your moves and learn some new ones in preparation for our next Latin Dance Social Night!

Beginners are more than welcome. Shaka is back to teach a one-hour intensive Latin dance class.

Shaka is a three-time World Dance Champion in Salsa & Bachata and Cirque du Soleil artist.



SIP, MEET & MINGLE

Members' Wine Tasting: Sparkling

WEDNESDAY, JULY 16

5 – 6:30 p.m.

\$10 plus tax & service charge

**Registration is mandatory as space is limited.*

Sample a suite of special wines and enjoy live music. Bring a friend or fly solo and enjoy this wonderful opportunity to meet and mingle with other members and guests.

Winemaker's Cut Madama Butterfly Sparkling Rose 2021 - Okanagan Valley, BC

Terravista Proyecto Terruño Sparkling Albariño 2024 - Clarksburg, California

Fitapreta Vinhos Sexy Blanc de Noir NV - Alentejo, Portugal
Francesc Ricart Cava Brut NV - Penedès, Spain

Domaine Rolet Crémant du Jura Blanc Brut NV - Jura, France

Champagne Moutard Père et Fils Grande Cuvée Brut NV - Champagne, France



MEMBERS ONLY

Members' Networking Lunch

THURSDAY, JULY 17

12 noon – 1:30 p.m.

Complimentary event with the purchase of lunch à la carte.

Connect with fellow members over lunch. Whether you're an entrepreneur, executive, or business professional, this is a great opportunity to expand your network, exchange ideas, and build valuable relationships in a relaxed and convivial setting. Meet and learn from other members representing diverse industries or make a new friend!

Seating at the Members' Networking Lunch will be at one communal table or two tables depending on the number of attendees.

Upcoming date:
Thursday, August 21

Club EVENTS



MINI MASTERCLASS

Speed Tasting

5:30 p.m. doors open
6 – 7 p.m. session

\$60 plus tax & service charge
**Option to pre-order a charcuterie platter*

Four wines or spirits, two snacks, and lots of learning – all in 60 speedy minutes!

Gin

WEDNESDAY, JULY 23

Gin is one of the world's most complex spirits, made around the globe and flavoured with an exciting array of botanical, fruits, flowers, vegetables and berries. Come and learn what's in gin beyond all that juniper!

Greece

WEDNESDAY, AUGUST 13

One of the ancient crucibles of wine, Greece has 150,000 hectares of vines compared to BC's 6,000! Astonishing modern Greek wine has hit the shelves with the new generation of winemakers working tirelessly to express a unique climate and terroir. What's old is new again, and we all need to know!



GAME NIGHT

Pool Tournament

THURSDAY, JULY 24
7 p.m.

Complimentary event;
Participant registration required

Take part in a fast-paced pool tournament, or pop by as a spectator!

16 players will face off in single-elimination. Competitors will play 8-Ball under classic Vegas rules. Register on Member Central or contact Events Coordinator Thea Rawjee at trawjee@tclub.com for more information.

This pool tournament will be run by **Simon Pickering**, of West Coast Billiards. Simon is a professional pool player, currently ranked #2 in BC and #16 in Canada. He has participated as a seeded player in the US Open, competed in the Masters and World Championships, and cashed in them all.



DANCE SOCIAL

Latin Social Dance Night

FRIDAY, JULY 25

Doors: 7:45 p.m.

Dance Instruction: 8 p.m.

Dance Social: from 8:30 p.m.

\$22 plus tax & service charge

Back by popular demand!

Latin Social Dance Night returns for another evening of rhythm, movement, and great company.

Whether you're an experienced dancer or just want to have fun, this night is for everyone. No partner required!

The night kicks off with Latin dance instruction, led by Shaka Dancer, a three-time World Dance Champion in Salsa & Bachata and Cirque du Soleil artist. Then, we'll dance the night away with our new moves to the best Latin-fusion beats spun by a DJ.



FUN NIGHT OUT

TCC Night Market

THURSDAY, JULY 31

5:30 – 8 p.m.

\$25 plus tax & service charge
(includes 5 tokens); additional
tokens are available for purchase

Step into a lively night market experience filled with tasty eats, refreshing drinks, and fun 'n games!

Begin your adventure with five tokens to spend at vibrant food and beverage stations; bounce from sizzling selections and quick-serve favourites, to a tempting dessert stop. Try your luck at some fun carnival-style games. Rumor has it the ping pong table will be out!

Additional tokens are available for \$5 plus tax & service charge.

Member-led EVENTS



DISCUSSION GROUP

First Nations Business

TUESDAY, JULY 29

7:15 – 9 p.m. in Cuvée

Member organizer:

John McCarter,

john@triadforestproducts.com

*Complimentary event;
Registration is mandatory as
space is limited.*

All sorts of questions are consistently raised in the media and politics about the meaning of First Nations engagement.

At this Discussion Group, hear a story about what a successful First Nations business looks like. The conversation will be led by **Mic Werstuik**, CEO of Ntiyix Development Corp., a First Nations company with a growing and sustainable portfolio of diversified strategic assets. The company's motto is *Innovation. Vision. Sustainability.* Mic is a Westbank First Nations member. He has 30 years of experience in all aspects of forestry and natural resource management.



BUSINESS & COMMUNITY

Summer Business Social Networking

MONDAY, AUGUST 25

6 – 7:30 p.m. in Cuvée

Member organizer: Ellen Kief,

ekief@kiefllaw.com

*Complimentary event;
Registration is mandatory as
space is limited.*

Join your fellow TCC members, community leaders, and guests for an engaging member-led business networking evening.

TCC business colleagues and guests will share their practice areas for outreach and resources. Come share your talent with our community. Guests are welcome to join in.

JULY SALONS

Member organizer: Victor Chan

Salons are complimentary with the purchase of dinner à la carte from the Grill. Registration is mandatory as space is limited. Late cancellations and no-shows will incur a \$20 fee.

FEMALE ATHLETE INJURY PREVENTION

Wednesday, July 9 | 6 – 9 p.m.

Dr. Jackie Whittaker, Associate Professor at UBC and an expert in musculoskeletal rehabilitation, discusses Female Athlete Injury Prevention (FAIR), the International Olympic Committee's evidence-based strategies for women. FAIR addresses female-specific injury risks like ACL tears due to hormonal and biomechanical differences, helping women train safer at every stage of life. Whether you run, lift, or practice yoga, FAIR empowers you to reduce injuries and improve performance.

THE EVOLVING ROLE OF SOLITUDE IN AGING

Thursday, July 24 | 6 – 9 p.m.

As we age, solitude plays a complex role shaped by shrinking social circles, health, and shifting priorities. Older adults spend more time alone but often feel less lonely because they choose solitude for autonomy, restoration, and meaning. Still, strong social ties remain vital for well-being and longevity. Throughout life, solitude supports identity, reflection, and peace. **Dr. Theresa Pauly** is an Assistant Professor at SFU and Canada Research Chair in Social Relationships, Health, and Aging, examining how everyday social experiences shape health.

SCREEN-BASED I-TECH AND OUR BRAINS

Tuesday, July 29 | 6 – 9 p.m.

Clinician and author of *i-Minds*, **Dr. Mari Swingle**, will lead a discussion about screen-based interactive technologies and their impact on our brains, behavior, and well-being. Drawing on research since the 1990s, her award-winning work explores how constant connectivity rewires our minds — and what we can do about it. Dr. Swingle shares practical, evidence-backed strategies to balance technology use and support mental health.

plan your visit, dine with us
MAKE A RESERVATION RESERVE@TCCUB.COM

ENTERTAIN IN *STYLE*

Summer Party Package



Receive one complimentary drink per person for bookings scheduled July & August 2025.

*Offer valid on new bookings only.

\$53

\$58 PER PERSON PLUS TAX, MINIMUM 20 PEOPLE

Passed Hors d'Oeuvres, chef's choice (3 selections)

Cheese & Charcuterie Platter with breads & lavash

Market Fresh Vegetable Crudités, house ranch dip

Fried Artichokes, sweet chili sauce

Turmeric Roast Cauliflower, hummus, feta, caramelized onions, raisins, pepitas, crispy kale

BOOK YOUR PARTY OR INQUIRE ABOUT MORE OPTIONS

catering@tcclub.com

Bespoke Dining & Curated Menus



BOOK YOUR NEXT INTIMATE DINING EXPERIENCE

reserve@tcclub.com



Host your nearest and dearest, VIP clients, or top performers at Call Me Back.

Scan the QR code for reservation or information requests. We'll call you back.



Terminal City Club

Annual Gala



WATCH FOR THE SIGNAL
The night the clocks fall back.

Saturday, November 1



WINEMAKER'S DINNER

San Polo Montalcino from Brunello, Tuscany

FRIDAY, SEPTEMBER 26

6 p.m. Reception

6:30 p.m. Dinner

\$210 plus tax & service charge

Few places on earth are more beautiful than the hilltop town of Montalcino, the crowning glory of Tuscany. San Polo Montalcino is a remarkable organic estate globally admired for polished, potent versions of sangiovese.

Join Wine Director DJ Kearney as she welcomes the San Polo's brand ambassador to our Club, who will guide us through a comparative tasting of library vintages of Brunello di Montalcino, paired with an elegant dinner.

Executive Chef Dan Creyke goes back to his culinary roots (did you know he lived in Italy for three years?) to bring soulful Tuscan cuisine to the table. It's a dreamy Italian evening not to be missed.

Liquid Assets

CURATED BY DJ KEARNEY



1 BHILAR ALAVESA BLANCO 2022
RIOJA, SPAIN \$55

This distinctive white blends white garnacha with viura (also known as macabeo) grown in biodynamically farmed vineyards in the Rioja region. Most of the wines from Rioja are handsome reds, but expressive whites are a specialty here too. Winemaker David Sampedro uses a horse and plow to cultivate his vines, then ages the wine for a year in various French oak vats. Fermented on the skins, this cuvée shows baked apples and pears with waxy, leesy mid-palate lift and a limestone-y saline mineral finish. A wine for the dinner table, try with halibut and romesco sauce.

2 STÉPHANE AVIRON JULIENAS 2021
BEAUJOLAIS, FRANCE \$55

From the genius farmer/winemaker hands of Stéphane Aviron this wine represents the cru village called Julienas named for Julius Caesar (this wine region was founded during his reign in 100-44 BCE) and situated propitiously on the granite hill of Beaujolais. There are 10 contiguous cru villages here, and each makes distinctive versions of the gamay grape. Julienas yields wines with appetizing spice and dark fruit that are heartier than most cru villages. Stéphane's 45 year old vines offer up raspberry fruit, glossy moderate tannins and long glinting mineral finish. A quintessential wine of summer, pop in the fridge for 20 minutes before opening.

3 DOMAINE DES MARRANS 'CLOS DU PAPILLON' CRU BEAUJOLAIS FLEURIE 2021
BEAUJOLAIS, FRANCE \$69

Fleurie is a cru village beloved for wines that are floral and delicate with silky tannins and notable mineral structure. The terroir in Fleurie is special, defined by pink feldspar granite and high elevation. A much-admired house, Marrans owns the organically farmed old bush vines in the single vineyard of Clos du Pavillon. Fragrant with a swirl of sweet and savoury, raspberry and strawberry fruit mingle with iodine and dark stones. The palate is long, lean and elegant, with the fruits and flowers sitting centre stage. Traditionally made with semi-carbonic fermentation and a year in neutral oak barrels, give this lots of air in a large glass to unlock its violet perfume.

4 MICHEL GUIGNIER 'CANON' CRU BEAUJOLAIS MORGON 2022
BEAUJOLAIS, FRANCE \$87

If we were to rank the ten Beaujolais cru villages in terms of power and ageability, Morgon shares the top (along with Moulin-à-Vent). There's a potency and density of fruit that always appears in Morgon. Michel Guignier is devoted to regenerative agriculture and used his mare Rosie to cultivate his vines. Organically and biodynamically farmed since 2006, the 70 year old vines bring all their wisdom and intensity to bear in this bottle. Minimally handled and left to rest for a year in old oak, this Morgon has swashbuckling black fruit, soaring acidity and bold tannins (for gamay!) and is deserving of a prime cut of beef.

UPCOMING MEMBERS' WINE TASTINGS

Wednesday, July 16 • Sparklers

Wednesday, August 20 • Natural Born Thrillers

Wednesday, September 17 • Drink Outside the Box 4.0

WINE CLUB

Thursday, August 21 • Quarterly Wine Club 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. 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.

Have You Heard? CLUB NEWS



Kenneth Armstrong, K.C., is the 2025 winner of the Louis St-Laurent Award, the CBA's highest honour. The award recognizes a lifetime of outstanding service and professional achievement to the benefit of the legal profession, the CBA, and society at large.

Congratulations to **Dr. Denise Levine** on completing her Ph.D. in Metaphysical Sciences. With over 25 years of experience, she empowers others through mindfulness and energy healing. She is currently expanding her wellness education business, Magical Pathway, offering tailored experiences in guided meditation and transformational practices for groups and organizations. She is passionate about making mindfulness accessible through workshops, outreach, and online platforms.



DO YOU HAVE NEWS YOU'D LIKE TO SHARE?

Celebrating an engagement, wedding, or new addition to your family? Recently started a new role, joined a Board, or authored a novel? Did you or a fellow member win an award?
Submit your announcement to: joinus@tclub.com.



Congratulations to **Zack Bhatia**, who was recently awarded the Queen Diamond Jubilee Medal for his corporate leadership and contributions to the community.

Zack is a prominent real estate developer, hotelier and philanthropist with a deep commitment to education and community development. Beyond his business success, Zack is a dedicated advocate for higher education. He served on Capilano University's Board of Governors from 2013–15 and generously supported CapU's new Fulmer Family Centre for Childhood Studies, helping to create a cutting-edge facility for early childhood education.

Congratulations to **Gus Tsiakos** in the Fitness Centre, who recently achieved 25 years of service at TCC! Members appreciate Gus's welcome and ready smile, as well as his encyclopedic sports knowledge.

TCC PARTNERSHIP WITH
 **TELUS** Health
Care Centres

STAY ACTIVE, STAY HEALTHY

As the golden days of summer approach, there's no better time to invest in your wellbeing. TELUS Health's Preventive Health Assessment (PHA) offers a comprehensive approach to ensuring your summer adventures remain uninterrupted by unexpected health concerns.

Think of it as your body's summer preparation plan. Whether you're planning to hit the hiking trails, dive into beach volleyball matches, or simply bask in the season's natural glory, understanding your health status is the first step toward an active and enjoyable summer.

The PHA program stands out with its four key benefits:

- Early detection capabilities that catch potential health issues when they're most manageable
- Creation of a personalized health baseline for long-term monitoring
- Access to expert medical guidance tailored to your individual needs
- Peace of mind as you embrace the active summer season

What sets this assessment apart is its comprehensive approach: combining in-depth testing



with personalized insights and professional guidance. It's not just about identifying potential health concerns – it's about empowering you with the knowledge and tools to maintain an energized, healthy lifestyle throughout the summer and beyond.

Ready to take the first step toward a more vibrant summer? Book your Preventive Health Assessment today and embrace the season with confidence.

TCC members can access exclusive benefits, including: \$400 off any Preventive Health Assessment package (excluding the LifePlus program) and 10% off any Precision Health package. To learn more, contact us here:



Member of the Month

Dave Fenn



In 1983, fresh out of UBC with a degree in political science, Dave Fenn decided to become a public policy professional, so he went to UVic and got his Master's in public administration. He later attended university in France, where he met his wife, Deborah. A life in Ottawa lay ahead. "I worked for a while with the federal Treasury Board during the mid-1980s privatization era. There was a lot going on and my main file was looking at new ways of assisting small business, as an alternative to the Federal Business Development Bank. It was interesting but the scope of bureaucracy was an eye-opener."

Realizing Ottawa might not be the right fit, Dave relocated to Victoria in 1987 and opened a management consulting business specializing in public policy. In Victoria, he worked for a variety of provincial ministries, and in the early 1990s he worked for the federal cabinet office in Vancouver with Minister David Anderson, under the Liberals. "There were some interesting projects, from a new national strategy on ocean research, to facilitating economic development and infrastructure initiatives in the west."

During these hectic times, he also crossed paths with some locals in Victoria who appreciated the importance of a good beer. "In the early 1990s, one of the great things about Victoria was that it had a strong British expat community who loved beer. I got involved as a volunteer with their brew festivals. That was when I discovered craft beer. I really enjoyed that experience. It got me interested in doing something in the brewing industry."

In 1996, Dave opened the Howe Sound Inn & Brewing Company with his family and partner Steve Shard in the town of Squamish. Their first brewer was the legendary John Mitchell, who lived in Horseshoe Bay, and was considered the father of craft brewing in Canada.

At this time, Squamish was a community in transition, moving from a resource-based

economy to an economy built on emerging industries like tourism and recreation. However, even with considerable experience in public policy Dave found working with British Columbia's arcane liquor laws proved a formidable challenge.

"Getting the brewery built, getting laws modified to allow you to do things such as distribute beer — it was a lot of work with the province and a lot of work with the locals. We picked Squamish at the time because it had a master plan to look something like Granville Island ... I just wanted to serve some beer as the town transitioned, but for years it often felt like few businesses in town were genuinely pushing toward this new vision."

When a proposal was before council in 1998 for the construction of a wood chip plant, directly across from the brewpub and the downtown waterfront, Dave and other like-minded entrepreneurs in the area wondered if the master plan would ever be realized. "That was tough on me personally. These were good guys wanting to build the plant. They were regulars in the pub, but the proposal flew in the face of the downtown revitalization plan, and the project was eventually abandoned. It was such a volatile time for Squamish."

In 2002, after buying out his partner, Dave and three other progressives in the community ran as a slate on the municipal election ballot. They were elected, and immediately began to facilitate the change that was promised. They got the UBC School of Planning involved and expanded the local planning department. They worked with the Fraser Basin Council and got the community more involved in moving toward a more sustainable future for the community. "Change happened really fast during the three years we were in office. One of the biggest successes was that we were able to negotiate ownership of the downtown waterfront for the District of Squamish for \$1. Premier Gordon Campbell helped facilitate this at the time. It was previously under the hands of BC Rail Properties who had an

industrial plan for the waterfront lands. This really provided a path for new development in the town."

After 25 years of dealing with politics, as well as building strong relationships in the community, Dave sold the Howe Sound Brewing & Inn Company in 2020. He didn't fully leave the industry, however. Today he is the owner/operator of R&B Brewing at 4th and Quebec in Vancouver, another one of the original breweries in the local craft beer scene, dating back to 1997.

As a pioneer of craft brewing in British Columbia, Dave looks back on his time in Squamish wistfully, but also with the memory of it being a tremendous amount of work. "What I underestimated was the toll it would take emotionally, physically, financially ... I was in my 30s when I started and fully capable of dealing with problems successfully, but I never appreciated what my work was putting others through — like my wife Deborah and our two boys, who all worked in the business. All my family, my brother and sister, in-laws, and original partner were so instrumental in bringing the project to fruition." When asked what he is most proud of though, Dave says it is his sons and their accomplishments.

Dave became a member of TCC in 2015. Deborah, an avid swimmer, was enticed to join the Club just for the pool. Dave was looking to continue playing squash after his soccer-playing days, so he was interested in the Club's courts and active squash membership. Recently, Squash BC gave Dave the prestigious President's Award for his contributions to the sport. "That award tells me how much squash players like drinking beer, because it wasn't for my playing!" 🍺

WEEKDAYS
WEEKENDS

HOURS

6 a.m. – 10 p.m.
7 a.m. – 8 p.m.

See inside front cover for holiday closures and modified hours.

POOL

ADULT-ONLY SWIM TIME

WEEKDAYS 6 – 9 a.m.
WEEKENDS 7 – 9 a.m.

SQUASH

SQUASH COURT BOOKINGS

Squash court bookings are available through sportyhq.com. New users: contact the Fitness Centre to register.

RACQUET RE-STRINGING

Strings can lose tension over six to eight months; improve your shots with a new re-string. 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

NEW! SIGN IN PROCEDURE

We've simplified the sign-in process for members; now, simply **fob in** at the Fitness Centre, instead of filling in the sign-in sheet.

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.

*No classes from May 14 – June 11. Sessions resume June 18.



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

SQUASH LESSONS

Try a private or partner lesson on Tuesday, Wednesday, Thursday, or Saturday (other days upon request). Junior lessons are also available.

Coach Barry Gifford is a seasoned squash professional with over 30 years of experience. Junior or partner lessons and group sessions also available upon request.

SUMMER SQUASH LEAGUE FINALS

Monday, July 7 | 5 – 7 p.m.

Catch the action! Post-match refreshments always follow.

FREE BEGINNERS CLINIC

Wednesday, July 9 | 5 – 6 p.m.

Learn the basics in a fun environment! Please register by calling the Fitness Centre prior to 8 p.m. on Monday, June 9.

SQUASH SOCIAL

Thursdays | 4 – 6 p.m.

This is a great opportunity for people who enjoy playing socially. Come out for a hit! Post-game refreshments follow at Lions Pub.

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.

SWIM

SWIM COACH **JOHN RYAN**:
Contact Doreen:

john@swimminginvancouverbc.com

99KM SWIM CHALLENGE

Take the plunge! Go the distance this summer with our annual 99km Swim Challenge. Can you do 1,980 laps in three months? Sign up at the Fitness Centre today. The challenge starts August 1.

KIDS' GROUP SWIM LESSONS

Kids' group lessons take a break over summer and will resume in the fall. In the interim, private training is available.

PRIVATE LESSONS

Private lessons with John Ryan are available to members of all ages and skill levels. Lessons with John focus on improving technique, boosting endurance, and developing confidence and ease in the water. John is a skilled coach with more than 20 years of experience.



TRAIN

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.

Inquire at the Fitness Centre front desk.

*No classes from May 14 – June 11.

PERSONAL TRAINING WITH MILFIT

Research shows that one-on-one personal training is one of the safest and most effective ways to reach your goals. MilFit Personal Training offers private sessions tailored to you, ensuring every workout supports your unique needs.

Whether you're new to fitness or an experienced athlete, our certified trainers design customized programs to help you build strength, boost energy, and improve wellbeing – all while minimizing injury risk and maximizing results. Contact **Milwina Guzman** at 604-716-8927 or by emailing milwina@milfit.ca for more information.

1892



2025

CALL ME BACK

Your next drink is calling...

Find it, Tuesdays through
Saturdays, 5 p.m. until late,
behind the red phone booth
at Lions Pub.

