

TERMINAL CITY TIMES

JULY 2019 • VOL. 26 NO.7






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

TERMINAL CITY CLUB

837 West Hastings Street
Vancouver, British Columbia
V6C 1B6
CANADA

Telephone : 604 681 4121
tcclub.com

 terminalcityclub
 @tcclub
 Terminal City Club

CONTACT US

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

CLUB HOURS

FRONT DESK

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

FITNESS CENTRE

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

Adult swim:

Monday – Friday : 7 – 9 a.m. & 4 – 6 p.m.
Saturday & Sunday : 8 – 10 a.m.

Patio service:

Monday – Friday : 3:30 – 9 p.m.

THE GRILL

Breakfast, Lunch & Dinner
Monday – Friday : 7 a.m. – 9 p.m.
Brunch & Dinner
Saturday & Sunday : 9 a.m. – 9 p.m.

1892

Lunch
Monday – Friday : 11:30 a.m. – 2:30 p.m.
Saturday & Sunday : Closed

CUVÉE

Monday – Friday : 11:30 a.m. – 10 p.m.
Saturday & Sunday : Closed

LIONS PUB

Monday – Friday : 11 a.m. – 12 midnight
Saturday : 11 a.m. – 12 midnight
Sunday : 11 a.m. – 10 p.m.

CANADA DAY CLUB HOURS

Monday, July 1

Club: Closed

Lions Pub Canada Day Celebration:
11 a.m. – 10 p.m.



NEW MEMBERS

Welcome to our new members!

Dale Dergousoff	Cameron McCarthy
Brock Dykeman	Victoria McCarthy
Ryan Goodman	Rebecca Smart
Wood Griffiths	Stephen Smart
J. Richard Hoy	Samuel Vincent
Jane Macdonald	

PLATINUM CLUB BESPOKE EXPERIENCES

With TCC's Platinum Club status, bespoke brand experiences are now available to members. Explore the private world of iconic luxury brands and immerse yourself in the culture of historic destinations across Europe. Members will also have the exclusive opportunity to dine at Michelin-starred restaurants, meet with brand executives and shop made-to-order products by brand artisans and craftsmen.

September 1 – 7: Fendi

Rome and Forli

September 4 – 11: Salvatore Ferragamo

Florence and Tuscany

September 8 – 14: Louis Vuitton

Paris

September 29 – October 6:

Bottega Veneta

Milan, Venice, and Florence

October 6 – 13: YvesSaintLaurent

Paris and Marrakesh

Limited to 12 guests per experience. Please contact Katie Warner at experiences@platinumclubnet.com or 713 591 7983 for details.

GUEST POLICY

We invite you to share your Club experience with family, friends, clients, and coworkers. There is no limit to the number of guests you can bring to the Club, or restriction on how often, however, if you are planning to bring a large group to the Club please ensure that you have made a reservation or booked a private function space through our Catering department. Member's guests are required to be with the member at all times and comply with House Rules.

CLUB POLICY: NON-MEMBERS

As outlined in our House Rules (#12, 13, 16), non-members will not be admitted to the Club to use or enjoy any of the privileges of membership without a member present to "sponsor" their visit. Non-member guests will be invited to wait in the lower lobby until their member sponsor arrives; non-member guests may not use any other area of the Club, or purchase or be served any refreshments without a member present. (This House Rule excludes visitors attending a scheduled function being held in a private meeting room or banquet space.)

PRESIDENT'S LETTER



DEAR FELLOW MEMBERS,

Canada Day is upon us and the long beautiful days of summer are here. This is my favourite time of year – the time our province shines – so be sure to make lunch or dinner plans with colleagues or family, or just take a moment on your own to sit back and take it all in.

On June 19, several of our Board of Directors and I had the pleasure of attending our annual Slide into Summer Social. It was very well attended, with more than 300 members and guests. This event gave us a chance to showcase our beautiful patios on all three levels of our Club. On behalf of our members, I would like to extend my sincere thanks to our hard-working staff for running this successful event.

The TCC summer events schedule should keep you and your guests as busy as you would like to be. These include:

- Summer Lunch Buffets every Wednesday in the Grill
- Dinner Buffet Al Fresco, with live music, every Thursday in the Grill

- Food and drink specials and themed pop-up events that run throughout the summer

Watch your email or check in with Member Services for details on these events and more. And remember, lately, our Grill restaurant has been particularly busy for breakfast and dinner service – and it's not just on weekdays. The family business on weekends has really grown. So if you are planning to host a larger group in one of our restaurants, I recommend that you take a moment to reserve ahead! It helps us ensure that we have appropriate service staffing when and where we need it.

Further to this, our Board continues to focus on supporting the delivery of impeccable service in everything we do at TCC, including both front-of-house staff and those who support behind the scenes. I am pleased to share that Owen Stuart has rejoined TCC as our Assistant Beverage Manager. In this role, Owen will be working directly with our new Director of Wine, DJ Kearney. We are lucky to have them both! DJ has trained more than one

thousand sommeliers, and we are looking to her and Owen to take the wine program at TCC to the next level.

With respect to some on-going projects, I'm happy to report that the new lobby doors are complete, and they look fantastic! If you have not seen them yet, plan to stop by soon. I believe that all our members will appreciate the added security, and more defined sense of arrival. Progress is continuing on the Members' Lounge, and we anticipate its completion later this summer.

We hope to make this space as inviting as possible – a place for a members and their guests to kick up their feet, and enjoy their Club.

That's all for now. Don't forget your sunscreen and enjoy everything summer in Vancouver brings!

Sincerely,

Dr. Ignatius Cheung
Terminal City Club President

94 DAYS OF SUMMER

JULY

- 01 MONDAY**
Canada Day Celebration in Lions Pub
Canada Day (Club Closed)
- 08 MONDAY**
Travel Group: Running the
Antarctica Marathon
- 09 TUESDAY**
Book Club: *The Fifth Risk*
Pop-Up: Dog Days of Summer
- 10 WEDNESDAY**
Summer Camp: World of Gin
- 16 TUESDAY**
Pop-Up: Brewers & Skewers
- 17 WEDNESDAY**
Members' Wine Tasting
1892 Pop-Up Dinner
- 20 SATURDAY**
Vancouver Whitecaps vs.
San Jose Earthquakes (Off-Site)
Fishing Trip (Off-Site)
- 23 TUESDAY**
Pop-Up: Tiki Night
- 25 THURSDAY**
Members' Networking Lunch
- 26 FRIDAY**
Gourmet Dinner: Summer Grilling
Kids Movie Night: *Rock Dog*
- 30 TUESDAY**
Discussion Group
Pop-Up: Fiesta

AUGUST

- 05 MONDAY**
BC Day (Club Closed)
- 12 MONDAY**
Odlum Brown VanOpen (Off-Site)
to
18
- 13 TUESDAY**
Book Club: *Once We Were Brothers*
Kids Soccer Drills with Whitecaps FC
Pop-Up: Dog Days of Summer,
Family Edition
- 17 SATURDAY**
Family Pool Party
- 20 TUESDAY**
Club and Pub closed at 3 p.m.
- 21 WEDNESDAY**
Members' Wine Tasting
1892 Pop-Up Dinner
- 24 SATURDAY**
Fishing Trip (Off-Site)
- 27 TUESDAY**
Pop-Up: Fiesta
TCC Salon: Active Healthy Aging
Discussion Group

TO REGISTER

For more information, contact us!

ONLINE at Member Central

EMAIL: concierge@tcclub.com

CALL: 604 681 4121

TEXT: 604 200 2279



PATIO OPEN!

If you're not inside watching sports, sports, sports, make a reservation to guarantee a spot on our patio!

MEMBERS FOOD DISCOUNT

TCC members receive a 10% discount on food at Lions Pub! Be sure to place the charges on your account so that your spend goes toward your quarterly minimum food!

HAPPY HOUR

Join us from 2 – 5 p.m. every day and enjoy pints of Red Truck and Parallel 49 for \$5.25 and glasses of house red and white wine for \$5.25.

DRAFT BEERS

New craft beers this month include Deschutes Marionberry Sour Ale, Bridge "Second Rodeo" Tart Mango Wheat Ale, Twins Sails "Would Crush" Raspberry Wheat Ale, Brassneck "Blacklight" Alt Beer, and Driftwood "Cry Me A River" Gose.

CRAFT COCKTAILS

Our resident cocktail expert Mike Styrna has implemented some fun changes to our cocktail list. Come down and try **The Good Neighbour** (white rum, banana liqueur, pineapple juice, lime juice, nutmeg) or **El Diablo** (tequila, crème de cassis, lime juice, ginger beer)!

MONDAY:

ALL DAY HAPPY HOUR

Happy Hour runs all day long on Mondays! Enjoy \$5.25 featured beer and wine.

TUESDAY:

TWISTED TUESDAY

Ready to drinks? Easy to drink. Queensborough Gin Twsts (Cucumber, Lime, and Mint or Mango Lemonade) are \$6.

WEDNESDAY:

ROSÉ ALL DAY

Enjoy our featured Rosé by the glass.

THURSDAY:

CERVEZA POR FAVOR

Keep it light! Pints of Vancouver Island Cerveza are \$5.50; grab a friend (or not) and order buckets of Corona for \$25 (5 cans).

FRIDAY:

BARTENDER'S CHOICE

Enjoy a seasonally inspired cocktail for \$10.



SUMMER LUNCH BUFFET

Every Wednesday, from July 3 – August 28

12 noon – 2 p.m.

\$40 plus tax & service charge

With a fresh selection of mouth-watering entrées straight off the grill, sensational summer salads, and seasonal desserts, our summer lunch buffet on Wednesdays is guaranteed to impress your friends and colleagues. Come and see why this sells-out year after year!

DINNER BUFFET AL FRESCO - WITH LIVE MUSIC!

Every Thursday, from July 4 – August 29

6 – 9 p.m.

Adults: \$69 plus tax & service charge

Children (12 & under): \$34 plus tax & service charge

Nothing says summer like lounging on the patio on a warm night. Our famous dinner buffet on Thursdays includes a cornucopia of seafood and other delectable offerings. Enjoy an amazing meal with family and friends while listening to live music.

EVERY FRIDAY - HOT NIGHTS, COOL BEATS

Weather permitting, enjoy fresh beats by a local DJ from 5 – 8 p.m. on the Fitness Centre patio.

*Keep the party going on the first Friday of each month in Cuvée; our DJ will continue spinning beats from 8 – 11 p.m.



JULY EVENTS



HOT NIGHTS, COOL BEATS

Friday, July 5

8 – 11 p.m.

Make the most of summer! While the sun shines, soak it all up on our beautiful patios. Enjoy handcrafted cocktails and fresh beats by a local DJ every Friday on the Fitness Centre patio (weather permitting).

**Keep the party going on the first Friday of each month in Cuvée; our DJ will continue spinning beats until 11 p.m.*



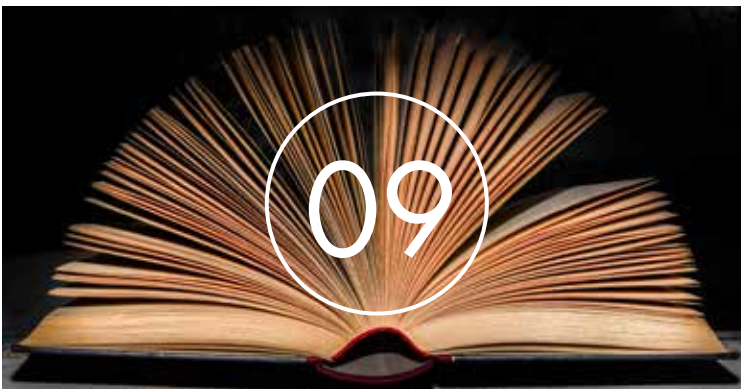
TRAVEL GROUP: RUNNING THE ANTARCTICA MARATHON

Monday, July 8

5 p.m. social half-hour; 5:30 p.m. discussion begins

Complimentary event

Intrepid TCC member Damian Frith has returned from running the Antarctica Marathon where temperatures in springtime can reach -9°C (not including wind chill)! Join him as he recounts his epic tale!



BOOK CLUB: *THE FIFTH RISK*

Tuesday, July 9

5 p.m. social half-hour; 5:30 p.m. book discussion begins

Complimentary event in 1892

What are the consequences if the people given control over a government have no idea how it works? Michael Lewis's brilliant narrative takes readers into the engine rooms of the current US government. If there are dangerous fools in this book, there are also unsung heroes. They are the linchpins of the system, public servants whose knowledge, dedication, and proactivity keep the machinery running. Lewis finds them, and he asks them what keeps them up at night.



POP-UP: DOG DAYS OF SUMMER

Tuesday, July 9

5 – 7 p.m.

\$10 plus tax & service charge

Tuck into a fully loaded hot dog – we'll have an assortment of artisanal sausages paired with a selection of exciting gourmet toppings, spreads, and relishes. Bring a couple of friends, enjoy some drinks, and watch the sun set with a hot dog in hand. You know you want to!

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

JULY EVENTS



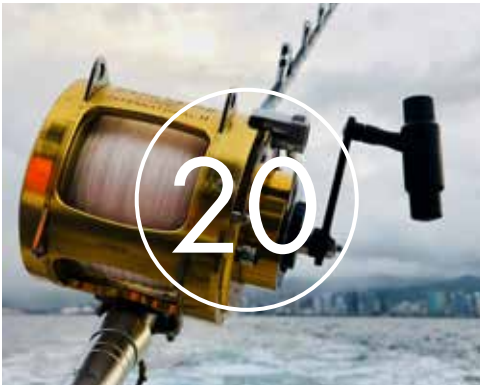
SUMMER CAMP: WORLD OF GIN

Wednesday, July 10

6 – 8 p.m.

\$65 plus tax & service charge

Learn how gin has changed over the years from a herbal medicine to a liquor known as “mother’s ruin”; today, it’s a popular spirit and key ingredient in a number of classic cocktails. Taste five different styles of gin alongside unique food pairings; you’ll also have the opportunity to craft a stirred martini at the table.



FISHING TRIP

Saturday, July 20

1 – 5 p.m. (boat leaves from False Creek)
\$240 + tax (includes snacks & beverages, fishing license, any salmon caught)

Spend the afternoon on the water angling for salmon in a few hot spots throughout the Georgia Strait and Gulf Islands!



POP-UP: BREWERS & SKEWERS

Tuesday, July 16

5 – 7 p.m.

\$10 plus tax & service charge

Quench your thirst with a selection of local craft brews and enjoy a variety of tender skewers fresh off the grill.



VANCOUVER WHITECAPS VS. SAN JOSE EARTHQUAKES

Saturday, July 20

7 p.m., TCC Premium Suite, BC Place
\$125

Enjoy the comfort and exclusivity of our premium suite while experiencing the excitement and energy that ‘Caps games are famous for! Your tickets include prematch pitchside viewing, a WCFC scarf, and snacks throughout the match.



MEMBERS’ WINE TASTING

Wednesday, July 17

5 – 6:30 p.m.

Complimentary event

Sample some delicious Painted Rock and 50th Parallel wines and enjoy great company over live music. Members are welcome to bring up to three guests. Additional guests will be charged \$10 per person, billed to the member account.



POP-UP: TIKI NIGHT

Tuesday, July 23

5 – 7 p.m.

\$10 plus tax & service charge

Say aloha to your fellow TCC members with a mai tai in hand and enjoy other libations and boozy concoctions at the bar. Order from a very special Polynesian-inspired menu and be transported – our Fitness Centre patio is your island paradise on July 23.

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

JULY EVENTS



MEMBERS' NETWORKING LUNCH

Thursday, July 25

12 noon – 1:30 p.m.

Complimentary event with purchase of lunch in the Grill

Join the city's entrepreneurs, executives, and business and community leaders for conversation over a power lunch every third Thursday. This is a terrific opportunity to meet and mingle with other members representing diverse industries.



GOURMET DINNER: SUMMER GRILLING

Friday, July 26

6 p.m. reception; 6:30 p.m. dinner

\$75 plus tax & service charge

The best barbeques are the ones you don't have to work at! Join us at this special summer edition of our famous Gourmet Dinner series and enjoy some of the freshest offerings of the season grilled to perfection.



KIDS' MOVIE NIGHT: *ROCK DOG*

Friday, July 26

6 – 9 p.m.

Ages 5 & up; maximum 10 kids

\$25 plus tax & service charge; dinner from The Grill available

Your kids will love this special showing of *Rock Dog* over popcorn and treats! Dinner à la carte from The Grill will also be available. Take a peek at the Kids' Club Corner on page 11 for more information about the movie.



DISCUSSION GROUP

Tuesday, July 30

7:15 p.m.

Join the TCC Discussion Group—for members, run by members—for an evening of dialogue and camaraderie. The group meets on the last Tuesday of each month; discussions are enlightening, thoughtful, and engaging. Please contact Mr. John McCarter at john_triad@telus.net to register, or to join the email list.

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

UPCOMING EVENTS



ODLUM BROWN VANOPEN

August 12 – 18

\$500 for one day (includes 4 box tickets and VIP parking)

The 2019 Odlum Brown VanOpen, a Tennis Canada Event, is the largest and most celebrated men's and women's tournament in the Pacific Northwest. Contact Member Services for details.



KIDS' SOCCER DRILLS WITH WHITECAPS FC

Tuesday, August 13

Ages 5 – 8: 3 – 3:45 p.m.

Ages 9 – 13: 3:45 – 4:30 p.m.

It's back! Whitecaps FC coach Carl Valentine will be leading two 45-minute drills for kids, followed by a friendly meet-and-greet with a chance for photos and autographs. Don't hesitate to register – this event sells out quickly!



BOOK CLUB: *ONCE WE WERE BROTHERS*

Tuesday, August 13

5 p.m. social half-hour; 5:30 p.m. book discussion begins

Complimentary event in 1892

Once We Were Brothers is Ronald H. Balson's compelling tale of two boys and a family who struggle to survive in war-torn Poland, and a young love that struggles to endure the unspeakable cruelty of the Holocaust. Two lives, two worlds, and 60 years converge in an explosive race to redemption that makes for a moving and powerful tale of love, survival, and ultimately the triumph of the human spirit.



FAMILY POOL PARTY

Saturday, August 17

10 a.m. – 2 p.m.

Adults: \$25 plus tax & service charge

Kids: \$15 plus tax & service charge

Join us in the pool for our Annual Family Pool Party! Grab the kids and some sunscreen, and meet us on the pool deck for a big splash of an afternoon! Swim coach and lifeguard John Ryan will be there with games and activities for the kids, while the parents are invited to dive in or soak up the sunshine on the patio. A buffet will be available if you can pull yourself away from the pool long enough to eat!

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

AFFILIATE CLUB REVIEW

Pacific City Club, Bangkok, Thailand



Review by Channele Dupre

Location: Located on Sukhumvit in the heart of the business district but also near shopping and entertainment.

Reason to visit: The spa on the top floor of the Club has a peaceful, serene ambiance, and the services are first rate.

Amenities:

- 3 restaurants offering Chinese and Western menus
- Cigar Lounge
- Private dining rooms
- Spa and massage
- Fitness center

Pros:

- The Library offers a place of solitude for reading
- Cigar Lounge is a great place to relax and have a drink

- Spa services well worth trying
- Fitness center offers an amazing city view
- Lots of meeting rooms

Cons: No sport amenities

Fees: No affiliate fees for visiting

Highlights: This is an absolutely gorgeous club located in downtown Bangkok. The entrance is grandiose with a library and staircase leading to the upper floors that housed a number of meeting rooms. The decor is lovely throughout and the club offers spa services, massage, and a fitness facility all overlooking the city. The tour guide was so welcoming and spent the time to walk me through all the rooms, restaurants, the services. The Cigar Room and the library was impressive and you just get an overall feeling of being in a modern version of an English palace.

Overall experience: A first class club with plenty of spaces to conduct business. The options to rent a private room within the restaurant is a good option for larger business parties. I'll come back and try the spa services and fitness facility.



*Have you visited
one of our affiliate clubs lately?
We would love to hear about
your experience.
Submit your reciprocal club review
to joinus@tcclub.com.*



NEW AFFILIATE CLUB

UNIVERSITY CLUB OF CHICAGO

Chicago, Illinois

Committed to providing a space for members to explore many intellectual and cultural pursuits, the University Club of Chicago is situated in the heart of downtown Chicago. The Club is pleased to offer its members and guests world class amenities including six unique dining venues, 59 beautifully appointed guest rooms, state-of-the-art squash and athletic facilities, 13 private event spaces and a library. They offer a stimulating community that celebrates education and excellence, while fostering an appreciation for literature and the arts.

**26
JULY**

KIDS MOVIE NIGHT ROCK DOG

6 - 9 p.m.

Your kids will love this special showing of *Rock Dog* over popcorn and treats! Dinner à la carte from The Grill will also be available.

For the Tibetan mastiffs on Snow Mountain, a dog's life has a simple riff: guard a peaceful village of sheep from the thuggish wolf Linux and his rabid pack. To avoid distractions, mastiff leader Khampa forbids all music. However, when his son Bodi discovers a radio that fell from the sky, it takes just a few guitar licks for the lad's fate to be sealed. Wanting to be a rock 'n' roll star, Bodi heads to the city to locate Angus Scattergood, a legendary musician who needs to write a new song.



KIDS CLUB

Sign-up for Kids Club **today!**

MEMBERSHIP INCLUDES:

- personalized membership card
- stamp card
- exclusive Kids Club events

Every time you visit the Club, visit Member Services for a Stamp!

Collect: **10 stamps**
and get any dessert from
The Grill for **FREE!**

**FOR MORE INFORMATION
OR TO SIGN UP, CONTACT:**

ABIGAIL QUIGLEY
KIDS CLUB CAPTAIN
604 681 4121 ext. 270
aquigley@tclub.com

COPEMAN CORNER

TOP 3 QUESTIONS AND ANSWERS ABOUT PLANT-BASED EATING

Whether you're looking to get started with a plant-based diet or just curious about its potential benefits, here are the top three questions we receive about plant-based eating.

1. What are the different types of plant-based eating?

There are many different classifications of plant-based eating, but the most common types include lacto-ovo-vegetarian, pescatarian, flexitarian, and veganism.

2. Should I be concerned about meeting my protein needs?

Vegetarians and vegans alike need to pay attention to how much protein they consume. Having a good protein source and appropriate portion size can

help with satiety and energy levels throughout the day.

Some great plant-based protein sources include: soy (tofu, edamame, soy milk and tempeh), legumes, lentils and nuts and seeds. The serving size of these will vary from person to person, but a good rule of thumb with beans and legumes is to aim for three-quarters of a cup per serving.

3. Do I need to take supplements when following a plant-based diet?

Whether you need to take supplements will depend on your specific pattern of eating. Some nutrients to pay attention to when following a plant-based diet include: calcium, omega 3, iron, vitamin B12

and vitamin D, as well as a few less-common ones, such as zinc, iodine and selenium. For example, if you are a strict vegan, then a B12 supplement or fortified food product will likely be needed.

When thinking about undertaking a dietary change, it's important to speak with a registered dietitian to ensure you can enjoy it and that you have a high chance of sticking with it over the long term.

For more information about Copeman Healthcare please visit copemanhealthcare.com or contact Tia Young at 604 889 8343 or tyoung@copemanhealthcare.com.

HAVE YOU HEARD



We are thrilled to welcome **DJ Kearney** as TCC's **Director of Wine!** DJ is a well-respected wine expert, writer, seasoned judge, and educator; she has trained more than a thousand sommeliers for the International Sommelier Guild (ISG). DJ's wine credentials include the Wine & Spirit Education Trust Diploma and the ISG Sommelier Diploma; she is also in the Master of Wine program as an exam-ready candidate. DJ has been the drink editor for *Vancouver Magazine* and Wine Director for the e-commerce platform NewDistrict.ca. This past spring, DJ was honoured by her colleagues with the Spirited Industry Professional Award at Vancouver International Wine Festival. She's also a classically trained chef! Welcome, DJ!



This past June, **Dianne "Super Somm" Fisher** battled Paul Pyne at Vancouver Craft Beer Week's Cicerone vs. Sommelier Best of BC Championship, and took home the title! The competition was a four-course dinner paired with one beer and wine selection for each course by each of the contestants; the audience voted, in real time, for their favourite pairing. As a sommelier taking the title for a beer festival event, the win was extra glorious for Dianne. Congratulations!

AT THE CLUB



CANADIAN CLUB: BARD ON THE BEACH

Thursday, July 11 • 11:45 a.m. – 1:45 p.m.

Join the Canadian Club for a very special luncheon featuring the Founding Artistic Director of Bard on the Beach Shakespeare Festival, Mr. Christopher Gaze in conversation with Mr. Paul Budra, professor and chair of English at SFU. Bard on the Beach is celebrating its 30th season this year; Mr. Gaze plays a leading role in BC as an advocate for the arts in general, and his passionate dedication to Bard on the Beach has fuelled its growth into one of the largest professional theatre companies in Canada. Visit canadianclubvancouver.com to register.

CANADIAN CLUB: THE HONOURABLE JOYCE MURRAY

Tuesday, July 23 • 11:45 a.m. – 1:45 p.m.

The Honourable Joyce Murray, President of the Treasury Board and Minister of Digital Government, is the special guest speaker at this Canadian Club luncheon. Minister Murray's private members bills and motions included a crude oil tanker traffic ban on British Columbia's North Coast and increasing the accountability and transparency of Canada's security agencies. Before entering federal politics, she co-founded an international reforestation company, which has planted over one billion trees. Visit canadianclubvancouver.com to register.



RBC PRESENTS: AN EVENING IN DAMASCUS

Friday, July 26 • 7 – 11 p.m.

An Evening in Damascus, presented by RBC, returns for its fifth year with media sponsor News 1130 to take guests on an elegant trip from Vancouver to the heart of Damascus. Over the past five years, this event has raised \$100,000 to fund the safe passage of queer Syrian refugees to Canada. Walk through the alleyways of old Damascus, taste Syrian food, immerse yourself in the music, enjoy belly dancing, and meet some local drag queens while supporting an incredible cause. Visit eveningindamascus.com/buy-tickets to learn more or to purchase tickets.



STACY BHOLA-REEBYE

MEMBER OF THE MONTH



Among the many remarkable parts in the busy life of Stacy Bhola-Reebye, there is her work. She is a doctor – a special doctor with a special calling. Dr. Bhola-Reebye is a rehabilitation hospitalist who oversees the neuromuscular-skeletal floor at Vancouver’s world-renowned GF Strong Rehabilitation Centre. As an attending physician, she works with patients who have suffered life-altering setbacks such as complicated transplants, severe burns, multiple traumas or the onset of a neuromuscular disease.

Prior to her employment at Vancouver Coastal Health with GF Strong, Dr. Bhola-Reebye worked as a general practitioner. That was 10 years ago. “It was becoming difficult managing young children and a busy practice,” she says. When the GF Strong opportunity presented itself, she saw it as a chance to reconfigure her life in new and rewarding ways.

“The beauty of what I do now, compared to what I did in an office as a GP, is that I get to know people for a longer period of time. I have learned a lot about human nature, about how people think and react in a crisis. It’s immensely rewarding to work with someone who feels utterly broken when you meet, then, over time, watch as that same person comes to understand that life is not about disabilities, but about abilities.

“I like to tell my patients this: ‘At VGH, they save your life; at GF Strong, we bring you back to your life.’”

Dr. Bhola-Reebye has been a Terminal City Club member for six years. Given her vocation, there is more than a hint of irony that learning to swim – not as a child, but as an adult – has been one of the more rewarding benefits of her membership. Odd that, for someone who grew up in the Republic of Trinidad and Tobago.

“Yes, I know, it’s surprising coming from the Caribbean and not knowing how to swim,” she says. “When I first joined, I watched [TCC swim instructor] John Ryan teaching my children, and I thought to myself: ‘Maybe I should do this.’ And so I did. And I have to say, swimming may not be my passion, but today, I can swim.”

Infusing a revitalized heart into an older soul extends beyond her work in rehabilitation and beyond her courage to learn swimming as an adult. Dr. Bhola-Reebye also has a deep passion for the preservation and restoration of heritage houses. Her remarkable home, which she shares with her husband Rajiv and their three children, was built in 1912. It is a premier destination as part of the Vancouver Heritage Foundation’s popular house tours.

“When I first got approached to put our house on tour, my initial reaction was: ‘What does that mean? It sounds like a lot of cleaning,’” she laughs. “In the end, you show the parts of your home you want to show. It’s been such a great experience. Interestingly, so many of the people who come through the house want to know about us – not in an intrusive way, but in a kind way.”

Given her passion for Vancouver’s heritage, it’s not surprising that TCC’s history was what initially attracted her to join the Club. “I liked that it was downtown, but more importantly, I liked how it felt. It

felt like my home feels. It had a heritage charm that I found irresistible.”

On the benefits of membership, Dr. Bhola-Reebye points to the value of the Club’s business entertainment as, well, invaluable. “Raj and I do office parties, Christmas parties, and conferences here. The most amazing thing for us is that we can just close our eyes and it happens. You don’t have to tell the team much beyond the basics. You certainly don’t have to micromanage. They know their stuff and the result always exceeds our expectations. And I really must say, the food now compared with six years ago when we first joined represents an enormous step forward. It’s consistently superb. They have come so far.”

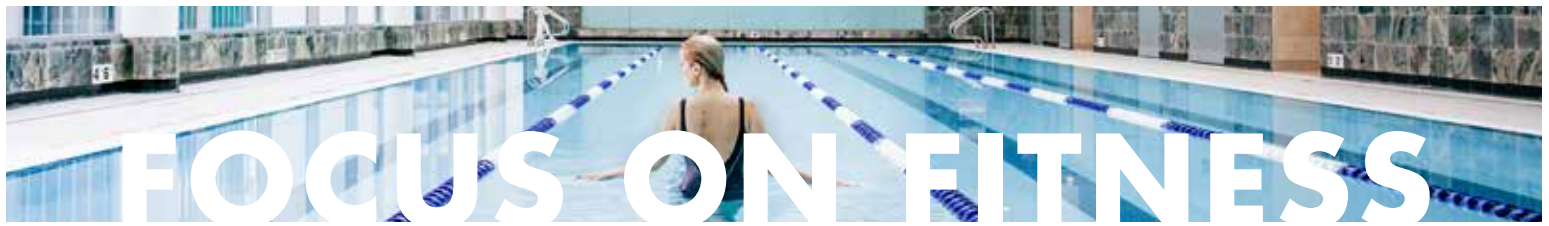
Rajiv is also a doctor – a physical medicine and rehabilitation specialist, also known as a physiatrist. The couple work together at GF Strong. They both talk of Terminal City Club as their downtown home. “I will often say to Stacy that 20 or 30 years from now I hope our children have continued with membership,” he says. “I love the idea of maintaining that link. We do feel, when we go there, it’s home.”

On the subject of links, the couple is in the process of figuring out how to physically connect their uptown home with their downtown home. “I think we are going to buy one of the pool tables being removed as part of the renovations to the billiards room,” Dr. Reebye says. “I think we have just the right spot for it in the basement.”

And, with that, the theme of restoring life, so primal to Dr. Bhola-Reebye’s story, carries on.

—Wayne Moriarty

Photo: Dr. Stacy Bhola-Reebye with her husband, Dr. Rajiv Reebye, and their three children.



CANADA DAY: Monday, July 1 (CLUB CLOSED)

FITNESS CENTRE GUEST FEE

The Fitness Centre guest fee of \$24 will be waived on weekends for the spouse or common-law partner of a member. Guest fees will also be waived for members' children and grandchildren under the age of 19. Members will be limited to six guests per visit. Non-member guests must always be accompanied by a member.

SQUASH

PRIVATE OR PARTNER SQUASH LESSONS

Are you ready to take your game to the next level? Try a dynamic and fun private or partner lesson with squash professional Barry Gifford on Wednesdays, Thursdays, or Saturdays (other days available upon request). Squash professional Barry Gifford is a NCCP Level 3 certified professional with over 29 years of coaching experience. Barry has played singles and doubles squash at a high level, and is the reigning 50+ champion in the province. He is also a past Squash Doubles World Masters Games gold medalist!

SQUASH SOCIAL

Wednesdays, 6:45 – 8:30 a.m.

Thursdays, 4:45 – 7 p.m.

This is a great opportunity for people who enjoy playing socially. Thursdays, enjoy post-game beer and food at Lions Pub.

Due to increased popularity, members who bring a guest to the social will be charged the guest fee.

SQUASH DRILLS

Saturdays, 11:30 a.m. – 12:30 p.m.

Sharpen your skills and improve your fitness with game-like drills that apply proper shot selection tactics and strategies. All levels welcome; you will be slotted with players at a similar level. For intermediate/advanced league players, please contact Barry for placement and registration.

FREE BEGINNER'S CLINIC

Wednesday, July 10

5 – 6 p.m.

Get acquainted with the exciting game of squash! Save the date: the next clinic will be held Wednesday, August 14.

SUMMER SQUASH LEAGUE - PLAYOFFS!

Mondays through July, 6 – 8 p.m.

Summer Squash League Playoffs are here! Come out and cheer on your favourite player. Enjoy post-match refreshments on the Fitness Centre Patio.

SQUASH DOUBLES

Have you ever played doubles? Discover the joy of this fun and creative game!

Find three players at your level and take a group doubles lesson with Barry.

ALL SHOTS ANALYSIS

August is a great month to take an "All Shots" analysis squash lesson. Barry will show you your game shot weakness, and then strengthen it for your September squash season kick off.

JUNIOR SQUASH

Saturdays, July 6 – August 17

\$102 (six lessons; no class on August 3)

1 – 1:45 p.m. (6 – 8 years)

1:45 – 2:30 p.m. (9 – 11 years)

2:30 – 3:15 p.m. (12 – 14 years)

SWIM

99KM SWIM CHALLENGE - IT'S ON!

14 intrepid members have taken on the 99km Swim Challenge this year and they are racking up some serious mileage!



PRIVATE SWIM LESSONS

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

KIDS' SWIM PROGRAM

Saturdays, June 29 – July 20

\$100 (four lessons)

10 – 10:40 a.m. (3 – 5 years)

10:40 – 11:20 a.m. (3 – 5 years)

11:30 a.m. – 12:10 p.m. (5 – 7 years)

12:10 – 12:50 p.m. (7 – 9 years)

FAMILY POOL PARTY

Saturday, August 17

10 a.m. – 2 p.m.

Adults: \$25 plus tax & service charge

Kids: \$15 plus tax & service charge

Please see page 9 for more event details.

ADULT SWIM TIME

Weekdays: 7 – 9 a.m. & 4 – 6 p.m.

Weekends: 8 – 10 a.m.

FOCUS ON FITNESS

CANADA DAY: Monday, July 1 (CLUB CLOSED)

FITNESS

- CLASS SCHEDULE -

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 am	Mat Pilates	Power Yoga	Squash Social	Vinyasa Yoga	
6:45 am					
7 am					
7:30 am					
8 am					
12 pm		Circuit Training	F.I.T Class	Roll, Release, Recover	Core Conditioning
12:30 pm					
4:45 pm					
5 pm	Cardio Kickboxing		Women's Squash	Squash Social	
5:30 pm					
6 pm	Summer Squash League (May - July)				
6:15 pm					
6:30 pm					
7 pm					
7:30 pm					

MAT PILATES

Mondays, 6:30 – 7:30 a.m.

Pilates hits both large and small muscle groups, giving added strength and improved mobility.

CARDIO KICKBOXING

Mondays, 5 – 6 p.m.

Cardio kickboxing is a fun non-contact workout engaging every muscle group in your body. You'll feel it the next day!

POWER YOGA

Tuesdays, 6:45 – 7:45 a.m.

Power is a strong, athletic approach to yoga; this dynamic practice is an excellent complement to any sport.

CIRCUIT TRAINING

Tuesdays, 12 noon – 1 p.m.

Move through a circuit of exercises for a fun and dynamic full-body workout.

FULL-BODY INTENSITY TRAINING

Wednesdays, 12 noon – 1 p.m.

Improve your cardio, strength, balance, and coordination and watch those calories burn!

VINYASA YOGA

Thursdays, 6:30 – 7:30 a.m.

Vinyasa yoga is an active, flowing style of yoga proven to improve strength, balance and flexibility.

ROLL, RELEASE, RECOVER

Thursdays, 12 noon – 1 p.m.

Melt tension away with this active recovery session. Use foam rollers and massage balls to release knots, increase circulation, improve flexibility, and support muscle repair.

MASSAGE THERAPY

We offer a variety of massage services and reflexology, available Monday to Sunday, 8 a.m. – 8 p.m. Please note: the RMT is only available on Fridays.

PERSONAL TRAINING

Whether you are new to fitness or an athlete, MilFit's team of experienced Certified Personal Trainers will help you reach your health and fitness goals safely and effectively. Contact Milwina Guzman at milwina@milfit.ca or 604 488 8622.

DYNAMIC CORE CONDITIONING

Fridays, 12 noon – 1 p.m.

This class is designed to strengthen your entire body with an emphasis on your core. Stand straighter, walk taller, and move better after this class!

FITNESS CLASS POLICY

Fitness classes are complimentary with registration through the Fitness Centre front desk. Registration will be open until one hour before class starts.

Drop-ins: \$10

Cancellation: please cancel 24 hours before class starts, otherwise a \$10 fee will apply.

TERMINAL CITY CLUB



Summer

CATERING EVENTS PACKAGE



Peruse our updated catering offerings, including new menu items, options for A/V, and room specifications. Terminal City Club is an elegant venue with a reputation for exquisite food and professional service. Our experienced catering team is delighted to assist in arranging your next social or corporate event, whether it's a private dinner, summer staff party, or reception.

To book your event, or for more information,
contact catering@tclub.com.