

# TERMINAL CITY TIMES

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JULY/AUGUST 2022 • VOL. 29 NO. 7/8






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

# Contact

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 Terminal City Club

Member Services	604 681 4121
Membership Sales	604 488 8647
Billing	604 488 8607
Catering	604 488 8605
Weddings	604 488 8629
Lions Pub	604 488 8602
Fitness Centre	604 488 8622

# Hours

## MEMBER SERVICES (FRONT DESK)

Monday – Friday 6 a.m. – 8 p.m.  
Saturday & Sunday 7 a.m. – 7:30 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.

## LIONS PUB

Monday – Friday 11 a.m. – 11 p.m.  
Kitchen 11 a.m. – 8 p.m.  
Saturday 12 noon – 11 p.m.  
Kitchen 12 noon – 8:30 p.m.  
Sunday CLOSED

## THE GRILL (IN CUVÉE/1892)

Monday – Friday 11 a.m. – 9 p.m.  
Coffee 7 a.m. – 8 a.m.  
Breakfast 8 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.

## FITNESS CENTRE

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

# SAVE THE DATE

## 007 BOND GALA NOVEMBER 5, 2022

TERMINAL CITY CLUB





# President's Letter

## JULY/AUGUST 2022

### DEAR FELLOW MEMBERS,

It took long enough, but it seems that summer is finally upon us. Our Summer Social on the Terrace patio was a huge success last week, and we were happy to see such an excellent turnout, despite the weather. The event is always a highlight, and a great way to meet new people and connect with familiar faces. For a full calendar of upcoming Club events this summer, please see pages 4-8.

Things are moving along quickly, and I am now at the halfway point in my term as President. Business has been steady for all areas of the Club the last couple months. Corporate events, galas, and meetings room requests have kept our teams very busy. And the return of cruise ships and tourists has kept the Lions Pub and parking lot humming.

Over my 31 years as a Terminal City Club member, I have met some wonderful members and made many friends. It is impossible to overstate the impact that dedicated long-term members make on a member-based organization such as ours. And so, we extend our congratulations to Mr. Jimmy Pattison on 65 years of TCC membership this summer. I think you will enjoy the article on page 10 celebrating this milestone.

We have a dedicated Board at TCC with a committed focus on long-term success. Our Board is nearing the stage where we deliberate over our upcoming budget for 2023. While business is solid, we are mindful as we navigate the difficult landscape of high inflation, staff retention, and increased operations costs.

Speaking of our Board, we'll be putting the official call out for nominations to join our Board at our AGM in my next newsletter. One of the tools we use in seeking new Board members is a skills matrix which defines the types of skill sets needed for a balanced board. Currently, we are missing certain skills, including insurance, food and beverage, and pension expertise.

If you feel that you, or a member you know, can make our Club better by joining the Board, I encourage you to reach out to our General Manager at [gm@tcclub.com](mailto:gm@tcclub.com) to learn more about the time commitments and process our Nomination Committee follows.

If you haven't heard of our Bespoke program, it offers members a chance to work with our team to plan and curate a unique dining experience with a custom designed menu, theme, cocktails, and wine pairings. We plan to do many of these in the Dr. Ignatius Cheung Room behind the hidden wall in the Grill. I attended one last month and it was magical!

Membership is the lifeblood of any club. If someone in your network would be a great fit for TCC, please reach out to our Membership team at [joinus@tcclub.com](mailto:joinus@tcclub.com). See the outside back cover of July/August's newsletter for more information about our current Member Referral program as well as a special opportunity to win a Bespoke Dining Experience for eight

I hope you've all the chance to experience the newly renovated Grill. Staff and the Board are extremely pleased with how functional the space is, and it's been great seeing members using the new space. If you haven't had the chance to check it out, I'd encourage you to make a reservation.

As always, your feedback from our monthly survey is always welcome and enables our teams to better curate your member experience. The survey for July and August can be found using the QR code below, or by clicking [here](#).

Lastly, I hope everyone enjoys their summer, and that it's complete with vacations, patios, sunshine, and quality time with friends and family. This note will encompass July and August, so it'll be a couple months until you hear from me next. Stay informed on events and member news via our weekly TCC e-blasts, and don't forget you can use our texting system to secure your reservation on the Grill patio at 604-200-2279.

Until next time, take care!

Sincerely,

Marian Robson  
President, Terminal City Club

# Stay informed AT THE CLUB

## welcome to our newest members!

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

Ⓜ Athwal  
Brad Bruce  
Raymond Chan  
Bernd Christmas  
Adele Davidson  
Brian Donnellan  
Golriz Fattahi  
Jeremy Green  
Wayne Huang  
Julian Kendall  
Hera Kim  
Irina Klann  
Paul Klann  
Mary Lam  
Erica Lau  
Victoria Mattimoe  
Lisa Payne  
Dan Pultr  
Rebecca Sand  
Jacqueline Taggart  
Matthew Woodall  
Brian Yip  
Anakin Zheng  
Weiguo Zhang

## upcoming holiday club & outlet hours

FRIDAY, JULY 1

The Club will be closed on July 1 for Canada Day and will re-open with regular hours on Saturday, July 2. If you're looking for a place near all the action to grab a drink or a bite during the Canada Day festivities, the **Lions Pub will be open from 12 noon to 11 p.m. on Canada Day.** And while you're there, you might as well tuck into a few of their new summer Fresh Sheet items.

MONDAY, AUGUST 1

The Club, Fitness Centre, and Lions Pub will closed for BC Day on Monday, August 1. Regular hours will resume on Tuesday, August 2.



## in memoriam: Wilson M. Beck 1933-2022

Mr. Wilson Beck founded his namesake brokerage in 1981 specializing in the niche of contract bonding and insurance for the construction industry. He was very proud to see his once small office grow into one of Canada's largest privately held commercial insurance brokerages with more than 250 staff. Mr. Beck was a TCC member for 50 years and a great supporter of the Club; he served as the Club's president from 1989-90, and the Wilson M. Beck Room is named after him. We will all miss his great charm and love for red wine.



## in memoriam: Allan Whitehouse 1934-2022

Mr. Allan Whitehouse was a highly respected businessperson; he graduated from UBC in 1960 with a degree in Commerce, started his career at Eaton's, and advanced into leadership roles with Finning, A.R. Williams, and Mohawk Oil, to name only a few. He loved life and especially enjoyed sitting poolside in the company of family and friends. Mr. Whitehouse was a TCC member of 50 years and will be missed.

# Around THE CLUB

## park'n fly

### MEMBER EXCLUSIVE

Enjoy exclusive Park'n Fly rates in Vancouver. TCC members can use the Terminal City Club code at the counter to receive the discount. Please contact [concierge@tclub.com](mailto:concierge@tclub.com) for more information.

### RATES\*

Daily	\$20.95
Weekly	\$76.00
Long-Term	\$131.95

*\*Rates do not include taxes or any other optional extras. Rates are based on a 24-hour clock and commence from check-in. One day equals 24 hours. No in/out privileges exist. Rates are based on a minimum one-day charge.*

## pure integrative pharmacy

### MEMBER EXCLUSIVE

As a trusted alliance partner of Pure Integrative Pharmacy, Terminal City Club members are entitled to 20% off their entire purchase online only at [purepharmacy.com](http://purepharmacy.com).

*\*Pure Pharmacy Corporate Health Spending Account offer valid online only. Discount cannot be combined with any other offers. Minimum \$50 purchase required. Not eligible for in-store pickups. Discount code will reset on January 1, 2023.*

## happy hours

If you need a spot to sip a drink in the sun (or a nice night cap), visit us during either of our new happy hours!

### APERTIVO HOUR 12-4 PM

- Aperol Spritz \$10
- Enzoni \$10
- Gin Basil Smash \$10
- Sangria \$10
- Honey Hops \$10

### LATE NIGHT SIPPERS 7 PM - CLOSE (MEMBERS' LOUNGE)

- Fireside Affair \$10
- Brandy Alexander \$10
- Frangelico Zesty \$10



## need summer sippers?

LET US SHOP FOR YOU!

We have curated packs of wines for all your summer needs at home or the cabin. Email [wine@tclub.com](mailto:wine@tclub.com) to learn more and to gain early access to our summer cellar blowout.



### OFF SITE EVENT

## Tour Wine Country with DJ Kearney!

AUGUST 28 to AUGUST 31

Visit Okanagan Wine Country with DJ Kearney, our Director of Wine. We have a few guided trips in the works for our members and guests, and the first is an exclusive visit to the Naramata Bench. Join DJ in late August for four days of touring, sipping, dining and relaxing in the heart of wine country. We will stay in the historic Naramata Inn and venture out from there on a full itinerary designed by DJ to show you the best of the best. This intimate group is for five couples only, from August 28 to August 31. Email [djkearney@tclub.com](mailto:djkearney@tclub.com) to learn more and secure your place on a first-come first-served basis.

# July & August AT THE CLUB



IRL GROUP

## Business & Leadership

TUESDAY, JULY 5

6 – 8 p.m.

*Complimentary event with the purchase of dinner à la carte from the Grill*

Hosted by TCC members the Donnellan brothers, this discussion and networking event is designed for members in the real estate industry and related fields. This session is focused on business and leadership and features guest speaker Jay Demerit, retired American soccer player and founder of the Gen-Z empowerment app RISExSHINE.



SUMMER POP UP

## Tiki Night

TUESDAY, JULY 12

5 – 7 p.m.

*\$25 + tax and service charge*

Say aloha to your fellow TCC members with a cold beverage in hand and sip some special cocktails and boozy concoctions from the bar. Enjoy a selection of Polynesian-inspired bites and be transported to your own island paradise while you relax on our Grill patio.



FOR OUR MEMBERS

## Club Cuvée: Awesome 80s

FRIDAY, JULY 15

7:30 p.m. – late

*\$20 + tax and service charge includes welcome cocktail*

Pull out your party outfits and join us at Club Cuvée! This new event will transform Cuvée into a space to network, lounge, dance, and enjoy great cocktails with your fellow members.

July's theme is the 80s, so get ready to break out the hairspray and sequins. With a DJ spinning danceable hits, handcrafted cocktails, polaroid station, and of course a glittering disco ball - Club Cuvée will be a night to remember!



## CATERING Summer Social Promotion

If you've been looking for the perfect opportunity to organize a meeting or event, this is it! Our catering team has an excellent AV bonus offering that features a podium, microphone, house speakers, screen and a projector - all complimentary with the booking for your next summer social (estimated value of \$440).

\*Please note, the event must occur before August 31, 2022. Offer limit one promotion per client, when booking a catering breakfast, lunch, or dinner with a minimum spend of \$2,000.

Contact:  
catering@tclub.com.

# July & August AT THE CLUB



FOR OUR MEMBERS  
**Members' Wine  
Tasting**

WEDNESDAY, JULY 20  
5 – 6:30 p.m.

*\$10 + tax and service charge  
\*Registration is mandatory*

Join us for our monthly Members' Wine Tasting! 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. This social event is a member favourite, so save your spot early!

MEMBERS ONLY  
**Networking Lunch**

THURSDAY, JULY 21  
12 noon – 1:30 p.m.

*Complimentary event with the purchase of lunch à la carte from the Grill.*

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

FAMILY SUMMER POP-UP  
**Dog Days of  
Summer**

TUESDAY, JULY 26  
5 – 7 p.m.

*Adults \$25\* | Kids (4-12) \$15\*  
\*plus tax and 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!

DISCUSSION GROUP  
**With City of  
Vancouver Mayoral  
Candidate Mark  
Marissen**

TUESDAY, JULY 26  
7:15 – 9 p.m.

*Complimentary event*

Join the TCC Discussion Group—for members, run by members—for an evening of dialogue and camaraderie. This month's discussion group leader is Mark Marissen, City of Vancouver mayoral candidate.

# July & August AT THE CLUB



SUMMER POP UP

## Summer Fiesta

TUESDAY, AUGUST 9

5 – 7 p.m.

*\$25 + tax and service charge*

Join us on the Grill Patio for another great summer night. Start the evening off with a margarita in hand, and enjoy some tasty treats created by our culinary team. Tacos anyone?



MASTERCLASS

## Wine Masterclass

FRIDAY, AUGUST 12

Save the date for this August wine masterclass! Make the weekend a staycation and let Wine Director DJ Kearney take you an exquisite journey through a beautiful selection of wines without having to leave the city. Like all our masterclasses, these fill up quickly so be sure to keep an eye on Member Central for when registration opens.



MUSIC AND DANCING

## Club Cuvée

FRIDAY, AUGUST 12

7:30 p.m. – late

*\$20 + tax and service charge  
includes welcome cocktail*

Pull out your party outfits and join us at Club Cuvée! This new event transforms Cuvée into a space to network, lounge, dance, and enjoy great cocktails with your fellow members.



FOR OUR MEMBERS

## Members' Wine Tasting

WEDNESDAY, AUGUST 17

5 – 6:30 p.m.

*\$10 + tax and service charge  
\*Registration is mandatory*

Join us for our monthly Members' Wine Tasting! 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. This social event is a member favourite, so save your spot early!



# July & August AT THE CLUB



MEMBERS ONLY

## Members' Networking Lunch

THURSDAY, AUGUST 18  
12 noon – 1:30 p.m.

*Complimentary event with the purchase of lunch à la carte from the Grill.*

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

## FOR THE FAMILY Family Pool Party & BBQ

SATURDAY, AUGUST 20  
10 a.m. – 2 p.m.

*\$25 per person + tax and service charge*

Grab the kids and some sunscreen, and meet us on the pool deck for a big splash of an afternoon! Parents are invited to dive in or lounge poolside to take in the sunshine, while kids can enjoy pool games and activities.

CONVERSATIONS LIVE

## Topic to be Announced

TUESDAY, AUGUST 23  
4:45 – 9 p.m.

*\$185 + tax and service charge (includes welcome beverage, wine, and dinner)*

Join us and a special panel of guests for an evening of dinner and discussion. This is the third in a series of discussions that dissect the cultural and political zeitgeist hosted by Conversations Live and Stuart McNish. Each session will be led by featured guests and are sure to be thought-provoking conversations.

## FAMILY SUMMER POP UP Dog Days of Summer

TUESDAY, AUGUST 23  
5 - 7 p.m.

*Adults \$25\* | Kids (4-12) \$15\*  
\*plus tax and 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!

# July & August AT THE CLUB



OFF SITE EVENT  
**Day at the Races!**  
 SATURDAY, SEPTEMBER 10  
*\$100 per person + GST*

Enjoy a day at the Derby with the Club on a special trackside patio! The day will include transportation and from the Club, along with a perfect bbq picnic buffet! Contact Cory Gibson for more details or to register for the event: [cgibson@tclub.com](mailto:cgibson@tclub.com).

DISCUSSION GROUP  
**Topic to be  
 Announced**

TUESDAY, AUGUST 20  
 7:15 – 9 p.m.

*Complimentary event*

Join the TCC Discussion Group—for members, run by members—for an evening of dialogue and camaraderie.

## REGISTER FOR EVENTS

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

# summer specials



## summer dinner buffet

EVERY THURSDAY | 6 – 9 P.M.

Adults: \$85 + tax and service charge  
 Kids (12 and under): \$35 + tax and 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.

## summer live music series

EVERY THURSDAY, FRIDAY & SATURDAY  
 THE GRILL | 6 – 9 P.M.

<b>Saturday, July 2</b>	Carmina Rae
<b>Thursday, July 7</b>	Cory Curtis
<b>Friday, July 8</b>	Carmina Rae
<b>Saturday, July 9</b>	Tissa Rahim
<b>Thursday, July 14</b>	Dave Martone
<b>Friday, July 15</b>	Tess Anderson
<b>Saturday, July 16</b>	Neal Ryan
<b>Thursday, July 21</b>	Cory Curtis
<b>Friday, July 22</b>	Tess Anderson
<b>Saturday, July 23</b>	David Capper
<b>Thursday, July 28</b>	Dave Martone
<b>Friday, July 29</b>	Cassandra Maze
<b>Saturday, July 30</b>	Carmina Rae



## Wine & Spirit Education Trust Wine Education

We welcome members, guests and staff to join us for Wine & Spirit Education Trust wine education.

The London-based Wine & Spirit Education Trust is considered the gold standard for professional wine certification the world over. Ideal for both amateur winelovers and professional hospitality trade, students who successfully complete the WSET courses attain a high degree of wine knowledge, and a globally recognized designation.

**WSET LEVEL 1 INTENSIVE** is a foundation course that is ideal for beginners... zero experience is ideal for this level. This course will help you understand the major grapes, learn the essentials of food and wine pairing, and how to buy smarter. Ideal for zealous winelovers or those starting their hospitality careers. This program consists of two classroom sessions, the tasting more than a dozen wines, food and wine pairing chemistry. A 30-question multiple choice exam will assess students' knowledge.

Date & Time: Sundays, September 18 & 30 from 10 a.m. to 3 p.m.  
Cost per person: \$399 + GST – Lunch available for pre-order  
Registration Deadline: Friday, August 26, 2022

**WSET LEVEL 2 INTENSIVE** examines how environmental factors, grapegrowing, winemaking, and maturation options influence the style and quality of wines made from eight principal grape varieties and 22 regional wines, as well as the world of sparkling and fortified wines (WSET 1 is not a prerequisite, but highly recommended). To obtain your WSET 2 Certificate in Wine, there will be a 50-multiple choice test at the end of the November 28 session. 55% is required to pass; there is no blind wine tasting component. Don't feel like sitting the exam? Auditing is fine too!

Dates & Time: October 16, 23, and 30 from 9 a.m. – 5:30 p.m.  
Cost per person: \$1,150 + GST – cheese & charcuterie plate available for purchase  
Registration Deadline: Friday, September 23, 2022



*All participants must follow any PHO guidelines in place at the time of the course.*

# Member Milestone

## JIM PATTISON

August 1957 was some time ago. John Diefenbaker had just started his term as Canada's 13th Prime Minister; Elvis Presley's "(Let me be your) Teddy Bear" was at the top of the brand new CHUM Weekly Hit Parade; and the headlines of *The Vancouver Sun* read "Victoria Asked To Approve 15-Cent Beer." The city of Vancouver was a far cry from the densely populated glass metropolis we think of today.

The summer of 1957 was also when Jim Pattison became a Member of the Terminal City Club. At that time, Mr. Pattison – or 'Jimmy' to those who knew him – was 28 years old and a hardworking salesman at the *Bowell McLean GM dealership* at 615 Burrard Street. It would be another four years before Jimmy would convince RBC to loan him the \$40,000 he needed to purchase his own Pontiac-Buick store.

In those days, Terminal City Club was still located in the Metropolitan Building on Hastings Street, although the Club's membership was rapidly outgrowing its physical space. Extensive interior renovations and updates throughout the 1960's and 70's managed to extend the Club's life in the building, but it was clear that a more modern space would be needed. Among many other changes and modernizations during the 70's and 80's, a new Terminal City Club Tower – to replace the failing Metropolitan Building – was conceptualized, debated, approved, begun, and eventually completed in 1998.

Over those 65 years, while the Terminal City Club evolved, and as his own business grew and expanded to become the multi-national organization we all now recognize as the Jim Pattison Group, Mr. Pattison has also been an important part of the TCC. The Club has been honoured to host Mr. Pattison and his colleagues, employees, clients, and friends and family for countless early mornings, late nights, dinners, parties, meetings, gatherings, and probably several thousand laps in our pool too.

We are deeply grateful for these opportunities.

Through the consistent support and active participation of long-term members like Mr. Pattison, Terminal City Club has evolved into the vibrant Club that we enjoy today, and that we can look forward to enjoying tomorrow. It is impossible to over-state the impact that dedicated Members make on a member-based organization such as ours. And so, we extend our congratulations to Mr. Pattison on 65 years of TCC membership, and our sincere thanks for helping to shape the Club's present and future.



Photo: Vancouver Sun

# Liquid Assets

## GREAT CANADIANS



### **BLUE MOUNTAIN ESTATE PINOT GRIS 2020 – OKANAGAN FALLS, BC \$48**

Okanagan Fall's iconic Blue Mountain decided to make no wine in 2021 because the wild fire smoke and the heat dome adversely affected their grapes, so supplies are short! We have some of their precise Estate pinot gris from the superlative 2020 vintage in our cellars. Laden with peaches juicy citrus flavours, it's one of Canada's very best whites. Butter chicken, anyone?



### **TAWSE QUARRY ROAD VINEMOUNT RIDGE RIESLING 2018 – NIAGARA, ONTARIO \$54**

We lost one of our country's very best winemakers this year. Paul Pender was a visionary craftsman, devoted to biodynamic farming, minimalist winemaking, and site expression. This riesling is lean and mineral-driven, with nervy acid and barely-there sweetness. Built to age, this is drinking magnificently now with our braised pork belly, dill poached salmon or TCC poke bowl.



### **BLACK HILLS ROSÉ 2020 – OKANAGAN VALLEY, BC \$52**

Master of Wine Ross Wise is the brilliant winemaker at Black Hills, and everything has gone up a few notches since he took over four years ago. A classic blend of grenache, syrah, and mourvèdre, this pale apricot-hued rosé has a dry and botanical framework, padded with gorgeous hints of dark fruits and dusty minerals.



### **TAWSE LAUNDRY VINEYARD CABERNET FRANC LINCOLN LAKESHORE 2016 – NIAGARA, ONTARIO \$84**

Styled in the direction of the Loire's iconic cabernet franc appellations like Chinon and Bourgueil, this Niagara expression is pure, fragrant and mellow with age. Black cherry, red currant, and dried wild herbs linger in the very lengthy finish. Winemaker Paul Pender was a brilliant amateur boxer, and this wine has both muscle and graceful footwork.

# Sip This Way...

## SEASONAL WINE PAIRINGS

We proudly re-opened the handsome newly redesigned Grill Restaurant last month, and hope you've had a chance to visit and admire! The culinary team (they are so excited to cook in the new cutting-edge kitchen) are featuring novel creations as well as your must-have perennial favourites. Here are some wine pairing ideas for your next lunch or dinner with clients, friends or family.

Gemelli pasta is simply two strands twisted together – the words means twins and is pronounced jay-MELL-ee. Perfect for trapping sauce, our gemelli gets three diverse culinary treatments, each deserving a unique pairing.

Gemelli with cashew cauliflower alfredo, North Arm Farm vegetables and basil would pair with an earthy white like **Tolloy Pinot Grigio 2020** (\$43) or a juicy tempranillo blend like **AdegaMãe** from Portugal (\$46).

If you opted for gemelli with mushrooms, truffle alfredo, basil, and grana padano cheese, terrific pairings would be **Pieropan's textbook Soave Classico** (\$47) or **SpearHead's award-winning and earthy Saddle Block Pinot Noir** from the North Okanagan (\$59). In the mood for opulence? Choose the buttered poached lobster and spicy shrimp gemelli and sip a top rosé like **Whispering Angel** or the luxurious and intense **Meyer Micro Cuvée Chardonnay**. Pro tip: lobster and red wine are not pals.

Did you know Executive Chef Dan has a Greek connection? His fine-dining take on the classic Tiropita is both innovative and delicious. Assyrtiko is Greece's finest white grape, possessing lemony flavours and soaring acidity. We have a magnificent one on our list, **Vassalitis**, from the volcanic island Santorini. Unoaked, lemony, and dripping with salty minerals, it's a must try with our Tiropita.

The Moroccan coffee-rubbed lamb has already wowed our members, and you'll want a bold red that can handle complex flavours. Syrah's meaty, smoky character is a worthy match – either **Painted Rock** from the Skaha Bench (\$92) or a very hip, streamlined Sonoma Valley bottle from **Pax** (\$115). Cabernet is a natural with lamb too, and if you've not tried the full-bodied **Sinegal Details Cabernet**, do so! Started by James Sinegal, co-founder of Costco, the winery has deep historic roots in Sonoma County.

— DJ Kearney, Director of Wine



# Have You HEARD?



## BIV'S 40 UNDER 40 2021

ALAN COSGRAVE & SAM GHAREGOZLOU

Congratulations to members Alan Cosgrave, who recently made partner with MNP, and Sam Gharegozlou, co-founder and president of Axion Zen, for making BIV's 40 under 40! Read their interviews by scanning the QR codes or by following the links below (digital copy only).



Alan  
Cosgrave  
<https://bit.ly/3R5w1FE>



Sam  
Gharegozlou  
<https://bit.ly/3POX9nh>



## ELEVATING GROWTH

MOOJAN AZIZI

We are thrilled to share that Moojan Azizi and the RE/MAX Elevate team have recently acquired a new downtown office. Just a hop and a skip up the street, their new location on West Pender *almost* makes us neighbours. Congratulations to Moojan and his growing team on all their hard work over the years, and we look forward to seeing you all around the neighbourhood!



## SQUASHING THE COMPETITION

BARRY GIFFORD

Terminal City Club's resident squash expert Barry Gifford (left) can add another brilliant title to his name: 2022 Squash National's 60+ Champion! Congratulations to Barry and we're proud to count him as part of the amazing TCC Fitness team.

— Do you have news to share? Contact Amanda Jun, Club Relationship Manager, at [ajun@tcclub.com](mailto:ajun@tcclub.com).

# Member of the Month

## NAJIA BHIMJI



With a degree in environmental science from Queen's University near completion, Najia Bhimji pondered her options. "I considered becoming a geologist," she says. "Rock formations fascinate me, and I have always been keenly interested in the interconnectedness of Earth's processes." A career in animation was another distinct possibility. Najia has a prodigious gift for cartooning. "I love Disney," she says. "If I wasn't doing what I'm doing, I would be in animation for sure."

Dr. Bhimji is a dentist. After graduating from Queen's, Najia began dental school at UBC in 2010. She chose dentistry because it suited three of her many strengths: she has a deep love and understanding of science; an intuitively social and curious personality; and the soul of an artist.

The first two would seem suited and necessary to a successful career in dentistry. The third — the soul of an artist — seems almost superfluous by comparison. To Najia, however, the art in the work is as nourishing as the science.

"It's like I get to work in a pottery studio every day — molding, shaping. I look at every filling as recreating the structure of a tooth that is missing a part. That missing part had anatomy and function. To recreate that missing part is a real joy for me." After four years of dental school, Najia did a residency in Connecticut then moved to Calgary to begin her career as a dentist.

"I grew up skiing on Blackcomb, so this gave me the opportunity to explore slopes on the other side of the Rockies." When she moved back to Vancouver, she brought with her the best practices from the many Calgary offices where she worked as an associate. "I knew the kind of dental office I wanted to create. It's the relationships around me that matter most, and I wanted my

practice to reflect that. I wanted my patients to feel authentically cared for, and to build long-lasting relationships with them. I also wanted to foster a working environment where staff are respected and truly feel they are part of a team.

Najia connected with her mentor and friend Dr. Wilson Kwong and explained her goals. Dr. Kwong is the founder of Inspire Dental Group, and with visions aligned, in 2018, they opened the doors to a new Inspire location below Terminal City Club. Aside from her work as a dentist, Najia has related projects in early stages of development.

"I'm going to create a social media platform for parents to ask questions and learn about their child's health. Right now, I have a group of committed doctors, dentists, and psychologists. In a world where there is so much information circulating, it's hard to know what to trust. We are all so excited about bringing this trustworthy resource to the community."

Najia's other project is an animated children's book that explains to kids and parents in a humorous way how cavities are formed. "While soundly sleeping, a tiny town between two of Elliot's teeth came alive! Elliot had no idea, but the sugar bugs had found a home between his teeth." Plot twist: The sugar bugs aren't the villains in this story. Once the cavity book is published, Najia plans similar entertaining books on sunburns, allergies, digestion and so forth.

Najia joined Terminal City Club in 2018. "Fitness is central to my life. The gym is my meditation. I believe deeply in the power of moving your body and replenishing yourself. The gym was the hook that got me to join but I've met so many great people here — people who not only have interesting work but are doing some wonderful things in the community."

Najia's fiancé, Ryan Brush, is a spousal member at the Club. The couple plan to elope in Italy this summer, where and when the dentist Dr. Bhimji will become the dentist Dr. Brush. "Seriously," she says with a smile. "Dr. Brush."

Najia and Ryan love to travel, love to cook and eat well, and love being outdoors — skiing, hiking, biking, camping. "I greatly appreciate the opportunity to escape technology," she says. "Whether it's for an hour, a day or a week, I will take whatever I can get."



## HOURS

**WEEKDAYS** 6 a.m. - 10 p.m.

**WEEKENDS** 7 a.m. - 8 p.m.

### ADULT SWIM TIME

During Adult Swim time, only adults will be permitted in the pool area:

**WEEKDAYS** 6 - 9 a.m.

**WEEKENDS** 7 - 9 a.m.

## CLOSURES

**JULY 1** CANADA DAY

**AUGUST 1** CIVIC HOLIDAY

**SEPTEMBER 5** LABOUR DAY

## POLICIES

### SWIMMING POOL AREA

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 \$25 will be 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 will be limited to six guests per visit. Non-member guests must always be accompanied by a member.



# Focus ON FITNESS

## JUNIOR SWIM & SQUASH PROGRAMS

Junior group and private lessons are available for kids aged 3+ (swim) and 6-15 (squash). For registration, please visit the Fitness Centre front desk.

### JUNIOR SQUASH

#### SUMMER | July 9 - August 20

No lessons July 30

\$120 + gst (Saturdays, 6 lessons)

#### FALL | September 10 - December 17

No lessons October 8, November 12

\$260 + gst (Saturdays, 13 lessons)

#### SCHEDULE

1 p.m. - 1:45 p.m. (ages 6-8)

1:45 p.m. - 2:30 p.m. (ages 9-12)

2:30 p.m. - 3:15 p.m. (ages 12-15)

### JUNIOR SWIM

#### FALL | September 10 - December 17

No lessons October 8, November 12

\$357.50 + gst (13 lessons)

#### SCHEDULE

10 - 10:40 a.m. (ages 3-5)

10:40 - 11:20 a.m. (ages 6-7)

11:30 - 12:10 p.m. (ages 8-9)

12:20 - 12:50 p.m. (overflow)

## SQUASH LEAGUE UPDATES

### Vancouver Squash League (VSL) Playoff Results:

**1st Place** – Division 3 Team led by co-Captains Brian Duong and Hamid Shekarchi

**4th Place** – Division 5 Team led by co-Captains Ron Matthews, Diana Chang, and Chadwick Walker

### Upcoming Vancouver Squash League (VSL)

The Winter/Spring 2022-23 session will be running from September 26 to mid-March followed by playoffs. TCC will be hosting a Division 1 (2) Team; a Division 5 Team; and a Division 6 Team, pending sign-ups. Please contact Barry Gifford to register with a team as a full-time, or part-time player: [squash@tccclub.com](mailto:squash@tccclub.com) | 604-219-8233

### 2022 Oxford Properties National Squash Championships

2022 Oxford Properties National Squash Championships made history with the first-ever outdoor squash tournament in Canada. The main venue took place on the All Glass Court at the Jack Poole Plaza. A big congratulations to Madison Xu, Dave Fenn, and Barry Gifford for their hard work and participation in the championships!

# SQUASH

## COURT BOOKINGS

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

## RACQUET RE-STRINGING

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

## FREE BEGINNERS CLINIC

**July 13, Aug 10 & Sept 14 | 5–6 p.m.**

*Second Wednesday of each month*

Learn the basics of squash in a fun environment! Contact the Fitness Centre front desk by 8 p.m. on Mondays to register.

## SQUASH SOCIAL

**Thursdays, 4–6 p.m.**

This is a great opportunity for people who enjoy playing socially and want to meet new players. Post-game beverages and food always follows at the Lions Pub.

## SQUASH DRILLS

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

For intermediate/advanced VSL players. To register, contact Barry for placement by 8 p.m., Fridays.

## SUMMER SQUASH 2022

TCC's Box Ladder has begun! Register at the Front Service Desk in the Fitness Centre.

## SQUASH JUMPSTART

**Wednesday, September 21**

**Women 5–6 p.m. | Men 6–7 p.m.**

Our free quarterly Jumpstart Squash Series – for experienced players at TCC – is a great way to get you back into squash fighting shape. Fitness drills and conditioning games are orchestrated by Barry to rekindle your squash spark (great warm-up for VSL).

Please register at the Fitness Centre Front Desk by 8p.m. on Monday, September 12.

# TRAIN

## SQUASH LESSONS WITH BARRY GIFFORD

Are you ready to take your game to the next level? Try a private or partner lesson on Wednesdays, Thursdays, or Saturdays (other days upon request). Barry Gifford is the reigning 60+ National Champion and past-Squash Doubles world Masters gold medalist. He is NCCP Level 3 certified, coaching adults and children, from beginners to NCAA Ivy League Champions.

## PRIVATE SWIM LESSONS WITH JOHN RYAN

John Ryan has taught beginners, Masters and Triathlete-swimmers to reach their goals over his 20+ years coaching. Regardless of your skill level, John can help you improve your technique and stamina, learn new techniques, and gain confidence and ease in the water!

## JUNIOR PRIVATE LESSONS

Private lessons with Barry or John are available upon request. Please contact the Fitness Centre Front Desk for details.

## SQUASH PRIVATE OR PARTNER LESSONS

Are you ready to take your game to the next level? Try a private or partner lesson: Tuesdays to Thursdays and Saturdays (other days upon request).

## MILFIT PERSONAL TRAINING

MilFit personal training focuses on private one-on-one session designed entirely on your needs to make sure you reach your health and fitness goals safely and effectively. Whether you are new to fitness or an athlete, our team of professional and experienced Certified Personal Trainers will set you up with targeted programs specific to you.

## MILFIT 2-FOR-1 SUMMER STRENGTH SESSION

**\$85 (2 sessions) | New Clients Only**

For July and August take advantage of our MILFIT's 2-for-1 60 minute personal training promo, focused on building a strong body through scientific strength training principles. Our trainers teach proper form and technique, and provide safe and challenging programs specific to your fitness level. Incorporating a well-structured weight and strength exercise program helps you feel better and prevent injuries so you live better.

To sign up, contact Milwina Guzman at [milwina@milfit.ca](mailto:milwina@milfit.ca) or 604-716-8927.

## PRIVATE PILATES WITH ZORICA

**Mondays - Fridays | 9-11 a.m. & 1-4 p.m.**

Zorica provides Pilates based movement therapy for clients seeking customized training to re-educate and empower themselves towards pain free movement patterns, as a BASI® certified Pilates Instructor with over 13 years of devoted intense practice and master teaching study.

Drawing from the best of Pilates, proven by body science research. Zorica's approach helps you move with strength and ease at every age and life stage.

Pilates can help:

- Reduce stress and tension
- Body misalignment correction
- Develop integrated strength
- Relieve pain and feel great

Personalized Programs

- Restorative/Conditioning Exercises for specific needs (osteoporosis, scoliosis)
- Stretching for Functional Movement
- Alignment and Corrective Exercises for mature population (osteoporosis, scoliosis)

# JULY/AUGUST SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m.		VINYASA YOGA WITH CLARE				
7 a.m.		VINYASA YOGA WITH CLARE	MAT PILATES WITH ZORICA	POWER FLOW YOGA WITH VANESSA		
7:15 a.m.		VINYASA YOGA WITH CLARE	MAT PILATES WITH ZORICA	POWER FLOW YOGA WITH VANESSA		
7:30 a.m.						
8 a.m.						
9 a.m.						PURE CORE WITH LEILA
9:15 a.m.						PURE CORE WITH LEILA
9:30 a.m.						PURE CORE WITH LEILA
10 a.m.						
12 p.m.	F.I.T. WITH VANESSA	CARDIO & CORE WITH LEILA	CARDIO KICKBOXING WITH LEILA	SCULPT & STRETCH WITH LEILA	F.I.T. STRENGTH WITH LEILA	
12:15 p.m.	F.I.T. WITH VANESSA	CARDIO & CORE WITH LEILA	CARDIO KICKBOXING WITH LEILA	SCULPT & STRETCH WITH LEILA	F.I.T. STRENGTH WITH LEILA	
12:30 p.m.	F.I.T. WITH VANESSA	CARDIO & CORE WITH LEILA	CARDIO KICKBOXING WITH LEILA	SCULPT & STRETCH WITH LEILA	F.I.T. STRENGTH WITH LEILA	
1 p.m.						

## F.I.T. WITH VANESSA Mondays, 12 noon – 1 p.m. ■

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

## VINYASA YOGA WITH CLARE Tuesdays, 6:30 – 7:30 a.m. ■

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

## CARDIO & CORE WITH LEILA Tuesdays, 12 noon – 1 p.m. ■

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

## MAT PILATES WITH ZORICA Wednesdays, 7 – 8 a.m. ■

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

## CARDIO KICKBOXING WITH LEILA Wednesdays, 12 noon – 1 p.m. ■

This fun, non-contact workout utilizes boxing skills and drills to engage every muscle group in your body. Increase your cardiovascular endurance, power and stamina. You'll feel it the next day!

## POWER FLOW YOGA WITH VANESSA Thursdays, 7 – 8 a.m. ■

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

## SCULPT & STRETCH WITH LEILA Thursdays, 12 noon – 1 p.m. ■

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

## F.I.T. WITH STRENGTH WITH LEILA Fridays, 12 noon – 1 p.m. ■

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

## PURE CORE WITH LEILA Saturdays, 9 – 10 a.m. ■

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

### Class Legend:

■ ZOOM ■ IN-PERSON (12 MAX PER CLASS)



# Member Referral

## REFER TO WIN: A BESPOKE DINING EXPERIENCE FOR EIGHT

Members will receive one entry for each new, successfully balloted Resident or Corporate member that joins the Club by September 8, 2022. All referrals must be made in writing prior to the submission of the application. The winner will work with our amazing Bespoke Dining team, that includes Executive Chef Dan Creyke and Wine Director DJ Kearney, to decide on a custom cocktail, dinner menu and wine pairings for an unforgettable evening.

For each new, successfully balloted Resident or Corporate applications, members will also receive a \$250 credit on their TCC account.

For more information or to make a referral:

Call 604-488-8647  
Text 604-200-2279  
Email [joinus@tclub.com](mailto:joinus@tclub.com)