

# TERMINAL CITY TIMES

JUNE 2023 • VOL. 30 NO. 6



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

# Upcoming Events

- JUNE 6** **TCC SALON**  
The Power of Music with Professor Rena Sharon and guests Andrea Unrau & Dr. Hussein Janmohamed
- JUNE 8** **MEET ME AT THE BAR**  
New Member Night
- JUNE 10** **SUMMER FAMILY BARBECUE**  
A TCC Family Favourite
- JUNE 14** **TCC SALON**  
Dr. John Imrie on Heart Health
- JUNE 15** **MEMBERS' NETWORKING LUNCH**  
Making Decisions in the Fog of Uncertainty
- JUNE 16** **CHEERS TO DAD!**  
Exclusive Tasting
- JUNE 18** **FATHER'S DAY**  
In the Grill
- JUNE 19** **TCC SALON**  
Professor Andrea Grabovac on Mindfulness and Cognitive Behavioural Therapy
- JUNE 20** **TCC DINNER AGORA**  
Are Smartphones the Cigarettes of Our Era?
- JUNE 21** **SUMMER SOCIAL**  
A Member Favourite
- JUNE 27** **DISCUSSION GROUP**  
Topic TBA
- JULY 6** **CHEF'S SMOKED MEATS BARBECUE BUFFET**  
Summer Buffet
- JULY 11** **POKÉ BAR POP-UP**  
Summer Pop-Up Series
- JULY 15** **SIP, SAVOUR, SHIMMY & SHAKE**  
Cocktails, Canapés and Dancing
- AUG 17** **CENA IN BIANCO**  
TCC White Dinner
- AUG 26** **FAMILY POOL PARTY**  
On the Fitness Centre patio

## REGISTER FOR EVENTS

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

# Contact

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

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

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

# Hours

## MEMBER SERVICES (FRONT DESK)

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

## FITNESS CENTRE

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

## THE GRILL

Monday – Friday  
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 & 1892 (WORKSPACE)

Monday – Friday 11:30 a.m. – 7:30 p.m.  
- Weekend service available upon request from Grill  
- Please note that calls are permitted only in Cuvée

## LIONS PUB

Sunday – Wednesday 11 a.m. – 11 p.m.  
Kitchen 11 a.m. – 8:30 p.m.  
Thursday – Saturday 11 a.m. – 12 midnight.  
Kitchen 11 a.m. – 9:30 p.m.

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

TERMINAL CITY CLUB



# President's Letter JUNE 2023

## DEAR FELLOW MEMBERS,

It has been wonderful to see our members enjoying the beautiful views of Burrard Inlet and the North Shore Mountains from our revamped Grill and Fitness Centre patios, thanks to the nice weather we had in late May.

The waterfront has been buzzing with a steady stream of cruise ships and convention traffic, which has made for a busy Lions Pub in the past few months. Please pop down and enjoy a pint or some pub fare on the Cordova Street patio. And don't forget that when you eat at Lions Pub, you get a 10% discount!

Our Catering department has been busy over the past few months and shows no signs of slowing down. If you are planning events this summer or later in the year, I encourage you to connect with [catering@tcclub.com](mailto:catering@tcclub.com) as soon as possible. The patio receptions are always a hit!

Our Slide into Summer Social is taking place on Wednesday, June 21, featuring live music, networking, and plenty of samples of white wines and summer-inspired beverages! We're expecting this event to sell out, so be sure to secure your spot; register on Member Central or with Member Services. As always, our detailed listing of events can be found on page 4.

Speaking of events, I recently had the pleasure of attending one of the TCC dinner Salons and I was blown away by the level of insight from the speakers. These events foster in-depth dialogue and intellectual engagement around important topics, connecting members in a meaningful way. I highly recommend finding a topic that sparks your interest and attending these incredibly rewarding events. Kudos to member Victor Chan for curating captivating topics and fascinating speakers all year-round, elevating the educational significance of the TCC dinner Salon events with his mastery in moderating thought-provoking discussions.

We know that many of you use your bike to commute, and we are excited to announce that staff is working to install a fob reader for our bike cage on P1 that can complement the bike racks at the bottom rung. More details will be shared with membership as the project progresses.

Do you know someone in your network that would be a great fit for the Club? As always, our referral program will give you a \$250 credit for all successfully balloted Personal or Corporate members. For more info, reach out to [joinus@tcclub.com](mailto:joinus@tcclub.com).

If you have a special occasion, important dinner guest, or just want to plan a unique dining experience for your close friends and family, our Bespoke Dining program lets you personalize your experience. If you have something in mind, our team would love to work with you! For any inquiries, please don't hesitate to contact [reserve@tcclub.com](mailto:reserve@tcclub.com).

Finally, Sunday, June 18 is Father's Day! The Club is looking forward to hosting all the dads and granddads for dinner later this month.

Until next time, take care and enjoy the sunshine!

Best regards,

Julia Yan  
Terminal City Club President

# 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 new members:

Sandra Daycock  
Mauro Francis  
Graham Freeman  
Inder Johal  
Tiffany Kuhlmann  
Scott MacDonald

Phillip Mak  
Emma Richmond  
Struan Robertson  
Almero van Wyk  
Bill Wang



## holiday hours

The Club will be closed on **Saturday, July 1** for Canada Day. The Pub will be open July 1.

## dress code reminder

Unless otherwise specified, the Club, with the exception of the Fitness Centre, has a minimum dress code of **smart casual**. Smart casual includes collared shirts, golf shirts, blouses, knee-length shorts, khakis, and solid-coloured denim. T-shirts without large logos or slogans are permitted provided they are worn with a sports jacket. All footwear must be clean and smart. All hats, runners, flipflops, and torn denim are not permitted.

## JUNE LIVE MUSIC THURSDAYS, FRIDAYS & SATURDAYS // 6 - 9 PM

THU 01	John Gilliat
FRI 02	Dave Paterson
SAT 03	Desmond Larson
THU 08	DJ Wonjo in Cuvée, 5–8 p.m. for Meet Me at the Bar: New Member Night
FRI 09	Olaf De Shield
SAT 10	Goby Catt
THU 15	Dave Paterson
FRI 16	Goby Catt
SAT 17	Jessica Benini
WED 21	DJ Hubbz 5 – 7 p.m. for the Summer Social
THU 22	Dave Paterson
FRI 23	Desmond Larson
SAT 24	Dave Paterson
THU 29	Cassandra Bangel
FRI 30	Connor Rof





## patio season means barbecue

It's finally summertime, and we're excited to announce that our new patio is officially open for business. Chef Dan and his talented team have crafted a delicious new BBQ menu that's perfect for any occasion.

If you're planning a summer shindig for your family, friends, or co-workers, be sure to connect with our catering team. They'll help you plan the perfect menu, so you can sit back, relax, and enjoy the party. Don't miss out on the fun – contact us today at [catering@tclub.com](mailto:catering@tclub.com) or 604-488-8605.

*Book an event in July or August 2023 and receive your choice of a complimentary welcome drink (up to 30 guests) or complimentary AV services (up to \$300 value). Event must take place between July 1 and August 31, 2023.*



photo : Iain Fletcher

## comedy night in the members' lounge

Thank you to all who attended TCC's first ever Comedy Night, making it a huge success! A special thanks to hecklers Mitch Maguire, Moojan Azizi and Jeff Moore for their participation and taking it on the chin for everyone's enjoyment!

# Dining AT THE CLUB

## for extra efficiency, consider pre-ordering

Coming for lunch or dinner with a group? On a tight timeline? Contact the restaurants team at [reserve@tclub.com](mailto:reserve@tclub.com) to pre-order your food or arrange for appetizers or wine to be ready on arrival.

## bespoke dining experiences

TCC's Chef's Table, the Dr. Ignatius Cheung Room, is available for bespoke private dining experiences as well as for your VIP lunch meetings. Grill lunch à la carte is available with a \$200 room charge. Contact your restaurants team at [reserve@tclub.com](mailto:reserve@tclub.com) to secure this elegant space for your next working lunch. Book ahead to secure this popular members' hideaway.

## summer beverage menu

Your TCC Beverage Team have been hard at work testing new cocktails, curating a spectacular selection of wines from around the world, as well as dreaming up innovative alcohol-free options. We are so glad to have our beautiful patio available to our members, whether for quick happy hour drinks or long dinners al fresco.

Cheers to summer's return!

# June EVENTS



TCC SALON

## The Power of Music with UBC's Professor Rena Sharon

TUESDAY, JUNE 6

6 – 9 p.m.

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

Music is one of those things we encounter that is both quotidian and mysterious. Music's tones and rhythms universally move us to sing and dance our stories, to commune in shared emotion and meaning. It has the power to go beyond words to bring forth glimpses of transcendence. Music's phenomena have been pondered by philosophers for millennia, and a global network of researchers are studying its diverse and enigmatic capacities. Join UBC music professor Rena Sharon, musician and researcher Andrea Unrau from the Sarah McLachlan School of Music, and composer-conductor Dr. Hussein Janmohamed for a wide-ranging conversation about music's ineffable power and its connections to neuroscience, health, education, well-being, community, and the cosmos. What's your playlist, and why?



MEET ME AT THE BAR

## New Member Night

THURSDAY, JUNE 8

5 – 7 p.m.

*Complimentary event*

Stop in at Cuvée on the second Thursday of every month to meet and mingle with the newest additions to our community!

Meet Me at the Bar: New Member Night is a terrific opportunity for members new and longstanding to connect with one another, enjoy craft cocktails, and bop along to beats by a local DJ. See you at the bar!



SATURDAY SERIES

## Summer Family Barbecue

SATURDAY, JUNE 10

5 & 5:30 p.m. seatings

*Adults: \$65 plus tax & service  
charge*

*Kids (4–12): \$32 plus tax &  
service charge*

Celebrate the return of summer with a BBQ Buffet with salads, grilled items including vegan options, and desserts that will delight the whole family. Games of ring toss and corn hole will keep everyone entertained, and the kids can have their faces painted by professional face painters!



TCC SALON

## Dr. John Imrie on Heart Health

WEDNESDAY, JUNE 14

6 – 9 p.m.

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

Dr. John Imrie will use an on-screen video application to review the basic anatomy of the heart, and to demonstrate and briefly discuss a variety of common heart conditions such as coronary artery disease, heart attacks, valve conditions and rhythm disturbances.

Most of the evening will be dedicated to answering questions. For obvious reasons, Dr. Imrie is not able to give specific medical advice or address specific medical situations, but he would be pleased to address heart health, heart diseases in general and their specific treatments.



# June EVENTS



MEMBERS' NETWORKING  
LUNCH

## Making Decisions in the Fog of Uncertainty

THURSDAY, JUNE 15

12 noon – 1:30 p.m.

*Complimentary event with the  
purchase of lunch à la carte*

Join the city's entrepreneurs, executives, and business owners for conversation over a power lunch. This is a terrific opportunity to meet and learn from other members representing diverse industries. Member host Ruben Ugarte will be there to welcome everyone and make introductions.

The topic for June is on how to make decisions in an increasingly uncertain world. How is your team adjusting to the ongoing inflation, talent scarcity and gloomy expectations? What are your strategies for making decisions when you don't know what the future holds?



SPECIAL TASTING

## Cheers to Dad!

FRIDAY, JUNE 16

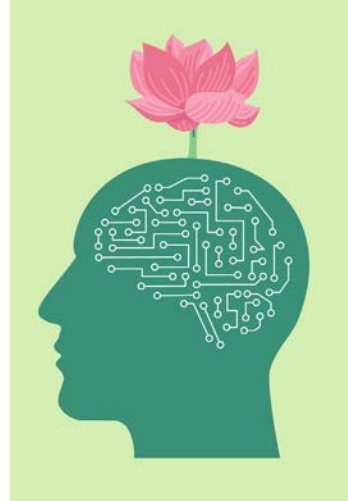
6 – 7:15 p.m.

*\$95 plus tax & service charge*

These days dads sip much more than just bourbon and cab! Join us for a special session to celebrate the men in your life (dads, brothers, sons, granddads, husbands, uncles or a special mentor) and taste some dad-worthy adult beverages!

We will be pouring Worthy Park Estate Rum (awarded Best Rum of the World in 2020), La Massa 2019 Super Tuscan, and Mission Hill Oculus 2017, part of a stellar selection of wine, rum and beer.

We will have a selection of bottles so you can shop for dad at the session too. Snacks to pair of course, and do not forget to make your Grill reservations so you can continue celebrating dad over dinner.



TCC SALON

## Mindfulness and Cognitive Behavioural Therapy

MONDAY, JUNE 19

6 – 9 p.m.

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

How can changing the way we pay attention to our moment-to-moment experience modify the way that the brain regulates itself?

We will explore the role of equanimity to sensations and the implementation of loving-kindness practices through ethical action in daily life, as taught in Mindfulness-integrated Cognitive Behavioural Therapy. Questions about meditation practice technique are welcomed, and discussion will include both descriptions of the stages of insight, as well as application of mindfulness skills to daily life.



FOR OUR MEMBERS

## Summer Social

WEDNESDAY, JUNE 21

5 – 7 p.m.

*\$25 plus tax & service charge*

Slide into summer at our highly anticipated members' social!

Hang out on the patio and enjoy live music, summer-weight beverages – including wine, gin, tequila, ready-to-drinks, and beer – plus a sample of what you can expect to see on our sensational lunch and dinner menus.

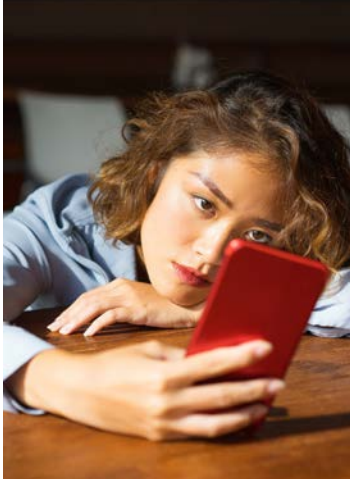
If you know anyone interested in membership, this is a terrific event to take them to!

# Upcoming EVENTS

## REGISTER FOR EVENTS

online  
email  
call  
text

via Member Central  
concierge@tcclub.com  
604 681 4121  
604 200 2279



TCC DINNER AGORA

### Are Smartphones the Cigarettes of our Era?

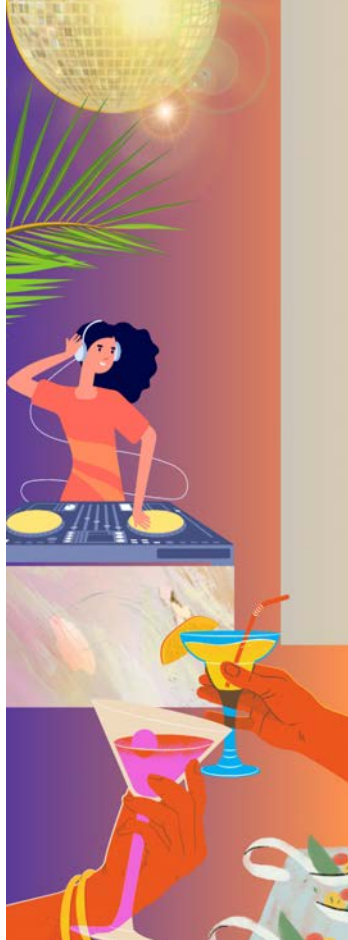
TUESDAY, JUNE 20

6 – 8 p.m.

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

The agora was a meeting place in ancient Greece where people came together to discuss all kinds of topics. The topic for June will be on the impact that smartphones have on our lives. Are they to blame for the rise in mental health issues, especially among younger people? Should we be giving smartphones to children? How do you manage your relationship with your smartphone?

The Dinner Agora is the place for members to discuss thought-provoking, sensitive and contemporary topics. Join us for a dinner, facilitated by TCC member Ruben Ugarte, to learn from your peers and share your perspective.



TCC EXCLUSIVE COCKTAIL  
AND DANCE PARTY

### Sip, Savour, Shimmy & Shake

SATURDAY, JULY 15

6:30 p.m. – late

*\$65 plus tax & service charge*

Cool down with some cocktails and canapés as a DJ warms up the dance floor. Mix and mingle, then dance the night away under the stars. Each guest will receive a welcome drink upon arrival, a drink ticket and a selection of curated small bites.



OUR ANNUAL FAMILY FAVOURITE RETURNS...

# SUMMER

## pool party

SATURDAY, AUGUST 26TH



# Have You Heard?

## MEMBER NEWS

### REFLECTIONS ON THE 2023 CANADIAN SQUASH CHAMPIONSHIPS

—Barry Gifford

Four TCC representatives went to the 2023 Canadian Squash Championships in Montreal, May 10–14. The co-host venue, where the age participants played, was the beautiful Atwater Club, a reciprocal club for TCC members. The Men's and Women's Open events were played on a four-wall glass court, set up in the famous Montreal Forum, a venue fit for champions. (I could almost hear Danny Gullivan's voice, "Rocket Richard, shoots and scoooores!")

**Stephen Hui** (who was also representing the title partner for the event, Pembroke Management) played in the Men's Open B event. He had a 0-3 loss to Patrick Hebert, then a good 3-0 win in his 1st Cons over Don Hamrahi, before losing 3-0 to Pascal Richard in the next round.

**Dave Fenn** was playing in his first ever Men's Open and met stiff competition as the 60+ event had 22 other seasoned opponents. Despite losing his three matches, Dave gained great experience and had an excellent showing in his final match. Dave now knows what to expect next year at the Royal Glenora in Edmonton!

**Barry Gifford** went in as the current champion in the +60 event. He won his first and second round, but despite winning the first game in the semifinals over top seed Willy Hosey, succumbed to Willy's relentless pressure losing 1-3. Then, battered and bruised,



he lost 0-3 to Barbados' champion and last year's finalist Mark Sealy in the 3/4 playoff.

TCC Fitness Centre Manager, **Sergio Hsia**, was a great photographer and supporter, keeping the boys at the top of their games with in-between games coaching tips. Being a graduate of Concordia University, Sergio also served as city guide off the court. Hopefully, next year Sergio will not be on the injured list and can compete!

Off-court enjoyments included Montreal cuisine (bagels and cream cheese and Schwartz's Deli's smoked meat) alongside different ethnic meals enjoyed as we walked the popular Francais streets, many being of European 'ish cobblestone! Great squash, beautiful weather, and a youthful city vibrancy amidst historic buildings, provided us with fond memories on and off court.



**Shelly Appleton-Benko**, Vice President, Director and Portfolio Manager at Odlum Brown, was recognized as number one among Canada's top women wealth advisors, presented by *The Globe and Mail* and SHOOK Research. Congratulations, Shelly!

Read our Member of the Month profile about Shelly:  
<https://tinyurl.com/3tzxyuc>

# Liquid Assets

CURATED BY DJ KEARNEY

## The Pinot-File

### ❶ CHAMISAL VINEYARDS PINOT NOIR – SAN LUIS OBISPO, CALIFORNIA \$56

The Central Coast of California is a stellar place for pinot noir (and chardonnay too), especially the Edna Valley in San Luis Obispo. With a cool, ocean-influenced climate and complex clay, volcanic, sea-floor soils – this is pinot's favoured real estate and California's longest growing season zone. Talented winemaker Brienne Engles gives this pinot just a touch of oak to add spice to crunchy red berries, modest fine tannins, and lively acidity. Summer pinot noir par excellence!

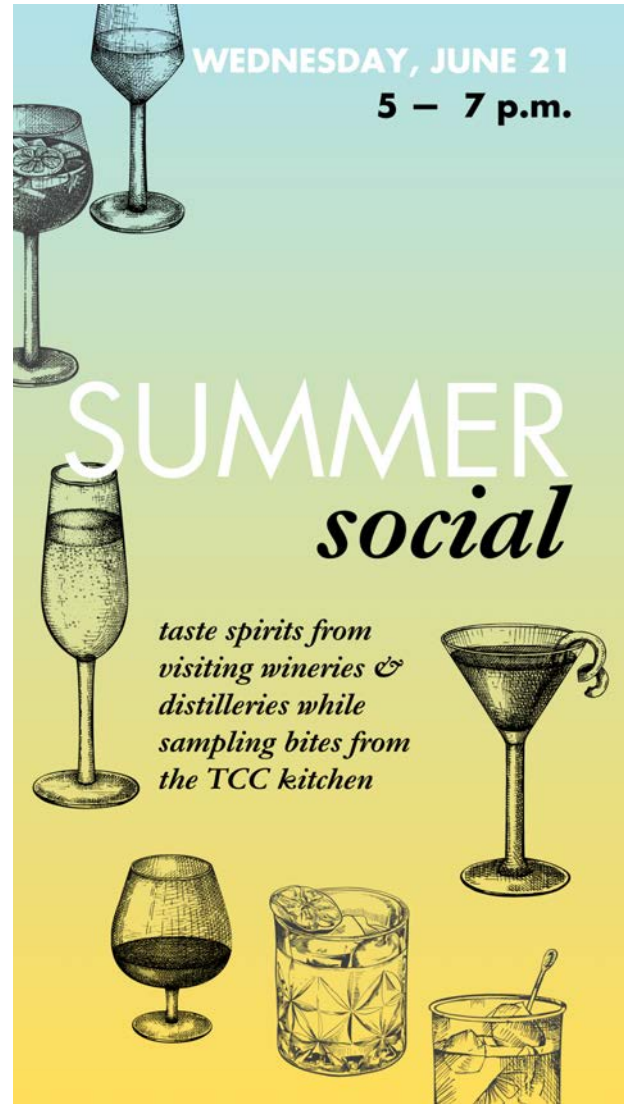
### ❷ UNSWORTH VINEYARDS PINOT NOIR SAISON VINEYARD 2020 – COWICHAN VALLEY, VANCOUVER ISLAND \$109

Early ripening grapes like pinot noir are perfect for the unique growing conditions of the fertile, sunny and warm Cowichan Valley. Unsworth's wines have been impressive since their very first release over a decade ago. This is their showcase wine, a barrel selection blend of three fine clones given a year in fine French oak. It channels Burgundy with woody fruit, brisk acidity and a silky palate. Tremendous depth and finesse too.

### ❸ TRUCHARD PINOT NOIR LOS CARNEROS 2020 – NAPA VALLEY, CALIFORNIA \$58

This just might be the best PQR pinot noir in California now. Seven elite clones of pinot Truchard grow on the Napa Valley side of the Los Carneros appellation are spun into glorious, classic pinot, with just the right amount of background oak. Truchard is the pioneering family behind the founding of Carneros AVA and are old-school in the best possible way. Darker cherry fruit, lip-smacking acidity, firm, integrated tannins, and a briskness that is pure Carneros.

Email [wine@tcclub.com](mailto:wine@tcclub.com) to secure your bottles!



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# ...UPCOMING EVENTS

SATURDAY SERIES

## Summer Family Barbecue

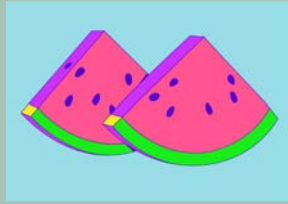
SATURDAY, JUNE 10

5 & 5:30 p.m. seating

*Adults: \$65 plus tax & service charge*

*Kids (4–12): \$32 plus tax & service charge*

Celebrate the return of summer with a BBQ Buffet with salads, grilled items, and desserts that will delight the whole family. Games of ring toss and cornhole will keep everyone entertained, and the kids can have their faces painted by professional face painters!



TCC FAMILY FAVOURITE

## Pool Party

SATURDAY, AUGUST 26

10 a.m. – 2 p.m.

*\$30 plus tax & service charge*

Don't miss our annual pool party! A chance to splash around with friends & family and enjoy pool games designed by our TCC swim coach. A casual lunch buffet will be served, and there will even be some prizes. Bring your cap and goggles!



## Not a member? Join Kids Club today!

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

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

Scan the QR code below to access the application form.



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

# New Affiliate Club

## PIEDMONT CLUB

SPARTANBURG, SOUTH CAROLINA

Although the Piedmont Club began with primarily business-oriented activities, it has expanded to more social-oriented uses through private functions and events, and the Club holds an important place in the Spartanburg community by serving as the venue for a number of fundraisers, business meetings, and political functions for multiple organizations. Club members also enjoy the benefits of reciprocal agreements with various clubs in other cities. Despite changes made in the operation of The Piedmont Club, it has remained dedicated throughout the years to providing quality food and service to its members and preserving the overall prestige of the Club.

*\*Request a Letter of Introduction from Member Services ahead of your trip.*





# Member of the Month

## WILLIAM DONNELLAN

William Donnellan is the Founder, President and CEO at IRL Group of Companies. Having grown up in the village of Craughwell in County Galway, he chose the name IRL to acknowledge his Irish heritage. But IRL also stands for “integrity, reliability and loyalty,” the three pillars of this remarkably successful British Columbia business.

Before moving to Vancouver in 2009, William and his partner Laura owned and operated a pub in Craughwell. William, a carpenter by trade, also ran a construction company. Ireland was experiencing an economic downturn, so the couple decided to go on a “working holiday” to Vancouver.

“We came here with some money in our pockets and no contacts,” he recalls.

The couple toured the city for few days, then William bought some tools, work boots, a vest, and “the cheapest car he could find on Craigslist.”

The job hunt was afoot.

It wasn't long before he got a job as a carpenter with Jacobs Bros Construction at \$16 an hour. His boss, a fellow named Trevor, loved everything about William. The pay raises came at a dizzying pace.

A year later, William and Laura took a short vacation back to Ireland. When they got back to Vancouver, the news was not good — or so they thought. In the mail was a T4 form from Jacobs Bros. Having never seen a T4 form, William wrongly assumed it was a layoff notice.

The indefatigable Irishman quickly found construction work at UBC running a small crew for a different company.

A short time later, William received a call from Trevor. “He asked where I was. After sorting out the confusion, he said Jacobs



wants me back, but I had to let him know I was now committed to this other work. He understood and said I could come back any time.

“I believe things in life happen for a reason. If I hadn't made that mistake with the T4 notice, I would probably still be working at Jacobs. But that mistake showed me there was a huge gap I could fill by setting up a company that would have skilled workers who would come on time, have all the necessary equipment, be professional, and work hard.”

William started IRL in 2011, a sub-contracting business with the guarantee of premium work.

“We are banging nails at 7. Not five past 7.”

The business exploded. IRL had 50 employees in no time, then 100, then 150. A few of the company's most significant projects include work at the Seaforth Armoury, Kitsilano High School, Vancouver House, the Hope Centre in North Vancouver, and Haida Gwaii Health Centre.

With IRL thriving, William and Laura expanded the company to include a hospitality side. They opened Donnellan's Irish Pub in the Granville entertainment district in 2017. Today, the couple own and operate five pubs throughout the Lower Mainland.

The pub side was in place to support a possible downturn in construction, but when the pandemic hit, it turned out the construction was there to support the sudden downturn in hospitality.

IRL has won numerous awards for its workplace performance, but it's also been recognized many times for its community involvement. The Greater Vancouver Food Bank is a particular passion. As well, once a month Donnellan's hosts an event for the “new and not so new” in Vancouver — an evening of networking for young people who have arrived in our city with few contacts.

Outside of work, William is passionate about Irish hurling, which he continues to play at 40-years old, and ethical fox hunting, which he does in the fall and winter with the Fraser Valley Hunt Society in Langley.

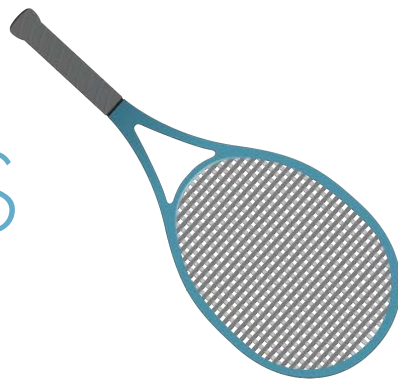
William and Laura married in 2014 and have three “beautiful Canadian boys,” ages 1, 3 and 5.

“We love living in False Creek, but we are running out of space.”

William joined Terminal City Club in 2019. He and Laura regularly bring the boys to the pool on weekends.

“The five of us are blessed to have so many other wonderful families, like our families back in Ireland, our IRL family, and the Terminal City Club family. Some of the finest people I have ever met are members here. It's been a great fit for us.”

# Focus ON FITNESS



## SQUASH

### 2023 SPRING JUNIOR SQUASH

**April 1 – June 24 (13-week term; 11 lessons)**

**No lesson on April 8 (Easter Weekend) or May 20 (Victoria Day Weekend) | \$220**

1:00–1:45 p.m. 6–8 year old

1:45–2:30 p.m. 9–12 year old

2:30–3:15 p.m. 12–15 year old

Private lessons available upon request.

### FREE BEGINNERS CLINIC

**Wednesday, June 21 | 5 – 6 p.m.**

This Beginner's Clinic introduces members of the Club to the exciting game of squash. Learn the basics of squash in a fun environment! Please register with the Fitness Centre front desk by 8 p.m. by the Tuesday prior (June 20).

### 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.

### WEEKEND SQUASH DRILLS

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

Our Saturday morning drills are for intermediate/advanced VSL players. To register, contact Barry for placement by 8 p.m., Fridays.

### SQUASH LESSONS WITH BARRY GIFFORD

Barry is a seasoned squash professional (a reigning 60+ National Champion and past Squash Doubles World Masters Games gold medalist) with 30+ years of coaching experience. He is a NCCP Level 3 certified professional, coaching adults & children of all levels from beginners to NCAA Ivy League Champions.

Barry teaches total beginners the game of squash in a simple and fun way. Intermediate to advanced players are introduced to game-like drills that help to improve fitness, anticipation, speed, power, and finesse.

**Are you ready to take your game to the next level? Try a private or partner lesson:**

Tuesdays, Wednesdays, Thursdays, or Saturdays (other days upon request).

Email [squash@tcclub.com](mailto:squash@tcclub.com) for more information or to book a time.

## HOURS

**WEEKDAYS** 6 a.m. – 10 p.m.

**WEEKENDS** 7 a.m. – 8 p.m.

## UPCOMING MODIFIED HOURS & CLUB CLOSURES

**SATURDAY, JULY 1** CANADA DAY  
CLUB CLOSED

## SQUASH & POOL

### ADULTS ONLY SWIM TIME

**WEEKDAYS** 6 – 9 a.m.

**WEEKENDS** 7 – 9 a.m.

### SQUASH COURT BOOKINGS

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

### RACQUET RE-STRINGING

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

## POLICIES

### SWIMMING POOL

Full body showers are mandatory before entering the swimming pool.

### EXERCISE ROOM

Please continue to sanitize gym equipment before and after use.

### GUEST POLICY

The Fitness Centre guest fee of \$27.50 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

## TRAIN

### 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.

**GIFT OF HEALTH:** For all personal training clients – refer a friend and they will receive one free personal training session (no purchase necessary). If your referral purchases a package of five or more sessions, you also receive a free personal training session. For more information, or to get started, contact Milwina Guzman at [milwina@milfit.ca](mailto:milwina@milfit.ca) or 604-716-8927.

### PRIVATE PILATES WITH ZORICA

**Available Tuesday to Friday, 10:30 a.m. onwards  
(one-hour session will be held in non-peak squash court time)  
Packages available: single, 5, 10, 20**

\* Please note that there will not be private sessions in June. They will resume in July.

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 (three years of devoted intense study with master teacher's). Practicing and teaching over 13-years, Zorica believes, to be a good teacher you must also be a student and continues her education constantly. She is responsible for guiding clientele through invigorating Pilates practices. She dedicates herself to the mind-body aspect of the Pilates method. Teaching is her passion, helping every BODY from the inside out!

### PERSONALIZED PROGRAMS

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

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.

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

Private instructions available with Zorica – please inquire at the Fitness Centre Front Desk.

## SWIM

### 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!

### KIDS' GROUP SWIM LESSONS

**April 1 – June 24 (13-week term; 11 lessons)  
No lesson on April 8 (Easter Weekend)  
or May 20 (Victoria Day Weekend) | \$302.50**

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

Slight changes in start and end time are possible. Children will initially be grouped based on age but may be moved to a different group if their ability requires it.

To take part in group lessons, children must have some experience in the water, otherwise private lessons are first recommended to establish that confidence.

### 99KM SWIM CHALLENGE

**The 99-KM Swim Challenge is Back!**

Can you swim 99-KM (1,980 laps) over three months? You won't know until you try! The Challenge begins in June.

Sign-up at the Fitness Centre Front Desk.



# Focus ON FITNESS

## GROUP FITNESS SCHEDULE

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

### CORE CONDITIONING 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, 6:45 – 7:45 a.m. ■**

Zorica Jovic is a BASI®-certified Pilates Instructor and an award-winning gymnast. This class is designed as a Beginner/Intermediate Restorative Flow work out. Please join the Zoom class 5-10 minutes earlier; if you can't make to class on time, you can view the recording! **(no Zoom class on June 2nd and 28th)**

### 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.

### ON-DEMAND FITNESS CLASSES

Can't join the class? TCC's Fitness Classes are recorded and uploaded to Member Central the following day and remain available for one week.

Pre-recorded **yoga classes** by certified international **yoga teacher and lululemon ambassador Matt Corker** are available on TCC's YouTube channel; to access, scan the QR code below.



Core & Strength Quickie (20 mins)  
Morning Wake Up Flow (35 mins)  
Post-Work Wind Down (35 mins)  
Slow & Sweaty Flow (60 mins)

### TOTAL BODY 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.

### Class Legend:

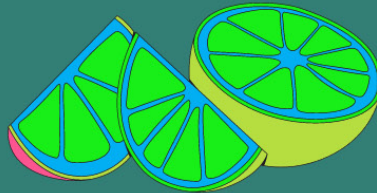
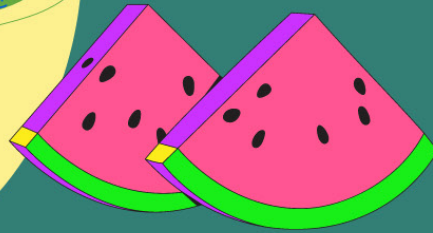
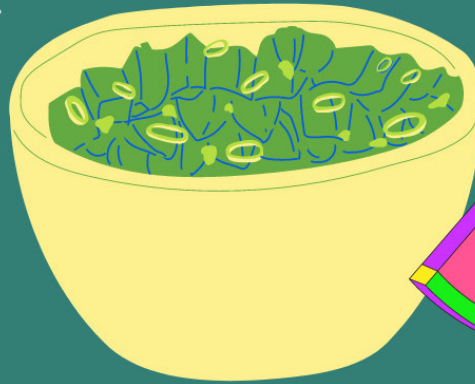
- ZOOM
- IN-PERSON (12 MAX PER CLASS)

# TERMINAL CITY CLUB

Celebrate the return of summer with a buffet of salads, grilled items including vegan options, and desserts that will delight the whole family!

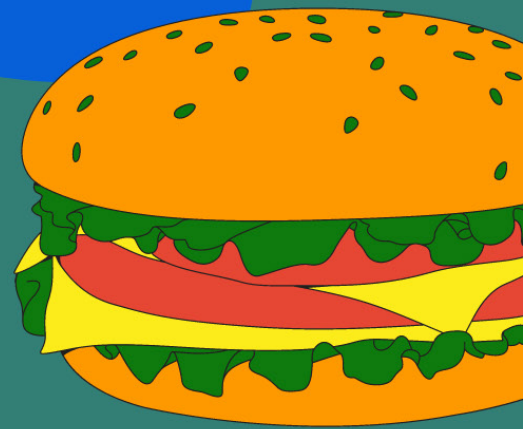
*\$65++ for adults*

*\$32++ for kids*



Face painting, ring toss & cornhole on the patio!

**summer  
family  
barbeque** *Saturday  
June 10*



REGISTER WITH MEMBER SERVICES OR THROUGH MEMBER CENTRAL