

# TERMINAL CITY TIMES

SUMMER 2023 • VOL. 30 NO. 7 & 8



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

# Upcoming

- JUL 6** **CHEF'S SMOKED MEATS BBQ BUFFET**  
Summer Buffet
- JUL 11** **POKÉ BAR**  
Summer Pop-up on the FC Patio
- JUL 13** **MEET ME AT THE BAR**  
New Member Night
- JUL 13** **TCC SALON**  
'The Third Pole' & Climate Change
- JUL 15** **SIP, SHIMMY & SHAKE**  
Cocktails & Canapés Dance Party
- JUL 17** **TCC SALON**  
Visioning Chinatown
- JUL 18** **DINNER AGORA**  
The New Normal
- JUL 19** **MEMBERS' WINE TASTING**  
With Director of Wine DJ Kearney
- JUL 20** **TCC SALON**  
The Moral Worth of Work & The Bystander Effect
- JUL 25** **BREWERS & SKEWERS**  
Summer Pop-up on the FC Patio
- JUL 27** **MEMBERS' NETWORKING LUNCH**  
How is Consumer Behaviour Changing?
- JUL 27** **SEAFOOD BOIL BUFFET**  
Summer Buffet
- AUG 3** **CHEF'S SMOKED MEATS BBQ BUFFET**  
Summer Buffet
- AUG 8** **SIPS & DIPS**  
Summer Pop-up on the FC Patio
- AUG 17** **MEMBERS' NETWORKING LUNCH**  
Making Strategy Work  
**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 SUMMER 2023

## DEAR FELLOW MEMBERS,

The Club's annual Slide into Summer Social was a tremendous success! It provided a special opportunity for our members to socialize and kick off the season in style. I want to commend our staff for their outstanding efforts and the fantastic food and drink options they provided. A special thanks to DJ Kearney, Director of Wine and Beverage Manager, Owen Stuart for their diverse offerings they sourced from our sponsors. TCC has an exciting lineup of events for the next three months, which you can find starting page 4.

Are you a coffee or tea enthusiast? Keep an eye out for our TCC branded reusable coffee cups around the Club. This initiative reflects our commitment to reducing waste and promoting sustainability by minimizing the number of disposable cups that end up in landfills. By using these reusable cups, we are taking a step towards creating a more sustainable and eco-friendly organization.

As we reach the midpoint of my one-year term as President of the Club, I'm proud of the progress we've made. Our Club Rooms provide a fully licensed space for work and socializing. We have unveiled our new patios for the Grill and Fitness Centre, which not only look amazing but were completed within budget. Additionally, our secure bicycle storage will be available for members to use very soon. More details will follow.

Your Board always prioritizes the membership experience in every project we undertake. It has been rewarding to see our initiatives come to fruition, and I can't speak highly enough of the work our Board and staff have done. I look forward to the next six months and the continued growth of our club.

We strive for a healthy and active membership base that is engaged with the Club. If you know prospective members, please reach out to [joinus@tclub.com](mailto:joinus@tclub.com). For every successfully balloted Resident or Corporate member you refer who is balloted into the Club, you'll receive a \$250 credit on your account.

In the fall, our Nomination Committee will reconnect with the Annual General Meeting scheduled for Monday, December 11.

Keep an eye out for an official call in September's newsletter from our Nomination Committee. If you have a candidate in mind or feel you would be a good fit for our Board, please contact us via [gm@tclub.com](mailto:gm@tclub.com) to learn more about the time commitments and processes involved.

Our GM & CEO, Peter Jackman, recently chaired the City Club Summit organized by the Club Manager Association of Canada in New York City. The delegation including TCC Chef Dan Creyke visited nine clubs in the Big Apple. They have returned with several exciting ideas to enhance our own Club, and I look forward to seeing these ideas come to life.

As you can imagine, our Grill patio fills up quickly. We encourage you to book a reservation in advance to secure your favorite spot this summer. You can do so through OpenTable, by emailing [concierge@tclub.com](mailto:concierge@tclub.com), or by texting 604-200-2279. Our team is always ready to assist.

Speaking of patios, the Fitness Centre deck is a fantastic place to exercise throughout the summer. We have added cardio equipment and a punching bag, providing a terrific workout spot, weather permitting.

This newsletter covers July and August, so you won't hear from me until September. I hope your summer is filled with vacations, patio visits, sunshine, and quality time with loved ones. To stay informed about events and member news, remember to subscribe to the TCC News.

Until next time, take care, enjoy the sunshine, and don't forget your sunscreen!

Sincerely,

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:

Ali Basefat  
Amir Basefat  
Lily Li Crowe  
Jakob Densky  
Vernon D'Souza  
Dino Georgas  
David Gillard  
Rita Grewal  
Tabitha Havers  
Wendy Hurlburt  
Terry Jackson

Joey Kim  
Brodie Kristensen  
Jennifer Natland  
Dana Parkes  
Duncan Sinclair  
Michelle Sinclair  
Patrick Skidmore  
Sean Roosen  
Zoe Roosen  
Joshua Unrau



## holiday hours

The Club will be closed on Saturday, July 1 for Canada Day. 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 11 a.m. – 11:30 p.m. on Canada Day.

The Club and Pub will be closed on Monday, August 4 for BC Day.

## 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.

## JULY LIVE MUSIC

THURSDAYS, FRIDAYS  
& SATURDAYS // 6 - 9 PM

THU 06	Dave Martone
FRI 07	Cory Curtis
SAT 08	Ness Nöst
THU 13	DJ Wonjo in Cuvée, 5–8 p.m. for Meet Me at the Bar: New Member Night
FRI 14	Jim Kwan
THU 20	Olaf De Shield
FRI 21	Nickolaj Berg
SAT 22	Jim Kwan
THU 27	Jim Kwan
FRI 28	Jim Kwan
SAT 29	Nickolaj Berg





# Dining AT THE CLUB

## 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. Take it to the next level with pairing suggestions curated by our own Director of Wine, DJ Kearney and the Club's expert beverage team.

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@tcclub.com](mailto:catering@tcclub.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.*

## for extra efficiency, consider pre-ordering

Coming for lunch or dinner with a group? On a tight timeline? Contact the restaurants team at [reserve@tcclub.com](mailto:reserve@tcclub.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@tcclub.com](mailto:reserve@tcclub.com) to secure this elegant space for your next working lunch. Book ahead to secure this popular members' hideaway.



### THE GRILL Apertivo Hour 12 noon to 4 pm

- Aperol Spritz
- Gin Basil Smash
- Coal Harbour Splash
- Sangria
- Mimosa
- ~ 10 each

### MEMBERS' LOUNGE Late Night Sippers

- 7 pm to close
- Hazel's Icy Coffee
- Irish Coffee
- Brandy Alexander
- ~ 10 each

# summer drink specials

# summer calendar

## july

### Friday, July 1

Canada Day (*Club closed, Lions Pub open*)

### Thursday, July 6

🎵🎶 Chef's Smoked Meats BBQ Buffet

### Tuesday, July 11

🍷 Poké Bar

### Thursday, July 13

🎵 Meet Me at the Bar: New Member Night  
🗣️ TCC Salon: The "Third Pole" and Climate Change

### Saturday, July 15

🎵 Sip, Shimmy & Shake: Cocktails & Canapés  
Dance Party

### Monday, July 17

🗣️ TCC Salon: Visioning Chinatown

### Tuesday, July 18

🗣️ Dinner Agora: The New Normal

### Wednesday, July 19

🍷🎵 Members' Wine Tasting

### Thursday, July 20

🗣️ TCC Salon: The Moral Worth of Work  
and the Bystander Effect

### Tuesday, July 25

🍷🎵 Brewers & Skewers

### Thursday, July 27

🗣️ Members' Networking Lunch: How is  
Consumer Behaviour Changing?  
🍷 Seafood Boil Buffet

## august

### Thursday, August 3

🍷🎵 Chef's Smoked Meats BBQ Buffet

### Tuesday, August 8

🍷 Sips & Dips

### Thursday, August 10

🎵 Meet Me at the Bar: New Member Night

### Tuesday, August 15

🗣️ Dinner Agora: Is Owning Your House an  
Outdated Idea?

### Wednesday, August 16

🎵 Members' Wine Tasting

### Thursday, August 17

🗣️ Members' Networking Lunch: Making Strategy  
Work  
🍷 Cena in Bianco: TCC White Dinner

### Tuesday, August 22

🍷 Taco Time

### Thursday, August 24

🍷 Quarterly Wine Pack Tasting Event  
🍷 Seafood Boil Buffet

### Saturday, August 26

Family Pool Party on the FC Patio

🎵 Live music / DJ

🍷 Dining | 🍷 Beverage event

🗣️ Discussion or Speaker event

## how to register

online

via Member Central

email

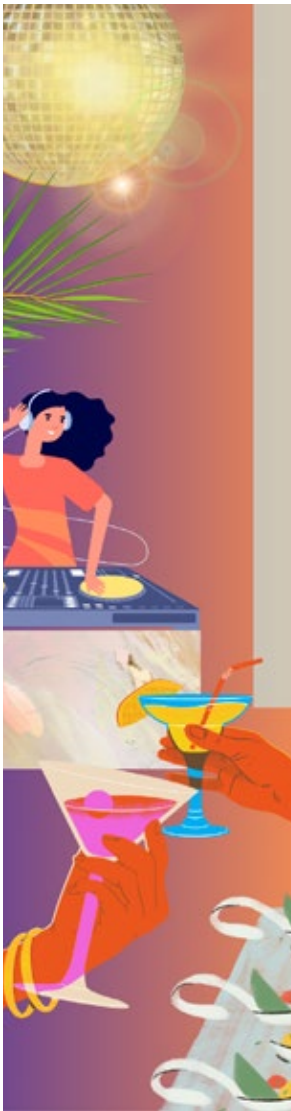
conciierge@tclub.com

call

604 681 4121

text

604 200 2279



*cocktail & canapés dance party*

# sip, shimmy & shake

**Saturday, July 15**

6:30 – 11:30 p.m.

*\$55 plus tax & service charge*

*(includes welcome drink, a drink ticket, and a selection of curated small bites as well as bar snacks)*

Cool down with cocktails and canapés while a DJ takes requests and warms up the dance floor. Mix and mingle on the Terrace patio, then shimmy the night away under the stars.

## **Select drink specials:**

Old Fashioned • Negroni

Dark & Stormy • Sparkling 75

—12

Aperol Spritz • Gin Basil Smash

Coal Harbour Splash

Sangria • Mimosa

—10

## **Canapés:**

Braised Lamb Arancini, cilantro mint yogurt

Chicken Tikka Skewers, sweet tomato chutney

Gin Compressed Melon, mint gel, micro basil, black pepper

Crab & Shrimp Puff, kewpie mayo, furikake



**THE ANNUAL TCC BOND GALA RETURNS**

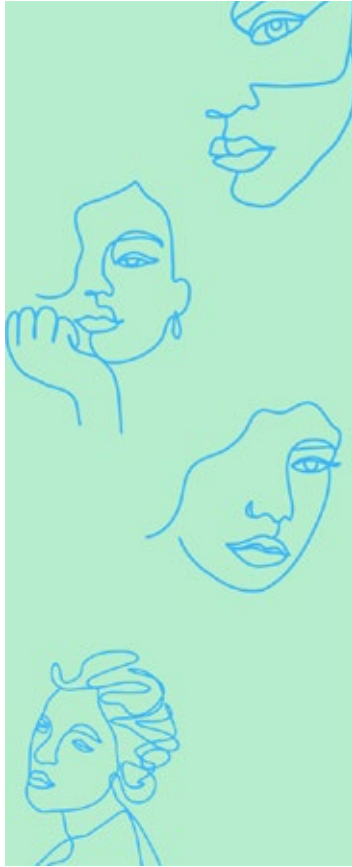
**SATURDAY, NOVEMBER 4**

**SAVE THE DATE**



# Meet & Mingle

## WITH FELLOW MEMBERS



MEET ME AT THE BAR

### New Member Night

THURSDAY, JULY 13 &  
THURSDAY, AUGUST 10  
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!

FOR OUR MEMBERS

### Members' Wine Tasting

WEDNESDAY, JULY 19 &  
WEDNESDAY, AUGUST 16  
5 – 6:30 p.m.

*\$10 plus tax & service charge*  
*\*Registration 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.

## SUMMER POP-UPS

*on the fitness centre patio*

5 – 7 p.m.

*\$27 plus tax & service charge*  
*(includes welcome beverage)*

Pop up to the new fitness patio for some summer fun. Enjoy a beverage and some light bites while getting to know your fellow members!

### Poké Bar

TUESDAY, JULY 11

poké bowls with all the fixings

### Brewers & Skewers

TUESDAY, JULY 25

beer & grilled bites

### Sips & Dips

TUESDAY, AUGUST 8

cocktails & crudités

### Taco Time

TUESDAY, AUGUST 22

tacos





## SUMMER BUFFETS

6 – 9 p.m. with live music  
*Adults: \$95 plus tax & service charge*  
*Kids (4–12): \$35 plus tax & service*

### **Chef's Smoked Meat BBQ Buffet**

**THURSDAY, JULY 6 & THURSDAY, AUGUST 3**

Nothing says summer like lounging on the patio on a warm night. Kick off the season with a buffet of chef's finest house-smoked meats.

#### **COLD**

##### **Iceberg Wedge**

herb mie de pain, blue cheese dressing, fried onions

##### **Smashed Cucumber & Watermelon Salad**

pickled carrot, thai chili, mint, cilantro, radish

##### **Red Slaw**

cabbage, beets, red pepper, red onion, spicy bbq aioli

##### **Warba Potato Salad**

shaved summer vegetables, english peas, dill, grainy mustard dressing

##### **Oysters & Poached Prawns**

cocktail sauce, pearl mignonette, lemon wedges

#### **HOT**

**Slow Smoked Beef Brisket**, jalapeno cheese cornbread

**Soy Braised Grilled Beef Ribs**, scallions, spiced peanuts

**Cedar Plank Baked BC Kuterra Salmon**,

vadouvan cream, bok choy, crispy wonton, chili oil

**Aleppo & Lemon Spiced Smoked Cauliflower**

grilled zucchini & broccolini, corn fava succotash

**Grilled Corn & Buttered Baby Potatoes**

#### **CHEF-ATTENDED STATION**

**Gojuchang Smoked Pork Butt**

rice & beans, cilantro, flour tortillas,

crunchy pickled red onion & cabbage

#### **DESSERT BUFFET**

Assorted house-made sweets

### **Seafood Boil Buffet**

**THURSDAY, JULY 27 & THURSDAY, AUGUST 24**

Indulge in a delightful feast at the TCC Seafood Boil buffet. An array of seafood will be available to satisfy your every craving.

Our Chef is putting the final touches on this marvelous maritime menu, **be sure to save the date!**

# Summer BUFFETS



# Discussion & Speaker EVENTS



TCC SALON  
**The "Third Pole" and  
 Climate Change**  
 THURSDAY, JULY 13  
 6 – 9 p.m.

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

The "Third Pole" refers to the vast region of the Himalayas and Tibetan Plateau, which contains the largest concentration of ice outside the polar regions. Climate change has been impacting the region at an alarming rate. Accelerated melting of glaciers adversely impacts the Indian sub-continent which includes India, Nepal, Bhutan and Bangladesh, leading to water scarcity, food insecurity, ecosystem disruption and potential social unrest.

Professor Pasang Sherpa of UBC will share her observations and reflections on changes in her homeland, the Mount Everest region, in northeastern Nepal. She will speak as a Sherpa mother-scholar from Nepal, currently working in Canada.



TCC SALON  
**Visioning Chinatown**  
 MONDAY, JULY 17  
 6 – 9 p.m.

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

Chinatown could be a bona fide national treasure, a vibrant, innovative cultural hub populated with small multi-ethnic shops, pan-Asian eateries, and centuries-old society buildings refreshed with a chic blend of old and new. Some positive developments on the horizon include a new Chinese Canadian museum opening in July and plans to improve the physical structures of cultural institutions, an unprecedented collaboration between Chinatown stakeholders and all three levels of government providing support and investment

Lorraine Lowe, the Executive Director at Dr. Sun Yat-Sen Classical Chinese Garden, will lead a discussion on the renaissance of one of our most treasured neighbourhoods.



DINNER AGORA  
**The New Normal**  
 TUESDAY, JULY 18  
 6 – 9 p.m.

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

What trends are here to stay? It has been several months since pandemic restrictions were lifted and we can now see what trends are actually sticking around. What is the new normal in your life and the people around you? What do you wish would continue and what do you wish would go back?

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. The agora was a meeting place in ancient Greece where people came together to discuss all kinds of topics.



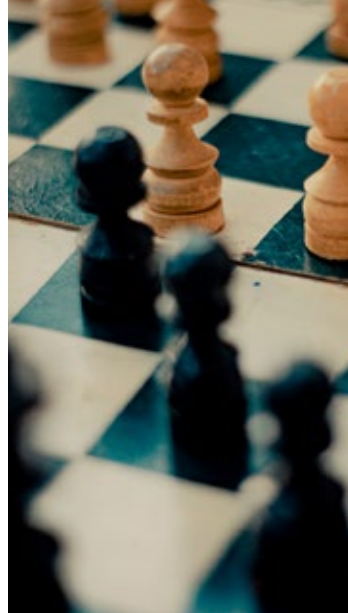
TCC SALON  
**The Moral Worth  
 of Work and the  
 Bystander Effect**  
 THURSDAY, JULY 20  
 6 – 9 p.m.

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

Have you ever had a co-worker make a big show of how hard they work even though they don't get great results? They do this because people attach moral value to hard work, something Dr. Azim Shariff calls "effort moralization."

Dr. Shariff, moral psychologist at UBC, will discuss how our age-old moral intuitions shape and respond to cultural institutions and technologies. We tend to attach moral praise and condemnation to a wide variety of often baffling attitudes and behaviours. Among these is effort, even when that effort produces nothing of value. He will explain why this is a pervasive, cross-cultural phenomenon, and how it relates to other seemingly victimless crimes and benefactor less virtues. Dr Shariff will also discuss the bystander effect.

# Discussion & Speaker EVENTS



DINNER AGORA

## Is Owning Your House an Outdated Idea?

TUESDAY, AUGUST 15  
6 – 9 p.m.

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

August's discussion topic poses the question: is owning your own home an outdated idea? What happens when homeownership doesn't deliver on the promise of financial security?

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. The agora was a meeting place in ancient Greece where people came together to discuss all kinds of topics.

MEMBERS' NETWORKING  
LUNCH

## How is Consumer Behaviour Changing?

THURSDAY, JULY 27  
12 noon – 1:30 p.m.

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

How is consumer behavior changing around us and what kind of opportunities does it create for businesses? How do you see your business changing moving forward?

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.

MEMBERS' NETWORKING  
LUNCH

## Making Strategy Work

THURSDAY, AUGUST 17  
12 noon – 1:30 p.m.

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

Everyone loves to talk strategy. But what does putting it into practice look like? Without effective execution, even the most innovative business strategy is bound to fail. Bring your stories and experiences to the August Networking Lunch and join the conversation!

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.

### how to register

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



# Have You Heard?

## MEMBER NEWS



**Diana Chang** recently joined the Squash BC Board. If you're looking to add a squash partner to your roster here at TCC, Diana is game!

Also, kudos to Diana to for her promotion to Associate Director of Business Development at ApplyBoard, the world's largest international student recruitment platform. To date, ApplyBoard has helped over half a million students find pathways to education. Diana is also president of the Queen's University Vancouver Alumni Branch.

**Margareta Dovgal** returned as showrunner for the Indigenous Partnerships Success Showcase, a three-day conference on Indigenous economic development, this past June. The event spanned a dozen industries, included all levels of government, featured speakers from around the world, and a fashion show and performance; it also made history as the first business conference in Canada to feature a full-length panel entirely in the Squamish language.

Margareta is the Managing Director for Resource Works, a non-profit research and advocacy organization supporting a respectful, fact-based public dialogue between on responsible resource development. Congratulations on you and your team's remarkable achievement, Margareta!



This June, TCC staff gathered to celebrate the retirement of **Tri Marjuki** on our culinary team. After an impressive 33 years, Tri is embarking on a new chapter in life. Tri is one of the Club's secret ingredients. We suspect she has prepared over 100,000 club sandwiches over the years, making her the undisputed queen of the Clubhouse! Tri made our Club better, not just through her culinary talents, but also by her cheerful personality and unwavering commitment to our team. We will miss you, Tri!



# Have You Heard?

## MEMBER NEWS



**Dr. Clinton Lee** recently released a book, *Master the Art of Manners*, offering a fresh perspective on the rules of manners and etiquette and how it pertains to us in everyday social situations. Etiquette has changed significantly over the years; Dr. Lee provides a history of this evolution as well as the factors that influence etiquette in the world today. *Master the Art of Manners* addresses a variety of scenarios, how to apply these newfound skills, as well as instructions on how to conduct ourselves when travelling and immersed in a new culture. This assortment of etiquette lessons is sure to be an asset to readers looking to establish healthy relationships, improve their communication and social skills, and make positive changes in their lives. Congratulations on your book release, Dr. Lee!

### DO YOU HAVE NEWS YOU'D LIKE TO SHARE?

Celebrating an engagement, wedding, or new addition to your family? Recently started a new role, joined a Board, or authored a novel? Did you or a fellow member win an award or earn special recognition?

Email [joinus@tcclub.com](mailto:joinus@tcclub.com) to submit your announcement for our Club newsletter.

**Dawn Chubai** has launched a new coaching platform, *Live Selling Platform*, aimed at assisting influencers and brand ambassadors to maximize the sales potential of their products in our digital landscape.

Dawn has been featured nationally on television screens for the past 23 years, which has given her a unique perspective on developing ease in front of the camera. Dawn's lived experience as a presenter in combination with her coaching on essential skills and livestream sales strategies, is the foundation of a platform designed to convert more customers from in-person shopping to e-commerce. Congratulations on your new venture, Dawn!

Congratulations to **Naveen Seethram** on his new role as Senior Analyst, Investments, at Balfour Pacific, a private equity real estate firm specializing in value-added and core-plus investments in North America.



# Liquid Assets

CURATED BY DJ KEARNEY

## Barbeque Wines

*Smoky, deeply flavourful food from your home grill demands wines with the same sizzle and swagger!*

### ❶ LE VIEUX PIN CUVÉE DORÉE 2020

– OLIVER, BC \$89

Just the second ever release of this creamy, textured white from the genius hands of winemaker Severine Pinte. A complex blend of noble Rhône grapes roussanne, marsanne and viognier aged for sixteen months in neutral French oak barrels, adding weight and depth without oak flavours. Just what you need for a smoky juicy porkchop, fettucine tossed with grilled summer vegetables, or rich salmon with herbed butter.

### ❷ DOMAINE MABY LA FERMADE LIRAC 2019

– RHÔNE VALLEY, FRANCE \$58

The ripe red flavours of red Lirac is what a charred skirt steak, chubby Toulouse sausage or Cajun rubbed chicken needs! A blend of unoaked grenache, syrah and mourvèdre, it's both chewy and silky and just what you want to sip with dinner, or with your feet up by the firepit on a late summer evening. This jewel of an estate deep in the Southern Rhone Valley is in the hands of 3rd gen winemaker Richard Maby, who is committed to organic cultivation and low intervention winemaking.

### ❸ CHATEAU NICOT 2019

– BORDEAUX, FRANCE \$50

Château Nicot is a Right Bank estate from 1870, with vineyards deep in the limestone/clay heart of Entre Deux Mers. From the consistent and exciting 2019 vintage, this is a 60% merlot, 40% cabernet sauvignon blend, aged for a year in French casks. Balanced and smoky with bold tannins and ripe black currants, it's got the heft and intensity for rosemary marinated lamb chops, blackened chicken, or an earthy portobello mushroom burger. Classic claret for a terrific price.

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



❶



❷



❸



# ...UPCOMING EVENTS

## Family 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!

## Kids Movie Night:

### *Finding Nemo*

FRIDAY, SEPTEMBER 29

6 – 9 p.m.

*For Kids 5+*

*\$35 plus tax & service charge*

*(includes snack, movie screening and child-minding)*

*Dinner à la carte available.*



Kids will enjoy a special screening of *Finding Nemo*. Parents can treat themselves to a quiet dinner in the Grill on the same evening!



## 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@tccclub.com](mailto:trawjee@tccclub.com).



## Winemaker's Dinner

featuring **Spottswode Winery** of St. Helena in Napa Valley

*\$175 plus tax & service charge*

Thursday, September 28

SAVE THE DATE



# Member of the Month

## JANE TALBOT

A most important lesson in the professional life of Jane Talbot was learning what not to do.

Jane moved to Vancouver from the eastern U.S. in 1998. Her first job here was running the health and wellness program for the YMCA on Burrard. She loved that work but soon found something even more meaningful when the B.C. Persons with AIDS Society hired her as its director of treatment information and advocacy. "I grew up at a time when HIV was emerging," she says. "I'm highly mission focused, and I knew this job would be a life-changing opportunity."

She left her work with the AIDS society in 2007 to attend Webster University in Vienna and complete her master's degree in international relations. When she graduated in 2008, it was the early days of the financial crisis, and the job market was bleak. "I was back in Vancouver, and it felt like the world was falling apart. Jobs were hard to get."

It was then she learned that lesson about what not to do. Jane accepted a position as regional manager for a national non-profit organization. It was the first time in her professional life she took a job for the sake of having a job. "It was not the right fit. So, I left and made the decision to never again work at something I am not passionate about."

After leaving the non-profit, Jane was hired as the manager of the BCSPCA Burnaby shelter. In this case, the fit was perfect. "I am passionate about animal welfare — always have been. You see the best and the worst of people working at a shelter. I remember this dog brought in the week before Christmas. She was old and dirty. It took days just to clean her ears. When we discovered she had a tattoo, we called the family. They didn't want her back. I remember being so



distraught. But here's where the story turns beautiful. This family from the Island reads about her, and they come all the way to adopt her and have her home for Christmas.

"I believe people are fundamentally good. Shelter work taught me that for every person who is unkind to an animal, there is an army of people who want to help."

During her years at the BCSPA, Jane moved to human resources and eventually was promoted to director of regional operations. But her profound passion for animal welfare had a price tag. By 2016, she felt burnt out and had to step away. "We were dealing with so many animal seizures at the time and I'd not set boundaries for myself, so I was often working up to 70 hours a week."

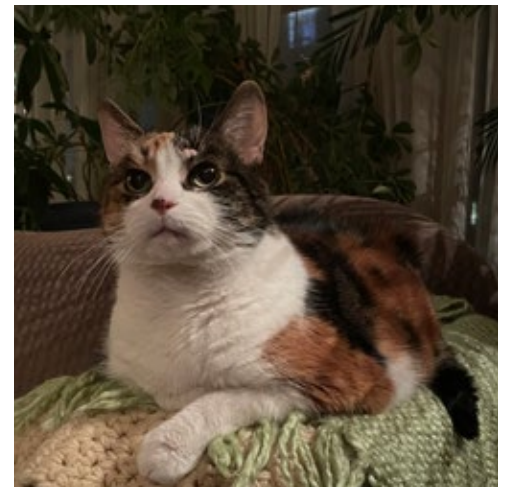
In 2017, she began work at Downtown Van (formerly Downtown Vancouver Business Improvement Association) under the leadership of the now-retired Charles Gauthier. In May, she was appointed the association's President and CEO.

The revitalization of downtown Vancouver in these post-pandemic days is her top priority. She is immensely optimistic about the future. "Conferences are back, travel is back, the night-time economy is on its way back, and weekend foot traffic is great. The only area we are slow to see recovery is the return of office workers. But when compared to other Canadian cities on this statistic, we are only behind Montreal."

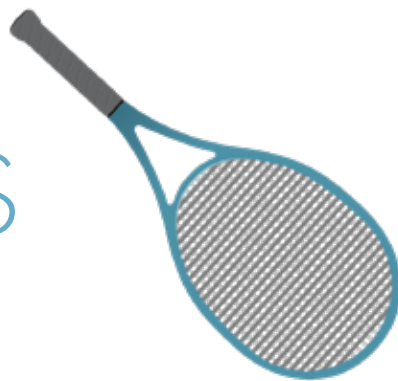
"My biggest concern for downtown right now is Granville Street. We must fix it. We don't have to make it perfect, but we must start making progress on making it better."

Jane joined Terminal City Club in 2018. "Downtown Van holds a lot of events here so becoming a member was an obvious and easy decision. I use the club all the time for work, fitness, socializing. I love the place and the people."

Her leisure time these days is mostly spent home with her husband Richard. "My husband is my best friend. I just love hanging out with him. Wherever he is, that's where I want to be." The other significant other in her life is Rellie. "She's a special-needs cat, and she's perfection."



# Focus ON FITNESS



## SQUASH

### 2023 FALL JUNIOR SQUASH

**September 9 – December 16 (13-weeks)**

**No lesson on October 7 & November 11.**

*\$260 plus GST (13 lessons)*

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

### JUNIOR PRIVATE & PARTNER LESSONS

Private lessons available upon request.

### FREE BEGINNERS CLINIC

**Wednesday, July 12, August 9 & October 11 | 5 – 6 p.m.**

Learn the basics of squash in a fun environment! Please register by calling the Fitness Centre front desk prior to 6 p.m. on Monday October 9.

### 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.

### SATURDAY MORNING 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 6 p.m., Fridays.

### VANCOUVER SQUASH LEAGUE 2023/2024 SEASON

The Winter/Spring 2023-24 session will be running from September 25 until mid-March, followed by playoffs. TCC will be hosting a Division 2, Division 5/6, and a Division 7 team, pending sign-ups. Please contact Barry to register with a team as a full-time, or part-time player: [squash@tcclub.com](mailto:squash@tcclub.com) | 604-219-8233

### SQUASH LESSONS WITH BARRY GIFFORD

Are you ready to take your game to the next level? Try a private or partner lesson on Tuesday's, Wednesdays, Thursdays, or Saturdays (other days upon request).

Barry Gifford is a seasoned squash professional (2022 60+ National Champion and past Squash Doubles World Masters Games gold medalist) with over 30 years of coaching experience. He is a NCCP Level 3 certified professional, coaching adults and children of all levels. 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. Each lesson is tailored to your needs and can include mental strength training and yearly training plans upon request

## 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

**MONDAY, AUGUST 7**

BC DAY - CLUB CLOSED

**MONDAY, SEPTEMBER 4**

LABOUR 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**

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, correct body misalignment, develop integrated strength, and relieve pain and feel great.

Please inquire at the Fitness Centre Front Desk for more information.

## SUMMER SHAPE UP

Looking to mix up your old gym exercises and get started with a new and fun fitness routine to shape up for Summer. For the month of July and August get a free private class focusing on a personalized and detailed program of your choice with our certified trainers: **Available to all members.**

- Boxing Techniques
- Spinning Intervals
- Strength for Sport
- Body Recomposition

## SWIM

### 99KM SWIM CHALLENGE

**The 99km Swim Challenge is Back!**

We have 30 participants with impressive mileage already!

### 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

**September 9 – December 16**

**No lesson on October 7 or November 11**

*\$357.50 plus GST*

10:00–10:40 a.m.	3–5 years
10:40–11:20 a.m.	3–5 years
11:30–12:10 p.m.	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. If you have any further questions, please contact Doreen at [John@swimminginancouverbc.com](mailto:John@swimminginancouverbc.com)

### COMPLIMENTARY SWIM INSTRUCTION: DRILLS AND COACHING WITH JOHN RYAN

**Wednesdays, September 20 – November 8 | 3 – 4 p.m.**

***\*Must be able to swim 25m front crawl non-stop.***

This program is designed for those who can swim but want to fine-tune their technique. The aim will be to become more efficient, creating less resistance and swimming smoothly and at ease in the water. Sessions will run with a minimum of two, maximum of eight students. Register by Monday at 5 p.m. the week of the session. \$20 will be charged in the case of no-show or late cancellation.

# 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

*Cena in Bianco* means 'Dinner in White'.

Our Executive Chef Dan Creyke and TCC Director of Wine DJ Kearney are curating a four course menu & wine pairings that will transport guests to a divine Italian summer evening.

*Dress in your finest formal white, and join us for a very special late summer celebration!*

Register via Member Central or with Member Services.

*Thursday,  
August 17*

*\$125 plus tax and service charge  
+\$42 with wine pairings*

CENA  
IN  
BIANCO

