

TERMINAL CITY TIMES

APRIL 2025 • VOL. 32 NO. 4



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

Upcoming Events

APR 4	WINE MASTERCLASS The New Spain
APR 8	THE RESET HOUR Balancing Your Energy
APR 9	DISCUSSION GROUP The Federal Election
APR 11	LATIN SOCIAL DANCE NIGHT Dance Instruction & Social
APR 12	PARENT-TODDLER HOUR The Very Hungry Caterpillar KIDS' SCIENCE NIGHT Exploring the Ocean
APR 14	BUSINESS & COMMUNITY AI: The Force or The Dark Side?
APR 15	SALON The Brain's Detox Hack
APR 16	MEMBERS' WINE TASTING Sip, Meet & Mingle
APR 18	GOOD FRIDAY Club closed; Mink and Pub open
APR 20	EASTER BRUNCH A Family Favourite
APR 22	SALON Risks & Managing Uncertainty
APR 24	MEMBERS' NETWORKING LUNCH Power Lunch with Fellow Members
APR 28	SALON Dealing with Toxic Discourse
MAY 7	MINK CHOCOLATE PAIRING WORKSHOP Taste & Learn
MAY 14	WINEMAKER DINNER: Phantom Creek
MAY 15	COMEDY NIGHT Save the Date

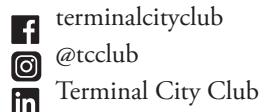
REGISTER FOR EVENTS

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
text 604 200 2279
web TCCLUB.COM



Member Services	604 681 4121	Weddings	604 488 8625
Membership Sales	604 488 8647	Lions Pub	604 488 8602
Billing	604 488 8607	Fitness Centre	604 488 8622
Catering	604 488 8605		

Hours

MEMBER SERVICES (FRONT DESK)

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

FITNESS CENTRE

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

THE GRILL

Monday – Friday	
Breakfast	7 a.m. – 10:30 a.m.
All Day Menu	11 a.m. – 9 p.m.

Saturday & Sunday	
Coffee	8 a.m. – 9 p.m.
Brunch	9 a.m. – 2:30 p.m.
All Day Menu	3 p.m. – 9 p.m.

MEMBERS' LOUNGE

Monday – Friday	8 a.m. – 11 p.m.
Coffee Service	8 a.m. – 9 a.m.

Saturday & Sunday	8 a.m. – 11 p.m.
Coffee Service	8 a.m. – 11:30 a.m.
Brunch	9 a.m. – 2:30 p.m.

CUVÉE (PHONE-FRIENDLY WORKSPACE)

Monday – Friday	8 a.m. – 8 p.m.
All Day Menu	11:30 a.m. – 6 p.m.
Weekend service available upon request from Grill	

LIONS PUB

For reservations, contact pubbookings@tcclub.com

Sunday – Wednesday	11 a.m. – 11 p.m.
Kitchen	11 a.m. – 8:30 p.m.

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

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

MINK CHOCOLATE CAFÉ

Monday – Friday	7:30 a.m. – 6 p.m.
Saturday & Sunday	9 a.m. – 6 p.m.



President's Letter APRIL 2025

DEAR FELLOW MEMBERS,

As the days grow longer and spring settles in, the Club is buzzing with fresh energy and exciting events. April is shaping up to be a busy month, with new menus, holiday celebrations, and a renewed focus on sustainable practices. Here's what's in store.

Our culinary team has been hard at work crafting fresh and inspired spring menus for the Grill and Lions Pub. Seasonal ingredients take centre stage, bringing bright flavours and creative twists to your favourite dishes. From vibrant salads and light seafood options to heartier spring entrées, there's something for every palate. Be sure to stop by and discover your new favourites.

Patio season is back! We're watching the forecast closely and getting the patios ready for the season. As soon as the weather cooperates, you'll be able to enjoy al fresco dining with views of the city. Keep an eye on Club updates — the first sunny day is always a popular one.

On **Friday, April 11**, experience the energy of **Latin Social Dance Night!** Learn from world champion Shaka Dancer, then dance to DJ-spun beats. No partner needed—come ready to let loose and have fun.

Easter is **Sunday, April 20**, and we're planning a celebration to remember! Our famous family brunch features an expansive buffet with traditional favourites and a range of seasonal specialties, so there's something for everyone. Magic tricks, a lively scavenger hunt, and a visit from the Easter Bunny will keep the little ones entertained. Reservations are required and tend to fill quickly, so book early to secure your spot!

You could also celebrate with handcrafted chocolates from Mink. In addition to the ever-popular chocolate eggs, we have an adorable selection of bunny-themed treats — perfect for gifting (or indulging). They're available at the Club throughout April while supplies last.

Earth Day is Monday, April 22 and TCC will be highlighting our commitment to sustainable practices — especially when it comes to our wine list. Our team is happy to guide you through the list and recommend a wine that fits your preferences and values. Our focused selection includes: sustainable wines produced with fewer agro-chemicals and fertilizers; organic wines made from organically farmed grapes and free from synthetic pesticides and fertilizers; biodynamic wines, which are made following specific natural practices that prioritize soil health and natural processes; and vegan and natural wines made without animal products or heavy processing.

April promises to be a month full of fresh flavours, family celebrations, and renewed energy at the Club. We look forward to seeing you soon!

Warm regards,

John Mackenzie
President, Terminal City Club

Stay informed

CLUB NEWS



in memoriam

With profound sadness, we announce the passing of **Eurica Fernandez Joannou**, who left this world far too soon on February 19, 2025, after a brief but courageous battle with brain cancer. She was 40 years old.

Eurica was born on January 15, 1985, in the Philippines and emigrated to Canada with her family as a teenager. She built a beautiful life in her adopted home, embracing new opportunities with grace, determination, and an unshakable love for those around her.



On May 6, 2022, Eurica married the love of her life, Marko Joannou, in a joyful celebration at TCC. Together, they shared nearly nine wonderful years filled with love, laughter, and adventure. Eurica's kindness, warmth, and unwavering strength touched everyone who had the privilege of knowing her. She had a rare ability to make people feel truly seen and cherished, leaving a lasting impact on all who crossed her path.

She is deeply missed by her husband, Marko, her loving family, and a wide circle of friends whose lives she enriched with her compassion and generosity. Though she is no longer physically with us, Eurica's spirit lives on in the love she shared, the memories she created, and the countless hearts she touched. Rest peacefully, dear Eurica. You will always be loved. 🌹

holiday hours

The Club will be closed on **Friday, April 18** for Good Friday. Mink Chocolate Cafe will be open from 9 a.m. until 6 p.m. The Lions Pub will be open on **Friday, April 18** and closed on **Sunday, April 20** and **Monday, April 21** for Easter.

welcome to our newest members

We are excited to extend a very warm welcome to the following new members:

Mr. Matthew Benedet
Mr. Jason Feng
Mr. Nicholai Malinousky
Ms. Heather McGhie
Mr. Armin Mostofi Sadri
Dr. Hamid Mostofi Sadri
Ms. Stephanie Sang
Mr. Michel Tallichet
Mr. Rod Zahavi

corkage update

Last month, the Board approved a change to the House Rules: **members who maintain a Wine Locker are now eligible for discounted corkage (\$25 per 750mL bottle) on bottles brought from home.** For members without a Wine Locker, the \$45 corkage for bottles brought from home (regardless of value) is still in effect. For magnums (1,500mL bottle), the corkage is \$90 (or \$50 for members with Wine Lockers).

coming soon at lions pub...

Our kitchen and bar team have been working hard on bringing some fantastic, fresh ideas to our food and cocktail menu – we can't wait for you to try them! Keep an eye on our socials for more info to come...



Dining AT THE CLUB

dress code: no fly zone

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



VISUAL GUIDE

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

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

The following is **permitted and encouraged:**

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



patio etiquette AS SUMMER APPROACHES

dress code

The Club dress code of smart casual applies on the patio, although hats are permitted.

don't feed the wildlife

While you might be tempted to share a snack or two with the birds who frequent our lovely patios, please refrain. The kindest thing we can do for a wild animal is give it space and observe from afar.

phone & device use

Ringtones and notifications on your electronic devices must be set to silent throughout the Club. Calls are permitted on the patio, provided headphones or earbuds are used.

entertaining a large party or celebrating a special occasion?

Let us curate a special menu for you! We just need a few days' notice. For an elevated experience, inquire about the Dr. Ignatius Cheung Chef's Table.



easter chocolates from mink!

Spark some joy this Easter season with limited-edition (and in limited quantities!) chocolates from Mink. We have pretty hollow chocolate eggs (\$30) or a cute Easter bunny and egg half-filled with marshmallow fluff and wildberry jelly, sealed with a layer of chocolate (\$35).

Pop by Member Services to view the display chocolates and place your order. Pick-up is available from Friday, April 11.

and the winner is...

Thank you to all members who fill out our Grill and Members' Lounge comment cards. Congratulations to this month's lucky winner of a lunch for two from our random draw, **Dan Enjo!**

Club EVENTS



FIND YOUR CENTRE

The Reset Hour: Balancing Your Energy

TUESDAY, APRIL 8
5:30 – 6:30 p.m.

\$22 plus gst

**Minimum 10 participants
required to run; no previous
experience necessary*

This session is focused on the body's energy centers, known as chakras, to promote balance, healing, and alignment. First, a discussion about chakras along with vocal exercises, then a guided relaxation in combination with the gentle sounds of seven crystal singing bowls. The session is designed to help clear blockages and enhance the flow of vital energy throughout the body, fostering physical, emotional, and overall well-being.

Please bring anything that will help you feel comfortable while seated or lying down for the hour-long session. Members are welcome to invite guests to the sessions.



DANCE PARTY

Latin Social Dance Night

FRIDAY, APRIL 11

7:45 p.m. doors open

8 p.m. dance instruction

8:30 p.m. until late: dancing

\$22 plus tax & service charge

Get ready for an evening filled with rhythm, movement, and great company. No dance experience or partner required – come solo or gather a group of friends and heat up your Friday at TCC's Latin Social Dance Night!

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

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



KIDS' CLUB

Parent-Toddler Tinker Tales: The Very Hungry Caterpillar

SATURDAY, APRIL 12

10:30 – 11:30 a.m.

For kids ages 1–4 and their parent(s)

*\$55 plus tax & service charge
per registered child (includes
activity and a snack)*

**Registration deadline: 5 p.m.
Thursday, April 10.*

*A minimum of 5 registrants is
needed for this event to run.*

Toddlers aged 1–4, together with their parents, will immerse themselves in the colourful world of *The Very Hungry Caterpillar* through fun, hands-on building activities. Your little one will become an artist, crafting their own Hungry Caterpillar finger painting! This playful morning will also include engaging activities to learn about edible and inedible objects during circle time, helping your toddler develop critical thinking skills in a fun and interactive way.



KIDS' CLUB

Kids' Science & Movie Night: Oceanographers Exploring the Ocean

SATURDAY, APRIL 12

4:30 – 8:30 p.m.

For kids ages 5–12

*\$97 plus tax & service charge
(includes science activity,
dinner, drink, popcorn and
movie)*

**Registration deadline: 5 p.m.
Thursday, April 10.*

*A minimum of 5 registrants is
needed for the event to run.*

Kids aged 5–12 will embark on an underwater adventure as they explore the wonders of the ocean and its ecosystems. They will start with an oil spill cleanup experiment, learning about environmental science and the impact of pollution on marine life. Then, they'll create their own ocean habitat in a jar, discovering the importance of biodiversity and the delicate balance within ecosystems. This oceanic journey wraps up with a screening of *Finding Nemo*, celebrating the beauty of ocean life and the importance of conservation!



SIP, MEET & MINGLE Members' Wine Tasting: The Survival Vintage

WEDNESDAY, APRIL 16
5 – 6:30 p.m.

\$10 plus tax & service charge
**Registration is mandatory as*
space is limited.

The winters of 2023 and 2024 were devastating for BC's winelands. Two episodes of extreme and prolonged cold weather in the Okanagan and Similkameen valleys caused dire crop loss and vine death. To assure the future of the wine industry here, people's livelihoods, and give vineyards a chance to recover and replant, most BC wineries headed south and beyond. This unusual stop-gap measure has allowed our hardworking winegrowers to bring their vineyards back from the brink.

Come and taste the exciting wines from BC wineries featuring non-BC fruit. Every disaster has a silver lining, and these winemakers were excited and inspired to work with different grapes and terroirs, while staying true to their house style. View the tasting list on Member Central.



FAMILY FAVOURITE Easter Family Brunch Buffet

SUNDAY, APRIL 20
11 a.m. seating - waitlist only
12 noon seating

Adults: \$120 plus tax & service
charge

Kids (4 –12): \$55 plus tax &
service charge

Enjoy an extensive buffet of traditional brunch favourites alongside some fresh new selections. Kids love the Easter Bunny because he always shows up with treats... plus you can look forward to magic tricks, crafts, and a scavenger hunt!

Some menu highlights include **seafood on ice**, a house-made selection of **cured meats**, a **bagel board** with candied and smoked salmon, **golden beet salad**, **pea and feta penne salad**, a **build-your-own waffle station** as well as **eggs made to order**. Our **carving station with Canadian Angus prime rib** is always a hit! And Easter wouldn't be complete without the **fantastic dessert buffet** created by our own pastry team. View the full menu on Member Central.



MEMBERS ONLY Members' Networking Lunch

THURSDAY, APRIL 24
12 noon – 1:30 p.m.

Complimentary event with the
purchase of lunch à la carte

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

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

Club EVENTS



TASTE & LEARN Mink Chocolate Pairing Workshop

WEDNESDAY, MAY 7
5:30 p.m. Reception
6 – 7:15 p.m. Workshop

\$90 plus tax & service charge

Calling all die-hard chocolate lovers and foodies! More than 5,300 years old, chocolate is globally devoured to the tune of about eight million tons per year. Complex and highly diverse, chocolate's flavours and dense texture is actually really tricky to pair successfully. Join **Director of Wine DJ Kearney**, a self-declared chocolate devotee, as she pairs our very own Mink Chocolates to a range of beverages. We will **taste milk and dark, creamy and crunchy** and **see how they work with whisky, beer, and wines, both dry and sweet, and a mini espresso Martini**. In addition to the Mink Chocolate treats, our TCC chefs will create a savoury chocolate pairing, and a decadent dessert to complete this educational tasting experience.

Member-led EVENTS

APRIL SALONS

Member organizer: Victor Chan

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

THE BRAIN'S DETOX: MEDITATION AND THE GLYMPHATIC SYSTEM

Tuesday, April 15 | 6 – 9 p.m.

Your brain has a natural "washing system" that is especially active during sleep; this is when the brain clears out waste linked to aging and neurodegenerative diseases. Using advanced brain imaging, neuroscientist **Dr. David Vago** and his team at Vanderbilt University found that, when experienced meditators practiced meditation, it may help "rinse" the brain, just as sleep does. In this Salon, Dr. Vago will explore how stillness and focus can create powerful shifts in the brain's metabolic efficiency.

TAKING RISKS: THE MANAGEMENT OF UNCERTAINTY

Tuesday, April 22 | 6 – 9 p.m.

Taking Risks: The Management of Uncertainty is a book co-written by **Dr. Donald Wehrung**. In this Salon, he will explore how key concepts—such as strategic risk-taking—can help people navigate and make informed decisions in today's uncertain personal and business environments.

Dr. Donald Wehrung is a former full professor of business strategy at the Sauder School of Business at UBC.

HOW TO DEAL WITH TOXIC PUBLIC DISCOURSE AND DISINFORMATION

Monday, April 28 | 6 – 9 p.m.

James Hoggan spent two years researching the growing menace of disinformation and misinformation. He will share what he learned in interviews with some of the world's leading experts on persuasion, trust building, and conflict resolution, showing how it is still possible to connect with close-minded people through higher quality listening. James is a best-selling author (*I'm Right and You're An Idiot*) and Chair of the David Suzuki Institute.



DISCUSSION GROUP

The Federal Election

WEDNESDAY, APRIL 9

7:15 – 9 p.m. in Cuvée

Member organizer:

John McCarter

*Complimentary event;
Registration required as space
is limited. Coffee, tea & water
will be available.*

The Federal Election is here, and it is neck and neck. This is a perfect election to understand that campaigns DO matter.

To help us unpack what Canadians can expect over the next five weeks, **Kareem Allam** — one of Vancouver's sharpest political strategists—will lead a dynamic discussion on how parties should navigate the ever-evolving campaign landscape. Kareem brings extensive experience, most recently managing the ABC Vancouver municipal campaign, which successfully elected all 19 candidates, including Mayor Ken Sim. It's sure to be a lively and insightful evening analyzing what each party must do to position themselves as Canada's next government.



BUSINESS & COMMUNITY

SPEAKER SERIES

AI: The Force or The Dark Side

MONDAY, APRIL 14

6 – 7:30 p.m. in Cuvée

Member organizer:

Ellen Kief

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

Upon us today, in a world closer than we think, AI: The Force or the Dark Side invites you to explore the thrilling and intimidating possibilities of artificial intelligence. Discover how this revolutionary technology can be both a powerful ally and a disruptive challenge, and learn why focusing on people is the ultimate way to master the Force of AI.

Speaker **Kirsten Sutton**, has over 30 years of experience in technology, software development and development operations. Kirsten was recognized in 2018 in Vancouver's Influential Women in Business and YWCA Woman of Distinction.

plan your visit

MAKE A RESERVATION

Coming to the Discussion Group or Business & Community Speaker Series? Make a dinner reservation in the Grill before or after the event. RESERVE@TCCLUB.COM

Happening at the Club

EVENTS



ZAJAC NIGHTS



ZAJAC NIGHTS: Let's Set Sail and Change Lives Forever!

SATURDAY, MAY 31 • Terminal City Club
5 p.m. Gala Dinner (limited availability)
7 p.m. Evening Social (tickets available)

Embark on a night of enchantment at **Zajac Nights Gala**, an annual extraordinary event that supports Zajac Ranch for Children—a non-profit dedicated to creating life-changing summer camp experiences for children and young adults with chronic, life-threatening, and debilitating conditions.

This year, we're setting sail into uncharted waters as the entire **Terminal City Club transforms into a dazzling Cruise Ship** on the high seas! Prepare to be amazed with a variety of unique aerial, ground acrobatic performances, and mesmerizing wine fairies from Blink Acro. Our sensational live singers will be sure to get you on the dance floor, plus so much more for all to enjoy. It's an evening packed with thrilling entertainment and unforgettable moments. Don't forget to set your sights on our spectacular **silent auction**—where you can bid on exclusive items while cruising through an ocean of opportunities.

To purchase tickets, visit zajacnights.com. For information about gala dinner tables, contact zajacnights@zajac.com or 604-739-0444.

CULTURE GROOVE SOCIAL

TUESDAY, APRIL 1 • 6 – 9 p.m. in Cuvée

Member organizer: Tuvyec Mordag

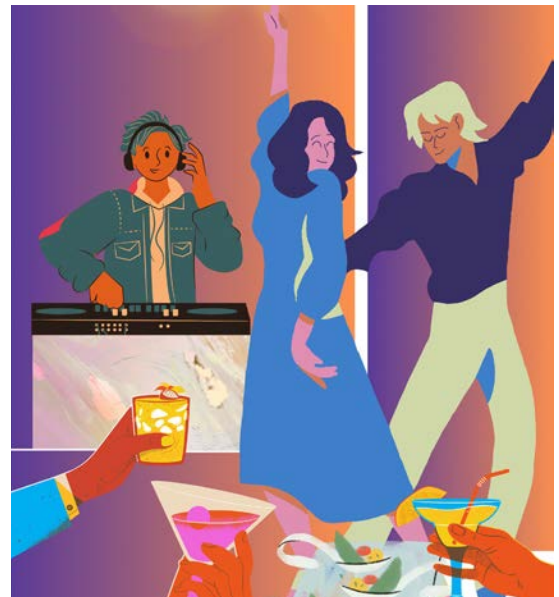
Complimentary event; registration is recommended as space is limited. Drinks and snacks available for purchase at the bar.

RSVP encouraged at 2hfoundation.org/join-us

Curated by Tuvyec Mordag, Culture Groove Social aims to bring people together through music, dance, and cultural exchange. This gathering offers guests the opportunity to connect, share ideas, and experience a rich blend of global sounds. Each event will feature live performances; the April edition will feature songs from around the world. Whether you're here to socialize, dance, or simply soak in the energy, the evening is all about community, creativity, and celebrating diversity.

NEXT EVENT: TUESDAY, MAY 6 • 6 – 9 p.m. in Cuvée

May's edition of Culture Groove Social will feature a DJ playing hits from the 80s!



MEMBERS MINGLE

FRIDAY, APRIL 25 • Members' Lounge

Member organizer: Mindy Tulsi-Ingram

No booking required, please drop by the Members' Lounge

Join Mindy Tulsi-Ingram and other members in the Members' Lounge (by the pool tables) for Members Mingle, a great opportunity to socialize, enjoy some pool, and have a drink! Feel free to bring guests.



NELLY DE VUYST FACIALS AT FAIRMONT SPA

LIFTING COMPLEX FACIAL

A powerful anti-aging facial using peptides and hyaluronic acid to lift, plump and hydrate skin, improving firmness and texture for a youthful glow.

Terminal City Club members
can enjoy 10% off all facials.

APRIL LIVE MUSIC

6 – 9 p.m. in the Members' Lounge

Thursday 3 • Nickolaj

Friday 4 • Rob Eller

Saturday 5 • David Capper

Thursday 10 • Rob Eller

Friday 11 • Martin Acosta

Saturday 12 • David Capper

Thursday 17 • Nickolaj

Saturday 19 • David Capper

Thursday 24 • Stephen Lecky

Friday 25 • Luc LeMans

Saturday 26 • David Capper

Stephen Lecky



MAY WINE EVENTS



MINI MASTERCLASS

Wine Speed Tasting

WEDNESDAY, MAY 28

5:30 p.m. doors open

6 – 7 p.m. session

\$60 plus tax & service charge

Four wines, two snacks and lots of learning – all in 60 speedy minutes! Join TCC Director of Wine DJ Kearney for a quick and focused dip into a single grape or distinct region to broaden your wine horizons and find new favourites.

Doors open at 5:30 p.m. for glass of welcome wine, we sit down to speed taste at 6 p.m. sharp, and by 7 p.m. you will be out the door to dinner (book your table on the Grill patio ahead!).

Your first mini masterclass is all about the elite region of Chablis in northern Burgundy. We will taste wines from village to grand cru, learn about the unique terroir, history, styles and regional cuisine.

Future sessions will be held on Wednesday, June 11, July 23, and August 13.



WINEMAKER DINNER

Phantom Creek with Olivier Humbrecht

WEDNESDAY, MAY 14

6 p.m. reception

6:30 p.m. dinner

\$190 plus tax & service charge

We are thrilled to welcome Phantom Creek winery back to our Club! Established in 2016 by the Bai Family who built a showstopper winery, pioneering viticulturist Richard Cleave planted the vineyards two decades ago. Responsible for some of Canada's finest reds and whites, Phantom Creek enticed **iconic Alsatian winemaker and Master of Wine Olivier Humbrecht** to the project, bringing his wisdom and artistry to the white wine collection. Globally considered one of the masters of pinot gris and riesling, Olivier is fascinated with growing conditions in the south Okanagan, and the unique wine styles both aromatic grapes can achieve.

Experience a glittering evening of global cuisine, Olivier's whites from both Alsace and the Okanagan, and insights from an internationally renowned, charismatic wine titan. Of course we will also sip a few Phantom Creek red wines too, during this intimate winemaker dinner.

Liquid Assets

CURATED BY DJ KEARNEY

BC Pinot Noir in the Spotlight



❶ SAGE HAYWARD ESTATE SERIES PINOT NOIR 2021

GULF ISLANDS, BC \$60

The Sage and Hayward families didn't necessarily plan to get into wine when they bought a heavenly corner of Saturna Island; they were more concerned that the land and long-neglected vineyards might be commercially developed and despoiled. A year later they had revived the vineyards and launched their first wines with the help of winemaker/consultant Michael Bartier (of Bartier Bros.). Uncompromisingly true to site and Salish Sea micro climate, this is light and lively pinot, redolent of perfumed crunchy red forest berries, delicate herbs, lip-smacking acidity, modest tannins and a distinct saline finish.

❷ UNSWORTH PINOT NOIR SAISON VINEYARD 2020

COWICHAN VALLEY, VANCOUVER ISLAND \$115

Book your Vancouver Island stay-cation visit to Unsworth if you have not done so already. You really do have to be there to feel the combination of refreshing coastal breezes and intensity of the sun of the Cowichan Valley (the word is rooted in the Quw'utsun word Hul'q'umi'num' meaning 'to warm one's back in the sun').

Unsworth was established 2009 by the Tyruk family, who built a successful coastal fishery business and summered annually on Shawnigan Lake in the Cowichan Valley. When a vineyard-suitable property came on the market, they pounced, knowing that grapes would relish it here. The wines were wonderful from the get-go, and this is their flagship red. The Saison vineyard brings all of pinot's gutsy/earthy/piercing red fruit glory to the glass. Red and black cherries, hedgerow brambles and a lacquer of judicious oak sits prettily amongst soaring acidity and modestly firm tannins. Unsworth's stunning new winery and top flight restaurant has elevated everything in the Cowichan Valley now.

❸ SPEARHEAD POMMARD CLONE PINOT NOIR 2022

OKANAGAN VALLEY, BC \$64

SpearHead Winery is located in the newly designated sub-region of East Kelowna Slopes, where winemaker Grant Stanley deploys his considerable gift for expressing Burgundy's great grape. Grant was once at Quails' Gate winery (they planted Canada's first pinot noir in 1975), where he pioneered the plantings of various high quality Burgundian clones.

This wine is 100% hand-picked Pommard clone pinot noir, spontaneously fermented after six days of maceration. It spent 13 months in French oak barrels, 25% of which were new; Aromas and flavours are a typically unpredictable and fleeting mélange of classic pinot associations, including but by no means limited to wild berries, cherries, plums, herbs, and earth, with subtle oak-derived notes of vanilla and toasted hazelnuts. From a small vineyard in the Summerland area, Grant was so impressed with the quality of this Pommard clone, that he decided to bottle it solo. Platinum medal at the 2024 National Wine Awards.

❹ QUAILS' GATE DIJON CLONE PINOT NOIR 2022

OKANAGAN VALLEY, BC \$80

Family farmed since 1956, Quails' Gate is one of the Okanagan's historic wineries. They are justly famous for first planting pinot noir and making the initial great Canadian examples. Quails' Gate truly devoted the necessary time and effort to clonal trials, soil and temperature mapping, winemaking methods and ageing regimens, then generously shared all their findings with other interested wineries.

This is a super-exclusive bottling, and we were lucky to get our hands on it. It features three high calibre clones sourced from Dijon (828, 777 and 667), and the vines are 18 years old now, and just hitting their stride. Behold a quintessential pinot nose – violets, perfumed berries, turned earth and a hint – just a hint of the gaminess that will blossom with more bottle age. Quite dense for pinot, the tannins are firm but ripe, and swathed in classic red berry fruits, with forays into the black and blue spectrum. Handsome and confident, it gets quiet oak support from 18 months in French barriques, but all neutral barrels.

Have You Heard?

CLUB NEWS



Andrea Mestrovic, founder of Very Polite Agency, was nominated for the 33rd annual RBC Canadian Women Entrepreneur Award. For over three decades, this prestigious award has recognized and celebrated the achievements of our country's most accomplished, influential, and impactful women in business. The 2025 Awards Gala will take place on Friday, November 14 in Toronto.

Andrea has more than 15 years of experience in global marketing, communications strategy, luxury brand management, digital and social strategy, and media planning. She was honoured with the Top Forty Under 40 Award in 2017 by *Business in Vancouver Magazine*. Very Polite is an internationally integrated communications and creative agency with studios in Vancouver and Toronto.



Congratulations to **Karl Hinderks** on his new role as VP Revenue Cloud at NeuraFlash, a technology company specializing in AI-powered solutions and consulting services for Salesforce and Amazon Web Services.

DO YOU HAVE NEWS YOU'D LIKE TO SHARE?

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

Submit your announcement to: joinus@tcclub.com.



Barinder Bhullar



Daniel Frankel



Jeffrey Moore



Yuri Fulmer



Patrick Dang

Congratulations to TCC members recently honoured with the King Charles III Coronation Medal!

The award recognizes individuals who have made a significant contribution to Canada or to a particular province, territory, region, or community in Canada, or who have made an outstanding achievement abroad that brings credit to Canada. Congratulations!

AFFILIATE CLUB SPOTLIGHT

PREDATOR RIDGE

OKANAGAN VALLEY, BC



Nestled in the heart of the Okanagan Valley, Predator Ridge is a world-class resort community offering an unforgettable experience to visitors. TCC members receive:

- Exclusive golf rates to a premium experience that includes GPS-enabled shared cart and Practice Facility access
- Preferred offers on vacation-rental style accommodations
- VIP retail shopping perks
- Tennis and pickleball perks
- Savings on bike rentals and rail trail shuttle
- Special rates on meeting and event space
- Complimentary fitness and pool access
- Exclusive member premium wines-by-the-glass pricing

Contact Member Services for more information and to request your Letter of Introduction.



Member of the Month

SAM DEVLIN

Sam Devlin grew up in Guelph, Ontario, the son of Irish immigrants. Home was always something of a hub. His upbringing, by material standards, might have been humble, though in Sam's mind, it was privileged — rich with the bounty of community, friends and family.

After graduating with a degree in architectural science from Toronto Metropolitan University (formerly Ryerson), Sam returned to Guelph and began work with architects and structural engineers, Fryett, Schifflett Associates. "That company did mostly non-profit and co-op housing, but they knew I had keen interest in old churches and arts centres, so I ended up, at a young age, being given a raft of projects around Guelph ... I had a mullet and I looked about 12-years-old. At first, I think it was hard to take me seriously as the design lead, but I eventually became better known and well respected around the city. They called me 'the Kid'."

Sam's early successes in project management in Guelph caught the attention of the UMA Group (Aecom), one of Canada's largest consulting engineering firms. By the end of the 1990s, UMA had him working back in Toronto with the Bank of Montreal and the Royal Bank of Canada, as both financial institutions began preparing for the uncertainties of Y2K. "It was 1999, and I was the Manager of Construction for the largest IT-tech conversion in Canadian

history at the time — \$42M. These banks were upgrading their entire networks, so I got to learn up close how these massive institutions go through their due diligence."

After Y2K, Sam moved on to another mega-project: Ontario Hydro's construction of corporate headquarters and the crucial backup systems for power generation and distribution. "That was exciting. I didn't know a lot about hydro, just like I didn't know a lot about IT. But I asked questions incessantly. I knew I would figure it out with the right people around me. I felt like a duck — looking calm and confident but always working like crazy beneath the water to keep going forward."

Sam moved to Vancouver in 2006 with his four children and wife, Dr. Charlotte Keller, a world-renowned specialist in veterinary ophthalmology. Prior to the move, his first major project in the city was the design and construction of Charlotte's practice. The award-winning success of that project got the head-hunters calling.

Since 2006, Sam has held significant design-build positions throughout the Lower Mainland: He started with the west coast branch for the Toronto firm Rae Brothers Ltd.; he was a principal and vice-president with Fusion Projects; and a principal with Rain City Industrial Workspaces.

One of Sam's undertakings since his move to Vancouver was the 2008 major renovation of Terminal City Club. As project and construction manager, he was also the lead for the renovations and transformation of the Club's Fitness Centre, reception entryway and the Members' Lounge. "I got to learn how a special club like this operates. The entire staff got to know me because I was in

every crevice of the Club. Again, it was an amazing learning experience."

In 2020, Sam was presented with the opportunity to do something he'd never done before — a new start-up. "One of my site superintendents came to me with this really neat idea that had nothing to do with architecture, design or construction. It was this transformative invention that can turn a regular campfire into an enhanced experience of warmth, light and comfort."

With 'the Original Fire Reflector' as their signature product, Sam and his partner launched MC Ranch Overland online sales of outdoor and camping accessories that focus on enhancing the campfire experience.

"I've had many successes throughout my work life. I love to learn. When we launched MC Ranch Overland, I knew I didn't know much about e-commerce and product patents, but, with the right people involved, we figured it out ... When you meet new people with great attitudes, who want to work with you, hire them. Success is always built on people of character with heart who believe in excellence. Find those people and your business will take off."

When he is not working, Sam has several passions he loves to pursue. Aside from being a wine and whisky enthusiast, bike riding is his exercise of choice, and since launching MC Ranch Overland, he's become more of an outdoorsman. "I am also a member of the Scotch Malt Whisky Society. I love going to tastings and staging tastings. I did my WSET level 1 wine training with DJ [Kearney] here at TCC. Charlotte loves wine and has done her WSET levels 1 through 4. Now, I have to catch up."

WEEKDAYS
WEEKENDS

HOURS

6 a.m. – 10 p.m.
7 a.m. – 8 p.m.

SQUASH & POOL

ADULT-ONLY SWIM TIME

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

SQUASH COURT BOOKINGS

Squash court bookings are available through 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 \$32.50 is waived on weekends for the spouse or common-law partner of a member. Guest fees are also waived for members' children and grandchildren under the age of 19. Members are limited to six guests per visit. Non-member guests must always be accompanied by a member.

Focus ON FITNESS

SWIM

SWIM COACH **JOHN RYAN:**

Contact Doreen:

john@swimminginvancouverbc.com

NEW! AQUAFIT

Mondays | 1 – 2 p.m.

April 7 – May 26

(No lesson on April 21)

\$105 plus GST | drop in \$20 plus GST

**minimum 4 participants, maximum 15*

Aquafit, also known as 'water aerobics', 'aqua aerobics' or 'aquatic exercise', is a fitness activity performed in water that combines elements of cardiovascular exercise, strength training and flexibility movements. The water helps to tone muscle, improve cardiovascular endurance, enhance flexibility, and promote overall fitness – but it's also an unique and fun way to get more exercise.

Certified Instructor Nazanin Alavi has over 15 years of experience bringing aquatic exercise to clients.

KIDS' GROUP SWIM LESSONS

Saturdays | April 5 – June 21

(No lesson on April 19 and May 17)

\$275 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.	6 – 7 years
12:10 – 12:50 p.m.	8 – 9 years
12:10 – 12:50 p.m.	Stroke Improvement
*12:10 classes run concurrently	

Changes in start and end times are possible. Children will be grouped based on age but may be moved to a different group if their ability requires it. Inquire at the Fitness Centre Front Desk.

SQUASH

SQUASH COACH **BARRY GIFFORD:**

squash@tcclub.com or 604-219-8233

SQUASH LESSONS

Try a private or partner lesson on Tuesday, Wednesday, Thursday, or Saturday (other days upon request). Coach Barry Gifford is a seasoned squash professional with over 30 years of experience. Each lesson is tailored to your needs and can include mental strength training and yearly training plans upon request. Junior or partner lessons and group sessions also available upon request.

FREE BEGINNER'S CLINIC

Wednesday, April 9 | 5 – 6 p.m.

Learn the basics in a fun environment! Please register by calling the Fitness Centre prior to 8 p.m. on Monday, April 7.

ADULT SQUASH DRILLS

Wednesdays | 4 – 5 p.m. | \$25

Saturdays | 11 a.m. – 12 noon | \$25

These drills are for intermediate/advanced VSL players. To register, contact Barry for placement by 5 p.m., the previous day.

VANCOUVER SQUASH LEAGUE

VSL's winter 2025 session will be running until March, followed by playoffs in April. TCC is hosting a Division 4, 6 and 7 team. Please contact Barry to register as a full-time, or part-time player:

JUNIOR SQUASH 2025

Saturdays | April 5 – June 21

(10 lessons; no class April 19 and May 17)

\$200 plus GST, charged upon registration

Drop-ins possible; please call Barry.

12:15 – 1 p.m.	6 – 7 years
1 – 1:45 p.m.	8 – 12 years
1:45 – 2:30 p.m.	12 – 16 years



GROUP CLASSES

F.I.T. WITH ATHOS

Mondays on Zoom | 12 noon – 1 p.m.

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

VINYASA YOGA WITH CLARE

Tuesdays, in person | 6:30 – 7:30 a.m.

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

CORE CONDITIONING WITH LEILA

Tuesdays, on Zoom | 12 noon – 1 p.m.

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

PILATES: STRENGTHEN WITH ZORICA

Wednesdays, on Zoom | 7 – 8 a.m.

Focus on muscle groups in the upper torso, shoulders, arms and back. Build strength, gain flexibility and work toward pain-free movement.

CARDIO KICKBOXING WITH LEILA

Wednesdays, in person

12 noon – 1 p.m.

This fun, non-contact workout utilizes boxing skills and drills to engage every muscle group in your body. Increase your cardio endurance, power and stamina.

POWER FLOW YOGA WITH RACHEL

Thursdays, on Zoom | 7 – 8 a.m.

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

TOTAL BODY STRENGTH WITH LEILA

Fridays, in person | 12 noon – 1 p.m.

Build a strong body through low intensity and non-impact weight exercises. Increase your strength and endurance, improve your metabolism, increase bone density and improve balance.



Connect to your club community from home by exploring Fitness offerings via Zoom.

TRAIN

SEASONAL PROMOTION: FREE TRX SUSPENSION TRAINING SESSION

Looking for new and challenging workout for spring? Try a free 60-minute TRX Suspension Training session with MilFit personal trainers!

Developed by a Navy Seal, TRX is a cutting edge suspension training system that uses your own body weight to deliver an efficient, powerful, core-centric full-body workout. TRX is perfect for all levels to effectively cultivate functional strength, increase flexibility and improve overall athleticism. To learn more or book a session with a certified TRX trainer, please contact Milwina Guzman at milwina@milfit.ca or 604-716-8927.

PRIVATE PILATES WITH ZORICA

Available Tuesday, Thursday, or Friday, 10:30 a.m. onwards

(one-hour session will be held in non-peak squash court time)

Packages available: single, 5, 10, 20

Zorica Jovic is a BASI®-certified Pilates instructor and an award-winning gymnast. (BASI-certified instructors undergo three years of devoted study with master teachers.) Practicing and teaching over 13-years, Zorica believes, to be a good teacher you must also be a student and continues her education constantly. Teaching is her passion, helping every BODY from the inside out! **Inquire at the Fitness Centre Front Desk for more information.**



EXTRAVAGANT BRUNCH BUFFET • MAGIC TRICKS
EASTER BUNNY • KIDS CRAFT ROOM • SCAVENGER HUNT

Easter

Family Brunch Buffet

SUNDAY, APRIL 20

11 a.m. & 12 noon seatings

Adults: \$120 plus tax & service charge | Kids: (4-12): \$55 plus tax & service charge