

TERMINAL CITY TIMES

MAY 2025 • VOL. 32 NO. 5



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

Upcoming Events

MAY 1	SALON AI in Creativity & Writing
MAY 5	SALON Community & Mental Well-Being
MAY 7	MINK CHOCOLATE PAIRING WORKSHOP Taste & Learn
MAY 9	BUSINESS & COMMUNITY Cross-Border Tax in Uncertain Times
MAY 11	MOTHER'S DAY BRUNCH Family Favourite
MAY 12	THE RESET HOUR The Art of Visualization
MAY 14	WINEMAKER DINNER Phantom Creek
MAY 15	COMEDY NIGHT ft. Chris Gordon
MAY 19	CLUB CLOSED Victoria Day
MAY 20	THE RESET HOUR Beyond the Physical
MAY 21	MEMBERS' WINE TASTING Monthly Favourite
MAY 22	MEMBERS' NETWORKING LUNCH Midweek Meet & Mingle TCC WINE CLUB Preview Tasting
MAY 24	KIDS' SCIENCE NIGHT Minecraft Volcanic Eruptions
MAY 28	WINE SPEED TASTING Chablis
JUNE 14	SWING DANCE WORKSHOP Instruction & Dance Social
JUNE 18	SUMMER SOCIAL Celebrate the Season




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

 terminalcityclub
 @tcclub
 Terminal City Club

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.
<i>Weekend service available upon request from Grill</i>	

LIONS PUB

For reservations, contact pubbookings@tcclub.com

Sunday – Wednesday	11 a.m. – 11 p.m.
Kitchen (Sun/Mon)	11 a.m. – 9 p.m. snack menu until 10 p.m.
Kitchen (Tues/Wed)	11 a.m. – 10:30 p.m.

Thursday – Saturday	11 a.m. – 12 midnight.
Kitchen	11 a.m. – 10:30 p.m.

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

MINK CHOCOLATE CAFÉ

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



President's Letter MAY 2025

DEAR FELLOW MEMBERS,

There's a certain energy that arrives with May—a blend of longer days, warmer evenings, and the sense that the city is waking up for summer. At the Club, that feeling is everywhere.

Last month's Board planning day sparked meaningful discussions and fresh ideas. We will be unpacking these insights and I look forward to sharing updates as they take shape in the months ahead.

The secret is out – our cocktail experience and hideaway Call Me Back has officially made its debut. See what the buzz is about behind the phone booth at Lions Pub. Open Tuesday through Saturday, 5 p.m. until late – this is a call you actually want to answer.

Let me begin with a big thank you to the 80 members and guests who joined us at last month's Latin Social Dance Night! From beginners to seasoned dancers, the room was full of movement, laughter, and a wonderful sense of community. If you missed it, not to worry—more dance nights are on the horizon.

With the warmer weather comes the return of a perennial favourite: patio season. Weather permitting, the Grill patio is set and ready for you, and our culinary team has rolled out fresh new seasonal Club and Pub menus. Whether you're in the mood for something crisp and refreshing or bold and comforting, we invite you to explore what's new.

Mother's Day Brunch returns on **Sunday, May 11**. For many, it's a time to celebrate and honour the important women in our lives—mothers, grandmothers, mentors, and chosen family. However you choose to mark the day, we welcome you to join us for a warm and elegant brunch, complete with seasonal flavours, thoughtful service, and a few special touches. Reservations are recommended and filling quickly.

Our "liquid learning" program is a terrific benefit of membership, and this month we have some special experiences on offer. On **Wednesday, May 14**, Olivier Humbrecht, Master of Wine, will join us for an exclusive **Winemaker's Dinner**. Known worldwide for his work in Alsace and now a key figure at Phantom Creek, Olivier is one of the foremost authorities on pinot gris and riesling. This is a rare opportunity to learn from—and taste with—one of the greats.

Short on time? On **Wednesday, May 28** try **Wine Speed Tasting**. In just one snappy hour, you'll sample four Chablis, paired with two snacks. It's light, fast, and a fun segue into dinner on the Grill patio – make your reservation today.

If you need a break from all the excitement, TCC members receive 10% off all treatments (excluding packages) at the Fairmont Spa at the Fairmont Pacific Rim. Try a relaxing massage or reflexology appointment to recharge. Just note the fine print: the discount applies to TCC members only, not accompanying non-member guests. To book, contact Fairmont Spa directly and let them know you're a TCC member. Have your TCC App handy to show your member ID card upon arrival.

As always, thank you, sincerely, for being part of our community. Your support and involvement shape the spirit of the Club. I hope to see you here enjoying everything the season has to offer!

Warm regards,

A stylized, handwritten signature in dark ink, appearing to read 'John Mackenzie'.

John Mackenzie
President, Terminal City Club

Stay informed

CLUB NEWS

holiday & seasonal hours

The Club will be closed on **Monday, May 19** for Victoria Day. The Lions Pub and Mink will be open.

Mink will now be open until 7 p.m. seven days a week for the spring and summer season!



in memoriam

It is with deep regret that we announce the passing of **Mr. George Dorin**, who was a TCC member for 26 years.

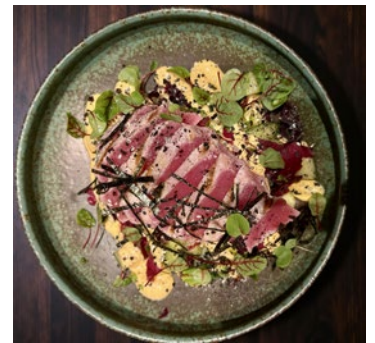
Mr. Dorin had a passion for learning and obtained degrees in both science and accounting from UBC, followed by his CPA and Fellow of the Canadian Securities Institute designations. Mr. Dorin started his career in the financial sector (Ernst & Whinney, now KPMG, and Price Waterhouse, now PWC), then held senior financial roles with various companies (Rogers Cable TV, Boston Pizza International, and BC Hydro), before setting up his consulting company CANUS Capital Corporation, where he provided corporate finance and senior financial management to more than 40 public companies in various sectors including mining, fish farming, medical, and media industries.

Outside of work, Mr. Dorin enjoyed golf, running, cycling, swimming, boating, fishing, snow skiing and world travel. He is remembered for his kindness, generosity, honesty, and integrity and will be deeply missed.

important fitness centre updates

When visiting the Fitness Centre, members will now be required to fob in rather than sign in.

On Tuesday, May 6, we will begin scheduled renovations to the men's sauna. Work will take place after hours, however, the sauna will not be functional until the following Monday, May 12.



new at lions pub!

We're spicing things up with new menu additions, including **house-made sangria**, **loaded nachos**, and a very satisfying **rigatoni alla vodka**.

Even better? Our kitchen is now open later; the full menu will be offered until 9 p.m. Sunday/Monday (snack menu on until 10 p.m.) and the full menu available until 10:30 p.m. Tuesday through Saturday.



welcome to our newest members!

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

Ms. Lise Amber
Ms. Diana Carr
Ms. Alyssa Laing
Mr. Stewart Muir
Mr. Anthony Papalia
Ms. Fiorenza Papalia
Mr. Harrison Papalia
Mr. Kevin Pearce

Mr. Brian Rainboth
Mr. Andrew Reid
Mr. Peter Senkpiel
Ms. Andrea Telfer
Mr. Matthew Tolan
Mr. Jordan Vann
Mr. Zhenqiao Zhang



Summer Party Package

Receive one complimentary drink per person for bookings scheduled July & August 2025.

*Offer valid on new bookings only.

\$53

\$58 PER PERSON PLUS TAX, MINIMUM 20 PEOPLE

Passed Hors d'Oeuvres
 chef's choice (3 selections)
 Cheese & Charcuterie Platter
 with breads & lavash
 Market Fresh Vegetable Crudités
 house ranch dip
 Fried Artichokes
 sweet chili sauce
 Turmeric Roast Cauliflower
 hummus, feta, caramelized onions,
 raisins, pepitas, crispy kale

INTERESTED IN A MORE EXPANSIVE BARBECUE FEAST?
 EMAIL CATERING@TCCLUB.COM FOR MORE INFO!

May Live Music in the Members' Lounge

6 – 9 P.M. THURSDAY, FRIDAY & SATURDAY

Thursday 1	Rob Eller
Friday 2	David Capper
Saturday 3	Nickolaj
Thursday 8	Rob Eller
Friday 9	David Capper
Saturday 10	Nickolaj
Thursday 15	Rob Eller
Friday 16	David Capper
Saturday 17	Nickolaj
Thursday 22	Rob Eller
Friday 23	David Capper
Saturday 24	Nickolaj
Thursday 29	Rob Eller
Friday 30	David Capper
Saturday 31	Nickolaj

Dining AT THE CLUB

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, **Michael Calyniuk!**



**HOKKAIDO
 SCALLOPS**



**CAULIFLOWER
 ALLA MILANESE**

PHOTOS: CHEF ANSEL HENDRAWAN

BOOK YOUR NEXT EXPERIENCE

reserve@tcclub.com

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

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:** Champagne Drappier Carte d'Or, Corte Pavone Rosso di Montalcino 2019, Tommasi Amarone della Valpolicella 2018, M. Chapoutier Bila Haut Banyuls 2021, Sasha's Chocolate Martini, Mink Hot Chocolate, Chilled Spiced Chai Compass Box Canvas Blended Whisky.

Chocolate Pairings: Milk: Girl's Favourite, Of Course Siam. Dark: Pas de Deux, Mermaid's Choice, Tawny and Ruby are Friends, Side Stripe Shrimp Stuffed Chicken Thigh, sticky dark chocolate ancho mole, Chocolate Ganache Tartlet.



FIND YOUR CENTRE

The Reset Hour

5:30 – 6:30 p.m.
\$22 plus gst
**Minimum 10 participants required to run*

Art of Visualization

MONDAY, MAY 12
No previous experience necessary.

A gentle introduction to using the mind's eye for clarity, focus, and relaxation. This session is perfect for beginners exploring the power of guided imagery.

Beyond the Physical

TUESDAY, MAY 20
Previous experience recommended but not required.

A guided meditation with immersive gong soundscapes designed to support deep relaxation and expanded awareness. Ideal for those curious about subtle energy, imagination, and inner exploration.



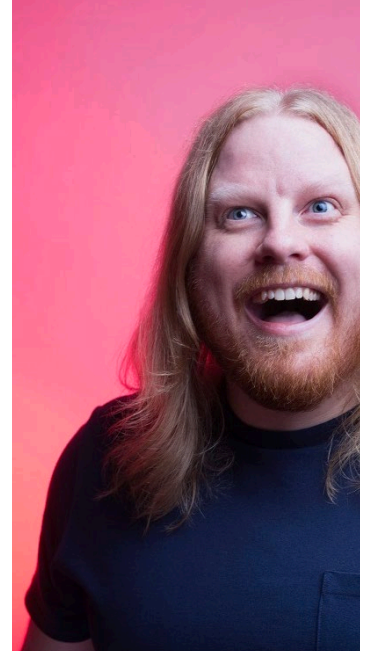
WINEMAKER DINNER

Phantom Creek with Olivier Humbrecht

WEDNESDAY, MAY 14
6 p.m. reception
6:30 p.m. dinner
\$190 plus tax & service charge
**This event is sold out and at wait list.*

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.



LAUGH OUT LOUD

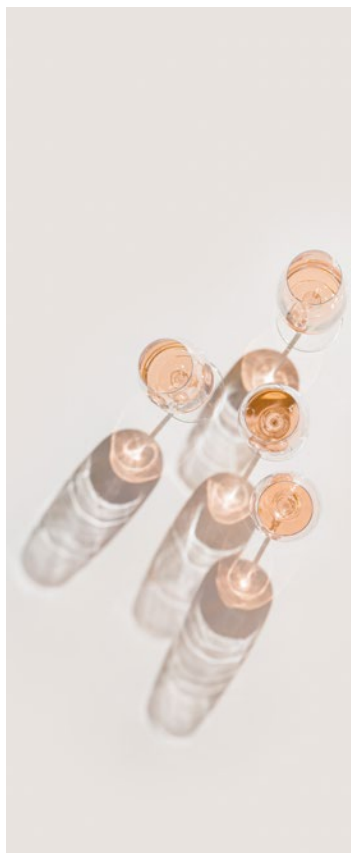
Comedy Night with Chris Gordon & Friends

THURSDAY, MAY 15
Doors at 5 p.m.;
Show at 7 p.m.
**This event is 19+*
\$20 plus tax & service charge
Register: reserve@tcclub.com

Headliner Chris' style of comedy has been described as "very unusual and very funny, offering fresh perspectives woven seamlessly with absurd observations.

He has performed at the Just For Laughs Festivals in Montreal and Toronto, the Seattle International Comedy Competition, and Vancouver's NorthWest Comedy Festival among many others.

Club EVENTS



SIP, MEET & MINGLE

Members' Wine Tasting: Rosé!

WEDNESDAY, MAY 21
5 – 6:30 p.m.

\$10 plus tax & service charge

**Registration is mandatory as space is limited.*

Join us for our monthly Members' Wine Tasting! May's theme is rosé. 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. Make a dinner reservation in the Grill or the Lounge for after the tasting!



MEMBERS ONLY

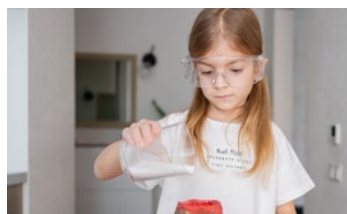
Members' Networking Lunch

THURSDAY, MAY 22
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.



KIDS' CLUB

Science & Movie Night: Minecraft Volcanic Eruptions

SATURDAY, MAY 24
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, May 22*

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

Erupt into Adventure with the "Minecraft Volcanic Eruptions" event at TCC's Kids Club!

Kids aged 5 – 12 will embark on an explosive journey into the fascinating world of volcanoes and geology. They will start by building their own volcanoes in Minecraft, exploring geological formations and eruptions in a fun, digital environment. Then, children will get hands-on with a classic science experiment by making an erupting volcano, witnessing the exciting reaction of baking soda and vinegar. This thrilling adventure wraps up with a screening of *Ice Age*, showcasing the impact of natural events on prehistoric life!



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. **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.**

Domaine William Fèvre
Petit Chablis 2022

Domaine Seguinot-Bordet
Chablis Vieilles Vignes 2023

Domaine Laroche
Premier Cru Les Montmains 2020

Domaine Droin
Grand Cru Valmur 2018

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

Member-led EVENTS

MAY 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.

MIRO CERNETIG ON AI IN CREATIVITY & WRITING

Thursday, May 1 | 6 – 9 p.m.

AI is changing how we write and create, but it's not a replacement for human creativity—it's a tool. AI can speed up drafts, spark ideas, and handle structure or research, but without a human voice—our judgment, style, and intent—the work feels hollow. A good piece still needs meaning, emotion, and clarity. The future of writing lies in collaboration: using AI to work faster and smarter, while staying true to our voice. The goal isn't perfection, it's connection; and that still takes a human touch.

Miro Cernetig is a prominent Canadian journalist, filmmaker, and strategic branding expert. He has had a distinguished 25-year career in journalism, and has served as bureau chief for *The Globe and Mail* in several major cities.

DR. SCOTT LEAR ON THE CONNECTION BETWEEN COMMUNITY AND MENTAL WELL-BEING

Monday, May 5 | 6 – 9 p.m.

May is mental health month. Mental illness is widespread and deeply affects individuals and society—from personal relationships to workplace productivity. Dr. Scott Lear has experienced depression himself, and he knows how hard it can be to reach out or even name what's going on. But support is out there through therapy, medication, peer groups, or just someone who listens. While we can't always prevent mental illness, early care and consistent support can make a real difference and at the heart of it all is community. Feeling connected, supported, and understood is one of the most powerful tools we have for staying mentally well.

Dr. Scott Lear is Pfizer/Heart and Stroke Foundation Chair in Cardiovascular Prevention Research at St. Paul's Hospital and Professor, Faculty of Health Sciences, at Simon Fraser University.

plan your visit, dine with us
MAKE A RESERVATION RESERVE@TCCLUB.COM



BUSINESS & COMMUNITY SPEAKER SERIES

Navigating Cross-Border Tax in Uncertain Times

FRIDAY, MAY 9

6 – 7:30 p.m. in Cuvée

Member organizer:

Ellen Kief

Complimentary event; Registration is mandatory as space is limited.

With sweeping U.S. tax changes on the horizon and growing uncertainty around trade, tariffs, and global tax policy, the cross-border landscape is quickly shifting. Canadian businesses with U.S. operations—and individuals with U.S. ties—face new risks and opportunities.

From restructuring to compliance, now is the time to revisit your strategy. This session will break down what's changing and what you can do to stay ahead.

Namir Hallak, CPA, CA, CPA (Kansas), CGMA, is a Vancouver-based cross-border tax partner specializing in U.S. corporate tax, international structuring, and M&A strategy for Canadian and U.S. businesses. **Steven Flynn, CPA, CA, CPA (Washington)** is a cross-border tax partner with experience helping U.S. citizens in Canada and Canadian investors navigate complex structuring, compliance, and treaty-based planning between both countries.



SUMMER SOCIAL

Wednesday, June 18



SAVE THE DATE

At the Club EVENTS

CULTURE GROOVE SOCIAL

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!

Member organizer: Tuveyc Mordag
\$25

Registration is required as space is limited. Drinks and snacks available for purchase at the bar.

RSVP at 2hfoundation.org/join-us

Curated by Tuveyc 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 music by local & international artists. Whether you're here to socialize, dance, or simply soak in the energy, the evening is all about community, creativity, and celebrating diversity.

May 13 • Spiritual Conversations w/ Dr. Philip Tse
May 20 • Conscious Thinking w/ Dr. Tuveyc Mordag
May 27 • Networking Social



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

SATURDAY, MAY 31
at 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 event in support of 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, set sail into uncharted waters; the entire **Terminal City Club** will transform into a **dazzling cruise ship** on the high seas! Prepare to be amazed by unique aerial and ground acrobatic performances, live entertainment, and a spectacular silent auction. To purchase tickets, visit zajacnights.com. For information about gala dinner tables, contact zajacnights@zajac.com or 604-739-0444.



SPRING FORWARD WITH BETTER HEALTH

As nature awakens from its winter slumber, spring emerges as a season of transformation and renewal. This natural cycle of rejuvenation presents the perfect opportunity to take a proactive stance on your most valuable asset – your health. At TELUS Health Care Centres, we understand that optimal health is the foundation upon which life's greatest achievements are built and we want to partner with you to design your healthiest future.

The journey to peak wellness begins with knowledge, and our **Preventive Health Assessment** offers a comprehensive blueprint of your current health status. This isn't just another medical appointment; it's an investment in your future well-being, delivering profound insights through a sophisticated combination of physical examinations, wellness assessments, and lab and ultrasound testing.

In a single, focused session, our experienced healthcare professionals conduct an extensive evaluation with personalized insights. Through state-of-the-art screening technologies and comprehensive laboratory testing, we can help identify potential health concerns before they become significant issues. This proactive approach embodies our commitment to prevention rather than just treatment.

What sets our Preventive Health Assessment apart is its holistic nature. Our team of specialists examines various aspects of your well-being, from physical fitness to mental health, creating a complete picture of your current health status.

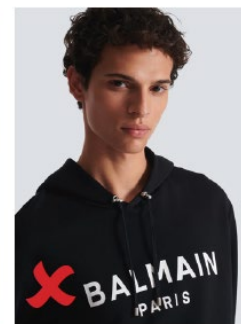
Following your assessment, you'll receive more than just test results. Our healthcare professionals will work with you to develop a personalized roadmap tailored to your unique health profile and goals. This actionable plan becomes your guide to achieving and maintaining optimal health throughout the year. Moreover, our year-over-year health tracking system allows you to monitor your progress and adjust your wellness strategy as needed.

As part of the TCC community, members can access exclusive benefits, including: \$400 off any Preventive Health Assessment package (excluding the LifePlus program) and 10% off any Precision Health package.

To learn more about TELUS Health Care Centre services for yourself, your family or your business, contact **Alexandra Castillo** at alexandra.castillo@telus.com or by phone, 604-314-1595.

When you prioritize your health, the positive effects ripple through every aspect of your life. A healthier you means being more present for your family, more effective in your career, and more energetic in pursuing your passions.

When it comes to your well-being, there's no better time to take control of your health journey. Book your Preventive Health Assessment today and take the first step toward a healthier, more vibrant future.



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.

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



VISUAL GUIDE

Liquid Assets

CURATED BY DJ KEARNEY



❶ TERLAN PINOT GRIGIO 2023

TRENTINO-ALTO ADIGE, ITALY

\$15 FOR 6 OZ. / \$19 FOR 9 OZ.

We will only ever feature fine, top drawer pinot grigio by the glass here at TCC, (there is a world of pedestrian grigio out there for others!) to show how elegant and refined this style can be. Terlan was established in 1863 with vineyards perched on slopes of the limestone Dolomite mountains in the northern reaches of Alto Adige. Dry, racy and savoury, you'll note delicate white flowers, jazzy citrus, fresh apple and a hint of peach skin. Very toasty and lees-y (quite like Chablis) with a fine mineral finish.

❷ CHÂTEAU D'ASTROS

LA BELLE VIE ROSÉ CÔTES DE PROVENCE 2022

PROVENCE, FRANCE

\$14 FOR 6 OZ. / \$18 FOR 9 OZ.

Rosé wines have been deliberately made in Provence for more than 2,600 years, and this is a bull's eye example of the beloved bone-crunchingly dry, salty, savoury Provençal style. Light and fresh with delicate red berried fruit, this is properly earth-forward with a powerful dusty signature of limestone terroir. Château d'Astros is a wonderful old estate founded in the 13th century, and the grenache, syrah and carignon vines have been farmed organically since 2009. Austere rosés like this one are magically transformed by savoury dishes, so try our new burrata antipasti, seared tuna and egg salad, or seared Hokkaido scallops to pair. Here's to La Belle Vie!

Meet your new Wines By The Glass!

Our new glass pours for Spring and Summer were chosen for maximum refreshment and sipping in warm weather — this means wines with lighter alcohol levels, friskier acidity, and trimmer body. We've also taken a pass on USA wines this season. Here are a few from our new line-up to tempt your tastebuds!

❸ G.D. VAJRA LANGHE ROSSO 2022

PIEDMONT, ITALY

\$16 FOR 6 OZ. / \$20 FOR 9 OZ.

We know you will love this juicy, fruity, cleansing rosso from the Langhe Hills in alpine Piemonte. From the celebrated family estate of G.D. Vajra (say Vie-rah), this is a lip-smacking, fascinating six-grape blend of nebbiolo, barbera, dolcetto, fresia, albarossa, and pinot noir. Possessing great energy, charm and drinkability, it's got just the right amount of tannin heft for pairing with a **burger or charred beef bavette**, but can also hang in there with the **roasted wild pacific ling cod and spaghetti carbonara**. Our team will pour for you in a Burgundy stem, to best show its aromatic complexity.

❹ ZUCCARDI Q CABERNET SAUVIGNON 2021

MENDOZA, ARGENTINA

\$15 FOR 6 OZ. / \$19 FOR 9 OZ.

This is 100% cabernet sauvignon from two brilliant, high elevation sites in Mendoza, made by one of the best winemakers of his generation, Sebastian Zuccardi. Cab loves the clay limestone soils and cool sunshine here, which imbues the fruit with super-charged fresh acidity, streamlined blackcurrant fruit, and firm, full tannins (that are well-polished from a few years in the bottle). Zuccardi is the largest organic estate in Argentina (and second biggest winery), and you'll sense that in the purity and focus of this elegant, mineral wine. Closer to savoury Bordeaux than a fruit-forward Cali style, **this summer weight cab** is built for our smash burger, ribeye, tenderloin and complete enough for solo sipping.

Did you know that your Club has a Wine Club?

Every quarter, Director of Wine DJ Kearney curates two very special collections of bottles to stash in your locker or take home to pair with your culinary creations. Wine's greatest strength is diversity, and our Quarterly Wine Club will whisk you around the world discovering new grapes, regions, styles and estates. Join us on for our next preview tasting of 12 wines, some cheese and charcuterie, and plenty of edu-tainment!

DJ's global wine expertise guarantees delicious wines, great value, and most importantly, discovery.

Thursday, May 22 | 6 – 8 p.m.

\$20* per person plus tax and service charge

*waived if you purchase a 6-pack after the tasting

Have You Heard?

CLUB NEWS



Kudos to the TCC team members who participated in the 2025 Sun Run on April 27! We are proud of your efforts.



Congratulations to **Jeff Guignard**, on his recent appointment as CEO of the Wine Growers British Columbia. Jeff is recognized for his experience speaking with media in his most recent role as executive director of B.C.'s Alliance of Beverage Licensees (ABLE BC), a role he has held since 2014.

Regulations for what B.C. wineries can put on wine bottle labels have evolved dramatically in the past decade. Much debate in the past couple years centred on whether wineries should be able to import grapes from outside B.C. and still call their wines BC VQA-certified, how the grapes should be identified on labels, and whether these wines should be sold in the B.C. sections of stores.



Thank you to all who attended our annual Easter Brunch Buffet; it was a true celebration of spring and joyfully coming together as a club community!

Join us for our next family dining event, Mother's Day Brunch on Sunday, May 11.

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.



Member of the Month

Sharon Piggott

Sharon Piggott grew up in a secluded countryside two hours from Perth, the most remote capital city in the world. Her family owned 2,000 acres, and while isolation had its hardships, it was not without its charms and the unique privileges of farm life. "I grew up with two brothers, and we were all driving tractors and trucks by the age of six," she says with a smile.

Sharon's brothers still work there today. The family farm has expanded to 24,000 acres. "I think if you asked my dad when I was growing up, he might have said 'girls aren't allowed to be farmers.' He gave me a bit of a nudge to become an accountant so I could do the books for him."

After graduating from the University of Western Australia with a degree in commerce, Sharon moved to London in 2002, where she got a job with Allco, a privately held equity group. By 2006, she had more than 350 accounts in her portfolio. That meant a lot of closing deals, a lot of Champagne, a lot of money, and a lot of travel — the most memorable trip being an adventure to Transylvania. "My time in the UK was awesome. Going to all the shows. Drinking eight nights a week. It was all very Australian."

By 2007, she considered permanent residency in the UK, but the weather told her it was time to leave. For all the perks of living in one of the world's most cosmopolitan cities, the sky was simply too bleak for a farm girl accustomed to the sunny vistas of Western Australia. "I was pale white. I loved London, but it felt like it was overcast 365 days a year."

That fall, she moved to Whistler and began work in a ski rental shop at the Four Seasons. While the job may have lacked the prestige of her previous employment, she was able to do some accounting for the shop, and, more importantly, there was all that sunshine and skiing. "I was living in staff housing with a lot of other Australians. Aussies call Whistler 'Whistralia.' It's our unofficial eighth province."

After ski season, Sharon moved to Vancouver where she worked for a year with Price Waterhouse Coopers. It was at PWC she met her husband Peter, also an Australian, also an accountant. Sharon and Peter were living together in the West End when Sharon left PWC for the job of corporate controller at Whistler Blackcomb. It also meant she had to leave Peter for four days a week.

"We figured, if I got hired, we could make it work commuting back and forth on weekends ... That was the best job I have ever had. I thought I was going to be a ski bum who did a little accounting on the side, but it turned out to be highly technical accounting and long hours. Ski resorts run lean, so I was probably doing the work of three people."

After Whistler Blackcomb sold to Vail Resorts in 2017, Sharon returned to Vancouver and was hired by Deloitte. "That's when I started to do finance transformations," she says. "A finance transformation is essentially helping a business get its accounting department out of disarray. Let's say a company is not meeting its financial deadlines, or there is

a lot of staff turnover due to a lack of clear direction; that's when I go in, read through everything, figure out what's going on, and lay out a strategy to move forward."

Since leaving Deloitte in 2019, Sharon has continued to build a stellar reputation specializing in corporate finance transformation. "When I am hired by a company to diagnose financial and operational problems, I enjoy that. But what I like most is helping execute the plan that I've proposed for solving the problems."

Sharon and Peter recently moved to White Rock with their chihuahua-poodle Spike. Despite living farther away, they still make regular trips to Terminal City Club, especially for the wine tastings.

"DJ is my god," Sharon says of the club's Wine Director, DJ Kearney. "I go to all the tastings, and sometimes I get in trouble because I'll be sitting in the corner drinking and giggling ... Her knowledge is incredible. We went on a trip she organized a few years ago to Naramata. It was awesome — the best wine trip ever."

"I think the Club is one of Vancouver's real gems. Most of us have a circle of friends through work, family, and school, but here you can meet people outside of those areas — people with whom you can build a deep connection around something you love like wine. Plus, the place is so chill, and the food is so good. Now that Spiky is a little older and comfortable in doggie daycare, we plan to spend even more time here."

WEEKDAYS
WEEKENDS

HOURS

6 a.m. – 10 p.m.
7 a.m. – 8 p.m.

**MEN'S SAUNA
UPDATE**

On Tuesday, May 6 scheduled renovations will begin to the men's sauna. Work will take place after hours, however, the sauna will not be functional until Monday, May 12.

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: contact the Fitness Centre to register.

RACQUET RE-STRINGING

Strings can lose tension over six to eight months; improve your shots with a new re-string. 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

NEW! SIGN IN PROCEDURE

We've simplified the sign-in process for members; now, simply **fob in** at the Fitness Centre, instead of filling in the sign-in sheet.

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.

*No classes from May 14 – June 11. Sessions resume June 18.



**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.

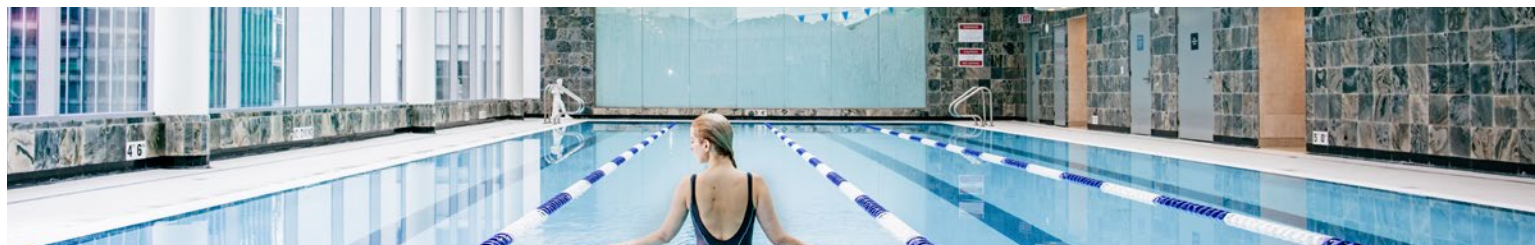
Power Flow is a vigorous, athletic approach to yoga and an excellent complement to any sport. Improve muscle tone, strength, flexibility, and balance.

**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.





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. Junior or partner lessons and group sessions also available upon request.

FREE BEGINNER'S CLINIC

Wednesday, May 14 | 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, May 12.

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.

SUMMER SQUASH LEAGUE

Our 10th Annual Summer Squash League for all members interested in experiencing league-style matches will begin the second week of May. Summer league matches will be played weekly from 5 to 7 p.m. Post-match refreshments on the Fitness Centre Patio will be followed up with dinner at Lions Pub. Sign up at the Fitness Centre front desk by May 14; start date TBD.

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

SWIM

SWIM COACH **JOHN RYAN:**
Contact Doreen:
john@swimminginancouverbc.com

NEW! AQUAFIT

Thursdays | 1 – 2 p.m.

May 1 – May 29

\$75 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.

COMPLIMENTARY MASTER'S/ LAP SWIM COACHING

Wednesdays | 3 – 4 p.m.

May 7 – June 25

Pre-requisite: Must be able to swim 25m front crawl non stop.

**Minimum 2 participants, maximum 8*

***No show or late cancellation: \$20*

Register at the Fitness Centre or email fitness@tcclub.com

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 smooth and at ease in the water. Members can register one week in advance for the upcoming session.

TRAIN

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.

Inquire at the Fitness Centre front desk.

***No classes from May 14 – June 11.**

The background of the entire page is a light cream or off-white color. It is decorated with several pink roses of various sizes and shades, from light pink to deep magenta. Some roses are fully bloomed, while others are buds. Green leaves and stems are interspersed among the flowers, creating a delicate and elegant floral arrangement around the central text.

Mother's Day Brunch

SUNDAY, MAY 11

11 a.m. & 12 noon seatings

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