

TERMINAL CITY TIMES

JUNE 2025 • VOL. 32 NO. 6



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

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- JUNE 14 PARENT TODDLER HOUR:**
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- JUNE 14 SCIENCE & MOVIE NIGHT**
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- JUNE 14 SWING DANCE WORKSHOP**
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- JULY 18 LONG TABLE DINNER**
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Instruction & Party
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- AUG 21 TCC WINE CLUB PREVIEW**
Tasting with DJ Kearney




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.
Weekend service available upon request from Grill

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.

TERMINAL CITY CLUB



President's Letter JUNE 2025

DEAR FELLOW MEMBERS,

As summer approaches, there's a noticeable lift in energy throughout the Club. The patios are open, the harbour views are on full display, and our members—whether here for a meeting, a margarita, or a moment of calm—are soaking it all in. This is when Terminal City Club shines brightest.

Last month, your Board held a strategic retreat—a focused, future-looking session where we dug into what makes TCC special and how we ensure its continued success. One theme that came up repeatedly was ownership. Not the financial kind, but a mindset. As members, you are owners of this Club. That lens—thinking like owners—shapes how we approach decisions, investments, and the member experience.

During the retreat, we heard from Club Benchmarking, which compared our financials to peer clubs across Canada and the United States. One point stood out: joining Terminal City Club is still too modestly priced. That might sound odd, but in the private club world, it means there's room to grow—not only in membership, but in value. We're committed to enhancing that value through every initiative we take on. This includes plans to expand the fitness centre, elevate our dining and wellness offerings, and continue investing in member-focused improvements.

Let's not forget, Terminal City Club was the original developer of the TC Tower. That vision built an asset we continue to manage and improve. It's a legacy of smart growth we aim to carry forward with each project.

Another reminder of the Club's value? Members benefit directly from the businesses we own—our parking lot, Mink, Lions Pub, and Call Me Back. These outlets are open to the public, but they exist to serve members first. Not only do you receive 10% off food and members receive free parking before 9am and after 4pm Monday to Friday and free on weekends, but their profits help subsidize the Club experience for all of us.

As for what's next—our annual **Summer Social** returns later this month, details are on page 5. It's our unofficial summer kickoff and always one of the Club's most popular gatherings.

Lastly, we rely on our excellent members to help shape our future. If someone in your network would enjoy what we offer, send them to www.tcclub.com/joinus.

Here's to a summer of ownership, connection, and continued momentum.

Warm regards,
John Mackenzie
President, Terminal City Club

Stay informed

CLUB NEWS



in memoriam: the lapu lapu day tragedy

We have heard from many of you - our members and staff - about your desire to support the community, families, and individuals who have been forever impacted by the heartbreaking events at the Lapu Lapu Day Festival in Vancouver.

What was meant to be a day of celebration turned into something unthinkable. In times like these, it can be difficult to know how to show our support in meaningful ways. However, we are fortunate to have several local community and charitable organizations who are equipped to help, if we are able to come together and provide resources.

To that end, for the months of May and June 2025, all funds donated to the TCC Foundation will be granted out to those local organizations who are supporting victims of this tragedy and their families.

For those of you who are wondering how to make an impact, we invite you to consider a contribution - of any amount, large or small - to the TCC Foundation. In this way, we can come together not only in grief, but also in action.

The TCC Foundation is held at Vancouver Foundation. To make a contribution or find out more, please visit: www.vancouverfoundation.ca/tcc

This effort from TCC members and staff and friends will directly support those affected, and demonstrate that TCC is more than a club—it's a community that cares. Many thanks for your consideration.

John Mackenzie, TCC President & TCC Board of Directors

holiday & seasonal hours

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

The Club, including the Fitness Centre, will be closed on **Tuesday, July 1** for **Canada Day**. The Lions Pub and Mink will be open holiday hours.



welcome to our newest members!

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

Mr. James Aaron Bradley Brake
Mr. Max Charalambos
Ms. Christine Crawford
Mr. Grant E. Christoff
Ms. Lea Michelle Christoff
Ms. Luciana Si Yan Eng
Mr. Craig Olley

Mr. Goran Ostojic
Ms. Jennifer Mary Reid
Mr. Conrad Schartau
Ms. Jennie Laureen Styles
Ms. Lin Wei
Mr. Joshua M.A. Zimmer

Dining AT THE CLUB

patio season is here at the lions pub!



The sun has arrived in Vancouver and we are so ready for it! New on our drinks menu we have a firm summer favourite – Sangria (red/white/rosé).

All our Sangrias are made with local wine, fresh fruit and juices. Don't forget to check out the rest of our new cocktails including Cucumber Hibiscus Bramble and our Spring Fever Spritz. You supply the sunglasses and we'll supply the drinks!



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

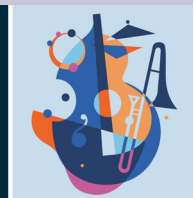
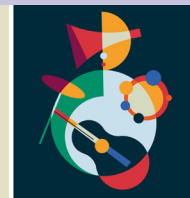
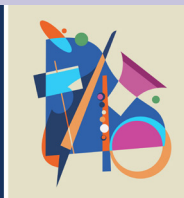
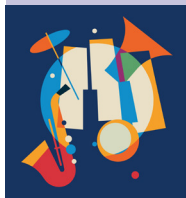
hummus, feta, caramelized onions,

raisins, pepitas, crispy kale

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

June live Music

6 – 9 P.M. IN THE MEMBERS' LOUNGE



Thursday 5
Friday 6
Saturday 7
Thursday 12
Friday 13
Saturday 14
Thursday 19
Friday 20
Saturday 21
Thursday 26
Friday 27
Saturday 28

Nickolaj
Olaf De Shield
David Capper
Mike Bertini
Luc LeMans
Stephen Lecky
Sasha Veregin
Stephen Lecky
David Capper
Mike Bertini
Olaf De Shield
Dave Martone

celebrate dad with us

Haven't made Father's Day plans yet?

Bring the dad in your life to the Club for a leisurely Sunday brunch or special dinner to close out the weekend.

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, **Eric Church**.

BOOK YOUR NEXT EXPERIENCE

reserve@tcclub.com

Club EVENTS



MINI MASTERCLASS Wine Speed Tasting: Beaujolais!

WEDNESDAY, JUNE 11
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 minutes! Quite possibly the quintessential summer red, the wines from Beaujolais in southern Burgundy celebrate the charming gamay grape.

An offspring of noble pinot noir, gamay thrives on the glinting granitic terroir of the hilly 'Bojo' region, giving us wines with juicy red fruit, modest tannins and an incredible lightness of being. Like Chablis, the wines are stacked in a strict quality ladder from Beaujolais Nouveau to the ten great Cru villages.

Please join your Director of Wine, DJ Kearney, for a dive into the delicious, articulate, and entirely joyful wines of Beaujolais.

Future sessions:
July 23 • Gin
August 13 • Greece



DANCE SOCIAL West Coast Swing Workshop & Dance

SATURDAY, JUNE 14
Doors 3:30 p.m.
Dance Workshop: 4 p.m.
Reception Style Dinner & Dance Social: 6:45 p.m.
\$97 plus tax & service charge - includes workshop, dance, & dinner

All levels welcome—just bring your curiosity and your dancing shoes!

Step into the rhythm with an evening of movement, music, and connection! We're thrilled to welcome Canadian champions Tessa & Myles for a fun and beginner-friendly West Coast Swing workshop—no partner required to join in.

West Coast Swing is a smooth, versatile partner dance known for its playful style, musicality, and ability to adapt to everything from Top 40 hits to R&B, pop, and blues.

After the workshop, enjoy a reception style dinner and keep the good vibes going at our social dance party. Tessa and Myles will also do a professional demonstration for everybody.

RECEPTION MENU

Beef Chuck

cheddar, horseradish aioli, slider bun

Quinoa Vegetable Fritter

pesto aioli, slider bun

Cheese & Charcuterie Platter

assorted artisan breads & lavash

Market fresh vegetables crudit 

house ranch dip

Turmeric Roast Cauliflower

hummus, feta, caramelized onions, raisins, pepitas, crispy kale (NF)



KIDS' CLUB

Parent-Toddler Hour: Ocean Dive with the Rainbow Fish

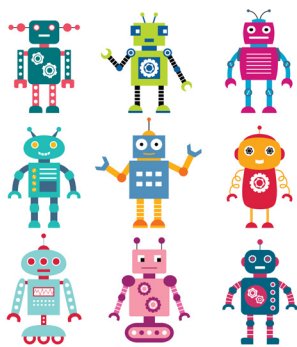
SATURDAY, JUNE 14
10:30 – 11:30 a.m.
For kids ages 1–4 and their parent(s)
\$55 plus tax and service charge per registered child (includes activity and snack). Must be accompanied by an adult.

Registration cut off is 5 p.m. Thursday, June 12 - a minimum of 5 registrants is needed to run the event. We reserve the right to cancel the event if minimum registration is not met.

Splash into Colourful Fun with the "Ocean Dive with the Rainbow Fish" even at TCC Kids' Club! Toddlers aged 1-4, together with their parents, will immerse themselves in the underwater world of the Rainbow Fish through fun, hands-on building activities.

Your little one will become an artist, crafting their own colourful Rainbow Fish! This playful morning will also include engaging activities to learn about the colours of the rainbow and their order, helping your toddler develop organizational and critical thinking skills in a fun and interactive way.

Club EVENTS



KIDS' CLUB

Science & Movie Night: Programming a Dancing Robot

SATURDAY, JUNE 14

4 – 8:30 p.m.

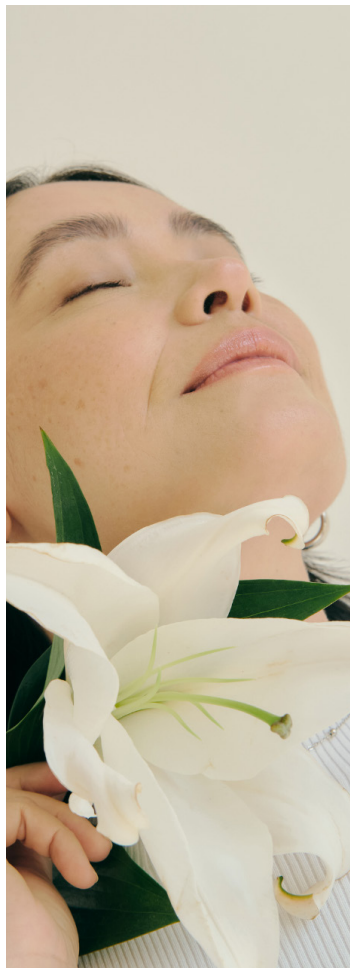
For kids ages 5–12

\$97 plus tax and service charge per registered child (includes activity and snack). Must be accompanied by an adult.

Registration cut off is 5 p.m. Thursday, June 12 - a minimum of 5 registrants is needed to run the event. We reserve the right to cancel the event if minimum registration is not met.

Kids aged 5 – 12 will enjoy choreographing and programming a robot's dance routine! They'll then get hands-on creating their own dancing puppet. The night will finish off with a screening of *Big Hero 6*.

Dinner and snacks included as always!



FIND YOUR CENTRE

Beyond the Physical

MONDAY, JUNE 16

5:30 – 6:30 p.m.

\$22 plus gst

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.



SIP, MEET & MINGLE

Summer Social!

WEDNESDAY, JUNE 18

5 – 7 p.m.

\$30 plus tax & service charge

**Registration is mandatory as space is limited.*

Your favourite Summer Launch Party is back! Although it is far from 1965 when Beat American poet Alan Ginsberg coined the phrase, we've chosen **Flower Power** as the theme of our Summer Social.

We are inspired to showcase the glory of all things floral with rosy pink rosés, flowers like hibiscus, lavender and elderflower in cocktails and mocktails, pansy punch and more.

So dig out your groovy floral threads (paisley, flower prints, vintage muu muu, etc.) or rock a hat with fresh blooms, or be sure to wear some flowers in your hair, as the song says! We guarantee great beverages, endless summer snacks and some retro sounds from the Summer of Love. You bet there is a prize for the best dressed.



MEMBERS ONLY

Members' Networking Lunch

THURSDAY, JUNE 19

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.

Member-led EVENTS



BUSINESS & COMMUNITY SPEAKER SERIES

Unlock Secure Travel: Essential Cybersecurity for Business Professionals with David Morrish

WEDNESDAY, JUNE 25

6 – 7:30 p.m. in Cuvée

Member organizer: Ellen Kief

Email ekief@kiefllaw.com for program and speaker interests.

Complimentary event; Registration is mandatory as space is limited.

This presentation will help business professionals with practical steps to safeguard their digital security while traveling. Topics will include mastering secure connections, safely handling data, and effectively responding to potential threats, ensuring a secure and productive business trip.

David Morrish, CEO of MBS Techservices Inc and MBS Defence Inc, companies specializing in advanced technology and defense consulting, providing innovative and secure services to clients worldwide. He holds education from MIT and BCIT, along with numerous technical certifications in software and networks. Outside of his professional endeavors, David is an avid tennis player, skier, and single-engine pilot.

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



SALON

Discover Alcatraz with Hong Chin

FRIDAY, JUNE 27

6 – 9 p.m. in the Bina & Jonathan Gill Family Boardroom

Member organizer: Victor Chan

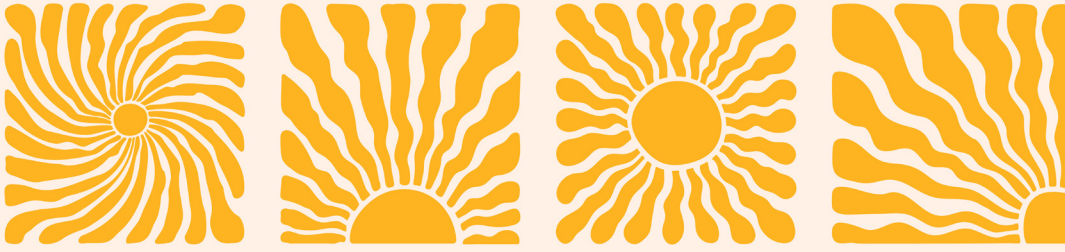
Complimentary event with the purchase of dinner à la carte.

Alcatraz is one of the most popular tourist attractions in San Francisco, but beyond a pleasant day on an island in a beautiful location there is much fascinating history to the island, now a national park.

Originally a waterless island in the middle of the Golden Gate, it transformed into a fortress, military prison, maximum security prison, surplus government property, to finally a national park and popular filming location.

Hong Chin left careers in engineering and finance for the lucrative position of national park volunteer where he worked on Alcatraz for over seven years. Join him for an evening discussing the history of Alcatraz, including the Birdman of Alcatraz, Al Capone, Whitey Bulger, and other famous inmates, noteworthy escapes, and more.

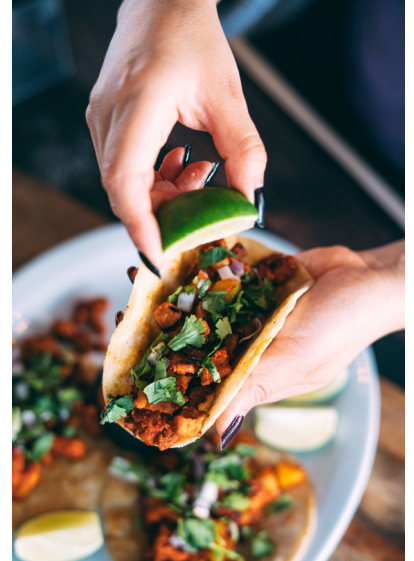
Although short, much of Alcatraz's history is relevant to society today: what kinds of crimes are worthy of our most drastic forms of incarceration, the social divide between classes of people - military and civilian, Indigenous resistance against residential schools and assimilation, capital punishment, American imperialism, and the effect of criminalizing substances.



Summer EVENTS *Preview*

July

July 1	Canada Day – Lions Pub & Mink are Open, Club is Closed
July 5	Pancake Breakfast & Hot Dog Lunch
July 8	TCC Summer Express Buffet Series: Mexico
July 16	Members' Wine Tasting
July 17	Members' Networking Lunch
July 18	Long Table Dinner: Spanish Riviera
July 22	TCC Summer Express Buffet Series: Greece
July 23	Mini Masterclass: Speed Tasting: Gin!
July 25	Latin Night Dance Social
July 31	Night Market: Taste of TCC



August

August 4	BC Day – Lions Pub & Mink are Open, Club is Closed
August 5	TCC Summer Express Buffet Series: India
August 13	Mini Masterclass: Speed Tasting: Greece
August 15	Cena in Bianco
August 20	Members' Wine Tasting
August 21	Members' Networking Lunch
August 21	TCC Wine Club Preview Tasting
August 26	TCC Summer Express Buffet Series: Italy





FOUR NUTRITION HACKS TO FUEL FOR LIFE

Whether you're gearing up for a big presentation at work or heading to the pool with your kids on the weekend, life is busy. The reality is we often rely on quick, processed foods to get us through our busy days.

However, it is possible, with a little planning, to provide your body the energy it needs not only for day-to-day activities, but for life. Here are some simple steps to ensure proper nutrition:

1. **Focus on brain boosting foods**

Omega 3's: These healthy fats help with memory and are found in salmon, walnuts and hemp seeds.

Colours: Eat the rainbow! Colourful foods such as raspberries, spinach and blueberries contain antioxidants.

Protein: Stay awake and keep your senses alert with some protein at lunch. Try greek yogurt, hard boiled eggs, or grilled chicken or tofu on your salad.

High quality carbs: complex carbs like quinoa, yams, and oats release a steadier stream of energy into your system, keeping your brain fueled all day long.

2. **Eat at least once every 4 to 5 hours**

Keep the fuel coming with a snack or a meal once every 4 to 5 hours. The brain's sole source of energy is glucose, and it's the most energy demanding organ! Keep some trail mix, dried fruit, and high fibre crackers in your desk.

3. **Reach for nutrient dense foods**

The brain needs glucose but it also

needs vitamins, minerals, amino acids and lipids. For full mental capacity, focus on fruit, vegetables, whole grains, quality proteins and lower fat dairy.

4. **Hydrate, hydrate, hydrate**

Make at least half of it non-caloric, natural, sugar, alcohol and caffeine free. Remember, if you are thirsty, you are likely already dehydrated.

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.



FAMILY POOL PARTY

SATURDAY, JUNE 28
10 a.m. — 2 p.m.

**Register with
Member Services
or via
Member Central**

*Kids age 3 - 99: \$35 plus tax & service charge
 Kids age 0-2: Free*

Liquid Assets

CURATED BY DJ KEARNEY



①



②



③



④

① CHAMPAGNE STÉPHANE REGNAULT GRAND CRU CHROMATIQUE EXTRA BRUT NV

\$155

A former London sommelier, aerospace engineer and saxophone player is responsible for this remarkable grand cru champagne. Polymath Stéphane Regnault comes from an old farming family and is now considered one of the greatest interpreters of Champagne's ancient chalk terroir. Stéphane farms organically with biodynamic preparations, imbuing Chromatique with a special life energy. Named for the chromatic scale that uses all available musical notes, this steely, dry all-chardonnay non-vintage is stitched together from many, many wines, enriched with 40% reserve wines, and made complex and toasty from two years of bottle fermentation. A luxurious way to toast your university graduate, the happy wedding couple, or Dad on his big day.

② CLOS FORNELLI SCIACCARELLU CORSE ROSÉ 2021

CORSICA, FRANCE

\$55

We are willing to wager you've never had wine from Corsica! The island (birthplace of Napoleon) was sold by the Italian Republic of Genoa to France in 1768 as part of a debt repayment for military aid from the French to quell a Corsican uprising. This has led to an exciting hybrid culture of Franco-Italian cuisine, dialects, and of course wine. Clos Fornelli is one of the best estates on the island (Corsica fits 3.5 times into Vancouver Island) making reds, whites and this fascinating rosé. Made from sciaccarellu (say shack-ah-RELL-u), a classic old Corsican red grape, known in Italy as mammolo. This pink has vibrant, red-berried fruit, not-too-astringent tannins, and bracing acidity. You will note a distinctive botanical signature of Mediterranean herbs, especially thyme and rosemary. Made with virtually no intervention, it's both natural, slightly feral, and ready to impress your geeky wine friends.

③ STÉPHANE AVIRON BEAUJOLAIS-VILLAGES 2021

BURGUNDY, FRANCE

\$55

A smash-hit at our recent TCC May Wine Club launch, this 'Bojo' is the quintessential summer red. The Beaujolais region sits in the southern part of Burgundy, and features the gamay grape, an offspring of noble pinot noir. Jubilant red fruit, succulent acidity, mild tannins and a glinting mineral finish, this over-achieving Beaujolais has extra depth from 50+ year old vines. Replete with equal measures of complexity and refreshment this will appeal instantly to a wide range of wine lovers. An utterly delicious, smashable summer-weight red for cuisine from grilled fish to herby chicken burgers or a prime steak.

④ LA MASSA 2020

TUSCANY, ITALY

\$100

Nestled in the heart of the Chianti Classico zone is the impressive estate of La Massa. The winery's Ferrari red ceiling and chequered flag tiled flooring suggests that owner Giampaolo Massa just might like Formula One – and he does along with fast things in general! He bought the business when just a teenager and has built La Massa into a showpiece winery (including luxurious accommodations in case you plan a visit) with the help of Bordeaux consultant to the stars, Stéphane Derenoncourt. Giampaolo's passion is the fusion of Tuscany's noble grape sangiovese with French grapes cabernet sauvignon, franc and merlot. La Massa 2020 is a sleek, stylish blend of 50% sangiovese, 30% cabernet sauvignon, and 20% merlot polished in fine oak barrels. Vibrant cassis and cherry earthy fruit, wild herbs, ridiculously well-behaved tannins, sumptuous texture and the kind of uplifting acidity that brings food to life. A fitting (96 point) wine for the important men in your life, or to order in the Grill with beef tenderloin.

UPCOMING SPEED TASTINGS:

June 11 • Beaujolais

July 23 • Gin

August 13 • Greece

Have You Heard?

CLUB NEWS



Bina & Jonathan Gill Family Boardroom is where discussions flourish, relationships form, and ideas take shape. Renowned for their entrepreneurial spirit in the import/export, food and beverage, and retail industries, the Gills have advanced Vancouver's business landscape with integrity and community commitment. This Boardroom embodies their belief in thoughtful discussion, shared knowledge, and family tradition, providing a setting for collaboration and innovation. As a tribute to three generations, the Bina & Jonathan Gill Family Boardroom honours their vision and support, inviting members to continue building on a proud legacy that enriches the Club.

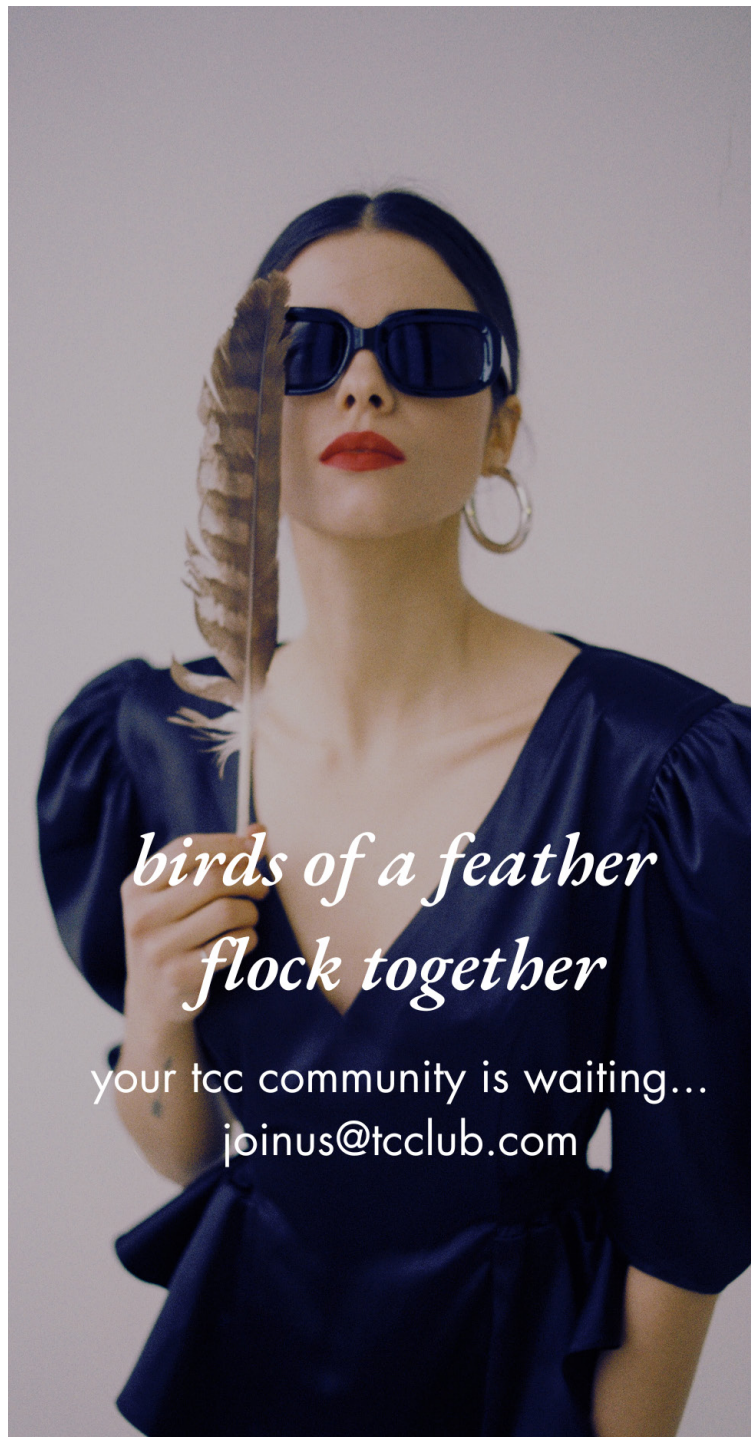


Congratulations to **John Milne** of the Kitchen team who won the most recent Employee of the Quarter designation! We would also like to extend hearty congratulations to **Vladimir Sison (Stewarding)** and **Unique Thomas (Banquets)**, who are celebrating 25 years and 10 years with TCC, respectively.

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.



*birds of a feather
flock together*

your tcc community is waiting...
joinus@tcclub.com

Now's the perfect time to explore membership at TCC!

Do you know someone who might be interested in joining? Refer them and for every successful application (Corporate or Personal membership) you'll earn a \$250 credit on your member account.

Embrace the summer with your community.

Where you belong.



Member of the Month

Alan Tynan

In the early 1990s, Alan Tynan was as an alternate on the national rugby team. An injury to a scrum-half, who happened to be his brother, resulted in Alan's unexpected call up to Team Canada. At the time, he was also a human-kinetics student at UBC.

"I joined the team while they were on tour. I still had two months left in my final academic year. I ended up writing the last exam for my degree from Fiji."

After competing in such prestigious events as the Hong Kong Sevens and the Rugby World Cup, Alan returned to Vancouver and began work as a personal trainer downtown. "The gym I trained at happened to be where many of the investment bankers in the city worked out, so I was able to make some connections into the finance world."

Finance was always of keen interest to Alan. "I was the only 4th year human kinetics student who started the day off in the Student Union Building with a coffee and the Financial Post."

His initial career break came when he got a job in the insurance sector. His sights, however, were laser focused on PH&N (Phillips, Hager & North), one of Canada's premier investment firms.

"I used to joke that I would camp out on the doorstep until they hired me."

Alan started with PH&N in the call centre in 1998. Not long after starting, he was invited as a new employee to sit in and observe

a morning meeting with the investment analysts and portfolio managers.

"I was sitting there thinking: 'How did I end up here? Not long ago, I am a personal trainer and now I am sitting at one the highest-level investment meetings in the country'."

Alan has stayed with PH&N (now owned by RBC), throughout his remarkable career in finance. He became a portfolio manager in 2004; and today, he is an investment counsellor with RBC Wealth Management.

"My job is mostly helping people understand how to manage their finances. A client might say 'build me a dividend stock portfolio', all the way out to 'will you operate my financial life for me?' ... My father engrained in me that when you work for people, you have a significant responsibility. I have a responsibility, a fiduciary responsibility, to look out for my clients."

Looking back through his career, Alan says two mentors stand out. Coincidentally, both were once presidents of the Terminal City Club.

"I was so lucky to find work at PH&N. When I started, I was like a sponge for learning. If you showed the senior staff you were prepared to work hard, they were prepared to give their time. I probably had 20 different mentors who shaped me, but no one taught me as much as (TCC past presidents) David Cottrell and Stewart Marshall. I can't say enough about the quality of those two individuals."

It was through David and Stewart that Alan was introduced to the Terminal City Club. Today, he's part of the club's "morning crew," a group that convenes informally in the gym first thing in the morning Monday through Friday.

"That 'morning crew', you can set your watch by those people. I am a creature of habit, so I greatly appreciate that in them."

Alan and his wife Leigh have two grown daughters. The youngest, Amy, is studying at Toronto Metropolitan University, and wants to be a writer. The oldest, Kirstin, graduated from Queen's and now is a goalkeeper for the Vancouver Rise, a women's professional soccer team in the inaugural season of the Northern Super League.

"I don't think Kirstin ever imagined, even in her wildest dreams, that one day she would be living in Vancouver and playing professional soccer."

Alan, who is an avid golfer and boater, has also worked throughout his career serving on boards, including Chairman of the British Columbia Sports Hall of Fame.

"When I got to PH&N, there was almost an extreme culture of giving back. The partners at the firm were very committed to being part of the community and to ensuring that they gave back. Creating a positive culture. One of the things I learned very quickly was the value of networking — meeting people and building relationships. That is what I get most out of board work."

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: 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 BEGINNERS CLINIC

Wednesday, June 11 | 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, June 9.

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@swimminginvancouverbc.com

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.

Join us June 28 for the Family Pool Party!

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.





SUMMER SOCIAL

Flower Power!

Wednesday, June 18 | 5 – 7

