

TERMINAL CITY TIMES

FEBRUARY 2026 • VOL. 33 NO. 2



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

Upcoming Events

- FEB 2-6 OYSTER WEEK**
in the Grill
- FEB 3 SALON**
What's Really Going on With
Psychedelics
- FEB 8 SUPER BOWL LX**
Showing in the Lounge and
Lions Pub
- FEB 11 WINE SPEED TASTING
MASTERCLASS**
Chianti
- FEB 12 SALON**
A Reflection on TED Talks
- FEB 13 KIDS PRO-D DAY SWIM CAMP**
Skills & Games
VALENTINE'S DAY
Three-Course Dinner in the
Terrace Ballroom
- FEB 16 FAMILY DAY**
Club Closed
- FEB 16 MEMBERS' WINE TASTING**
It's All Greek to Us
- FEB 19 TCC QUARTERLY WINE CLUB**
February Tasting
- FEB 23 RESET HOUR**
Relaxation with Astral Travel &
the Gong
SALON
From Brain Surgery to Blue Jeans
- FEB 25 BUSINESS & COMMUNITY**
New Paradigms of Retirement
- FEB 26 TRIVIA NIGHT**
in the Members' Lounge
- FEB 28 WEDDING OPEN HOUSE**
View our Ballrooms
FATHER DAUGHTER GALA
Fairytale Fête

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 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
Tuesday – 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

FEBRUARY 2026



DEAR FELLOW MEMBERS,

The theme of my newsletter last month was connection and wellness. With that in mind, February brings a full calendar of opportunities to gather, stay active, and enjoy the Club.

On Friday, February 13, we invite you to join us for a special evening at the Club. Our culinary team has prepared an exceptional menu for **Valentine's Day** (see page 7), and reservations are now open. This is a great opportunity to enjoy the Club's hospitality with someone special. Make the night extra special by pre-ordering flowers and some Champagne for the table to meet you on arrival.

If that date isn't in the cards for you, how about **Trivia Night** in the Members' Lounge on Thursday, February 26. Put your knowledge to the test; the IQ2000 team will lead you through four lively rounds designed to spark friendly competition and plenty of laughs. Come on your own or bring a friend; teams can be formed on the spot. A prize awaits the winning group, along with bragging rights for the month.

This year's annual **Father Daughter Gala** invites families to step into a real-life fairytale. Meet and greet Elsa (from *Frozen*), Glinda (from *Wicked*), and Moana, enjoy a buffet worthy of royals, and make a creative stop at our bracelet-

making craft station before ending the night on the dance floor.

Events like these highlights the Club's role as a place for you and your families to create lasting memories together.

Congratulations to the 85 members who are on track to complete the **45-Day Fitness Challenge**. This program continues to demonstrate the value of consistency and commitment. Completing 45 workouts in two months is no small achievement, and I commend everyone who participated. These initiatives are a great way to stay active and maintain focus on personal wellness.

Beyond fitness, we continue to expand wellness and training opportunities. Yoga, Pilates, conditioning, and small group training sessions are available to support overall health and performance. These programs are designed to complement your fitness goals and provide balance in your routine. See page 12 for the current schedule.

As we plan for the future, I want to hear your thoughts on racquet sports programming. Tennis, squash, pickleball—your feedback will help us design offerings that meet member interests. Please take a few minutes to complete our February survey; scan the

QR code to share your feedback. Your input is essential as we look to enhance these programs in the coming year. Remember your responses go directly to the Board.

Our Board focus continues to be on strengthening member engagement and ensuring the Club remains a place where business and community thrive. Your participation in surveys, events, and programs is key to ensure that we deliver the experience you expect. I encourage you to stay involved and share your ideas. Thank you for your commitment to the Club. I look forward to seeing you at upcoming events and hearing your feedback on how we can continue to grow together.

Warm regards,

A handwritten signature in black ink, appearing to read 'Pierre Pelletier'.

Pierre Pelletier
Terminal City Club President



RACQUET SPORTS SURVEY

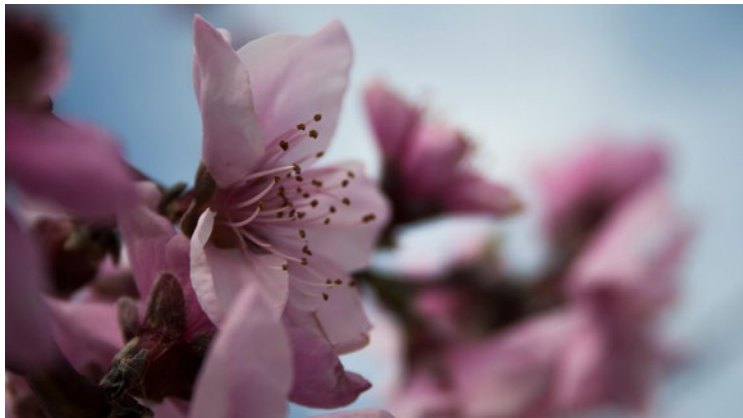
Stay informed

CLUB NEWS

holiday & modified hours

On **Saturday, February 7**, all areas of the Club, including Mink, will be closing early at 3 p.m. for our annual winter staff party. Lions Pub will be closed. We appreciate your understanding for this special event.

On **Sunday, February 8**, the Lions Pub will open at 1 p.m.



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. Craig Aldis	Ms. Heather Lashley
Mr. Joe Ashta	Mr. Yin Lee
Ms. Danita Barnes	Mr. Graham Lovely
Mr. Michael Barnes	Mr. Russell Lundholm
Mr. Stewart Buchanan	Mr. Mark Miller
Mr. Calvin Chrustie	Mrs. Constance O'Connor
Mr. Bill Corbett	Ms. Jacqueline Pelletier
Mr. Yazdi Deboo	Ms. Nicole Roeck
Ms. Paula Gaytan	Mr. Blake Scott
Mr. John Gillis	Ms. Bianca Stefan
Ms. Jennifer Hamilton	Mr. Richard Sumner
Mr. Leo Hathaway	Ms. Tricia Tang
Ms. Nicola Hill	Mr. Brian Urquhart
Ms. Linda Hoang	Ms. Jacelyn Wu
Mr. Shanawaz Islam	Ms. Lillian Wu
Ms. Rita Koo	Mrs. Judy Yanchuk

in memoriam

We regret to announce the passing of **Mr. Brian Welch**, who was a member for 36 years, and **Mr. Weizhong Ma**, member for one year.

Mink[®]
CHOCOLATES

HOT CHOCOLATE FESTIVAL
January 17 – February 14

HOLY COCOA ROSEMARY

A three-layer hot chocolate that combines dark chocolate ganache, salted rosemary caramel sauce and rosemary-vanilla whipped cream. On the side, a pecan salted caramel truffle. Contains nuts.

CHAI ME CRAZY

A dessert drink that combines white chocolate, vanilla gelato and spiced masala chai. On the side, a chai vanilla truffle.

10 years at TCC

Amanda Jun is celebrating 10 years with the Club; she started with us as the Club Relationship Manager and is now our Director of Membership & Marketing. Many of you will know Amanda well from seeing her throughout the Club, always connecting with members and championing the TCC experience. We appreciate her passion for member service and her commitment to strengthening the Club's community and brand. Congratulations, Amanda!

Dining AT THE CLUB

SOUND IMPROVEMENTS

Acoustic panelling was successfully installed in the Grill last month. Experience the **conversation-friendly ambience** over your next meal. You'll notice a difference!

DINE IN AT THE CLUB

January 21 – February 7

three courses: \$62 plus tax & service
no substitutions; allergies will be accommodated

FIRST

Little Gem Lettuce VEG GF

pistachio cream, apple, lemon, chervil, chives, cured egg yolk

OR

Truffled Potato Leek Soup

house pancetta & chive crumb

SECOND

Barbaresco Braised Beef Cheek

saffron risotto, smoked broccoli emulsion, bone marrow jus

OR

Black Cod Pasta

baked orzo, cheesy fumet, flaked black cod, chili crisp, scallions, toasted nori, garlic chips

OR

Blackened Eggplant Risotto VEG NF GF DF

vegan without cheese, made with plant-based butter burrata, black garlic, preserved tomatoes, arugula, pickled shimeji mushrooms, garlic chips, harissa

THIRD

Sticky Toffee Pudding

vanilla gelato, warm toffee sauce

OR

Blackberry Cheesecake

freeze dried blackberry & oat streusel

oyster week

February 2–6 in the Grill

12 noon – 2:30 p.m. & 3 p.m. until close

\$3.50 per oyster (minimum order: 4)

\$40 per dozen



Westcoast: Fanny Bay Sunseeker

Eastcoast: Premium Island Malpeque and San Mateo Bay

Served with lemon wedge, blackcurrant pearls & shallot mignonette

sunday's prime rib dinner in the grill and lions pub

Our Sunday special is a member favourite in the Grill:

SLOW ROASTED PRIME RIB

seasonal vegetables,
creamy whipped potato,
yorkshire pudding, au jus

\$40 plus tax & service charge



KIDS' PRIME RIB DINNER

(kids 10 and under)

thin sliced prime rib stuffed in a yorkshire pudding,
seasonal vegetables, creamy whipped potato,
fresh fruit cup or vegetable sticks with ranch dip,
vanilla ice cream with chocolate or caramel sauce

\$15 plus tax & service charge

Now, you can also get a \$45 prime rib special every Sunday from 5 p.m. until sold out in Lions Pub! (Don't forget to charge to your member account to receive 10% off on food!)

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, **Sean Carey**.

Club EVENTS



Super Bowl LX SUNDAY, FEBRUARY 8

2 p.m. pre-game show
3:30 p.m. kickoff
showing in the Members'
Lounge & Lions Pub
Reservations in the Lounge
are strongly recommended.
Secure your spot by emailing
reserve@tclub.com.

Come watch the 60th Super Bowl, showing in the Members' Lounge and the Lions Pub!

Enjoy a burger and draft beer special for \$25 in the Members' Lounge.

The Lions Pub opens at 1 p.m. on Sunday, February 8. Enjoy game day features or plan around the Slow Roast AAA Prime Rib with all the trimmings, available from 5 p.m. Keep your eyes on the Pub Instagram account @lions_pub for more information on how we're making your Super Bowl experience a total touchdown.



Speed Tasting Masterclass: Chianti

WEDNESDAY, FEBRUARY 11

5:30 p.m. Welcome wine
6 – 7 p.m. Session

\$75 plus tax & service charge
**Registration is mandatory as space is limited*

***Option to pre-order individual cheese & charcuterie platters*

Set in the breathtaking Tuscan countryside, the rolling hills of Chianti are carpeted with sangiovese vineyards, cypress-tree lined roads, and olive and orange groves. Yet in this high-quality blue-chip region, there is a great deal of variation in the terroir, aspect and elevation. A quality hierarchy has emerged reflecting this diversity, from basic bottlings to grand ones. Join Wine Director DJ for a lively romp through Chianti as we taste five wines and decode some of the most famous terroir in the entire wine world.

Castello di Querceto Chianti
DOCG 2023

Poggio Torselli Chianti Classico
DOCG 2020

Istine le Vigne Chianti Classico
Riserva DOCG 2018

Castello di Ama Chianti
Classico Gran Selezione San
Lorenzo DOCG 2019



Members' Wine Tasting: It's All Greek to Us

WEDNESDAY, FEBRUARY 18

5 – 6:30 p.m.
\$10 plus tax & service charge

Wine tradition stretches back over four millennia in Greece, and today some of the most exciting wines on the shelves are the new, modern wines from the well-trained next gen. If you missed our Speed Tasting Greek Masterclass last August, you can still taste and learn at February's Greek Member Tasting.

Alpha Estates Florina
Malagouzia Turtles Vineyard
2023 – Amyndeon \$57

Lyrarakis Dafni Psarades 2024
Crete \$62

Zacharias Winery Kidonitsa
2023 – Nemea \$50

Argyros Assyrtiko 2022
Santorini \$90

Lafazanis Nemea Agiorgitiko
2017 – Peloponnese \$60

Alpha Estates Hedgehog
Vineyard Xinomavro 2022 –
Amyndeon \$53



Members' Networking Lunch

THURSDAY, FEBRUARY 19

12 noon – 1:30 p.m.
Complimentary event with the purchase of lunch à la carte from the Grill

Connect with your fellow members over lunch. 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!



The Reset Hour

MONDAY, FEBRUARY 23

5:30 – 6:30 p.m.

\$22 plus gst

A guided journey designed to shift awareness into a deeper, more expansive state. The session begins with gentle breath work and visualization meditation to relax the body and quiet the mind. As the gong vibrations build, participants are guided into a meditative state that mimics the sensation of astral travel — spacious, light, and detached from physical tension. The experience encourages intuitive insight, inner clarity, and a sense of exploring beyond the everyday self.

You'll be led through a serene natural setting to reflect, reset, and define your intentions for the months ahead. The session concludes with a soothing sound bath to support focus, renewal, and well-being.

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



Trivia Night

THURSDAY, FEBRUARY 26

in the Members' Lounge

5 p.m. Doors open

6 – 8 p.m. Trivia

*Complimentary event;
reservations recommended*

Come test your knowledge of trivia! The team from IQ2000 will be in to take you through four rounds of fun, so come ready for some friendly competition. Arrive solo or with a friend; the winning team will win a prize!

LIVE MUSIC in the Lounge

Every Thursday, Friday &
Saturday | 6 – 9 p.m.

FEBRUARY

- 5 Olaf De Shield
- 6 Goby Catt
- 7 Neal Ryan
- 12 Dave Martone
- 13 Nickolaj
- 14 David Capper
- 18 Martin Acosta
- 19 Dave Martone
- 20 Neal Ryan
- 21 David Capper
- 27 Nelson Boschman
- 28 David Capper



Father Daughter Gala: Fairytale Fête

SATURDAY, FEBRUARY 28

5 – 8 p.m.

Adults: \$123 plus tax & service charge

Kids (3–12): \$72 plus tax & service charge

Step into a fairytale world filled with wonder at our Father Daughter Gala! Start the party with a princess meet and greet with Elsa from Frozen, Glinda from Wicked, and Moana! Make your own bracelet at the craft station before digging into a buffet fit for a royal. Finish off the night on the dance floor, where you and the princesses can share your favourite dance moves! Don't miss out on this very special TCC annual Father Daughter Gala.

event registration

SAVE YOUR SPOT!

online

email

call

text

via Member Central

conciierge@tclub.com

604 681 4121

604 200 2279

Member-led EVENTS

BUSINESS & COMMUNITY

Member organizer:
Ellen Kief (ekief@kiefllaw.com)

New Paradigms of Retirement

WEDNESDAY, FEBRUARY 25 | 6 – 7:30 p.m.

Registration is required as space is limited.

Complimentary event.

Our ideas of retirement are being turned upside down with the realities of longer life expectancies, economic upheaval and constant social change. Join a lively discussion on how these factors can be used to your advantage. Learn how to balance risk with long term financial security, income planning strategies and the financial implications of the four new phases of modern retirement.

Tracy Theemes is a financial advisor and owner of Sophia Financial Group. She holds an M.A. in Counselling Psychology and is a Certified Financial Planner. She was awarded the 2026 Raymond James Woman of Distinction award for her contributions in supporting financial literacy and her dedication to mentoring women in finance.



SALONS

Member organizer: Victor Chan

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

What's Really Going On With Psychedelics

TUESDAY, FEBURARY 3 | 6 – 9 p.m.

Most of what we hear about psychedelics comes from clinical trials and medical headlines. But a lot of the real action is happening outside the clinic, in everyday life. Mark Haden will talk about what research is showing about naturalistic use—how people actually use psychedelics, and why context and intention matter so much. Birgitta Woods will look at the growing interest in microdosing, what the research suggests so far, and why small doses raise big questions about mood, creativity, and wellbeing.

Mark Haden, is known nationally and internationally for his work in public health, addiction counselling, and drug policy reform. He is an Adjunct Professor at UBC's School of Population and Public Health. **Birgitta Woods** is a Canadian psychiatrist and clinical researcher who works in mental health care and has collaborated on research related to psychedelic substances and their effects.

Reflecting on TED Talks

THURSDAY, FEBURARY 12 | 6 – 9 p.m.

Long before TED Talks became cultural currency, **Janet and Katherine McCartney** helped shape the conference from within—through production, curation, and the quiet cultivation of trust that defines TED at its best. They reflect on nearly two decades of close-range listening to the world's most compelling thinkers, and on which "ideas worth spreading" truly endure after the applause fades. As TED marks its final year in Vancouver before returning to California in 2027, the evening offers a timely reflection on TED's lasting impact on the city's social and business culture.

From Brain Surgery to Blue Jeans

MONDAY, FEBRUARY 23 | 6 – 9 p.m.

Join Victoria and Vancouver's own neurosurgeon-turned-atelier virtuoso **John Sun**, MD, for a conversation that travels from the operating room to the art studio—and lands, improbably, on a pair of jeans. John's hand-painted, rock-and-roll denim explores creativity, sustainability, and self-expression in the most familiar of garments. John will reflect on how everyday objects can become sites of meaning, mindfulness, and quiet rebellion.

AT THE CLUB

Around the World

THURSDAY, APRIL 16 | 6 p.m. | Terminal City Club



Around the World presented by the mister Blake foundation is an exclusive dinner experience featuring renowned **Chef James Walt** of Toptable Group in support of **Easter Seals BC/Yukon**. Featuring four exquisite courses, this unique dinner will delight your taste buds. And

the best part, funds raised from the event go towards delivering programs and services for people with disabilities! Around the World promises to be an unforgettable evening with a champagne reception, amazing cuisine with international flavours, an exhilarating live auction, an extensive wall of wine, and an enticing grand-prize raffle.

To learn more, visit: <https://onecau.se/aroundtheworld2026>

Valentine's Day

FRIDAY, FEBRUARY 13

IN THE TERRACE BALLROOM

three courses: \$ 100 plus tax & service

TO START

Fresh Shucked Oysters

12 east coast oysters, yuzu pearls, toasted nori vinaigrette, wakame

OR

Roasted Acorn Squash & Pear Salad

endive, sumac, lemon mascarpone, frosted walnut vinaigrette

OR

Charcuterie for Two

pâté en croûte, duck rilette, prosciutto, veal tongue, smoked salmon pâté, white anchovies, cornichons, pickled shallots, caramelized onion aioli, apricot mostarda, warm potato chips

TO SAVOUR

Octopus Rice

grilled octopus, arborio rice, rich broth, sea urchin butter, sun gold tomato preserve, herbs, anise

OR

Glazed Lamb Shoulder Confit

crispy spaetzle, merguez, harissa yogurt, celery, orange

OR

Blackened Eggplant Risotto

vegan without cheese, made with plant-based butter
burrata, black garlic, preserved tomatoes, arugula, pickled shimeji mushrooms, garlic chips, harissa, eggplant preserve

OR

Chateaubriand for Two (+\$55)

roasted beef tenderloin platter, creamed spinach, mushrooms, grilled scallions, hasselback potatoes, chermoula, red wine jus

TO END

Dessert Platter for Two

passionfruit tartlet, chocolate dipped strawberries, white chocolate raspberry mousse, mini macarons, salted chocolate ganache

FEBRUARY 14 & 15

FRESH SHEET

APPETIZER

Roasted Acorn Squash & Pear Salad | 19

ENTRÉES

Octopus Rice | 41

Glazed Lamb Shoulder Confit | 44

Blackened Eggplant Risotto | 39

GIFTING

MINK CHOCOLATES

a nine-piece assortment of hand-painted hearts & domes



Wedding OPEN HOUSE

SATURDAY, FEBRUARY 28, 1–3 P.M.

LOVE IS IN THE DETAILS.

Tour the venue, connect with our favourite local vendors,
and discover a space designed for timeless elegance.

RSVP: weddings@tcclub.com



1892  2025

CALL ME
BACK

Your next drink is calling...



EAU DE COLOGNE

the fragrance no one can resist

makrut lime leaf gin, peach cordial, lillet, orange blossom water, palo santo perfume

fragrant / dry / complex



DISTANT HEART

looking for a match?

tequila, arancello, grapefruit liqueur, campari, lime, sugar heart

sweet / tart / bright



THE BAKERY

the cosiest spot in town

shortcut pastry & cinnamon brandy, lustau east india solera sherry, clarified orange, black walnut bitters, biscuit

bold / festive / savoury



HIKING GEAR

for the explorer in you

peanut butter fat-washed rye, prune syrup, orange, chocolate bitters, milk-washed, apricot

silky / nutty / heartwarming

Liquid ASSETS



Champagne Vilmart et Cie Grande Réserve Brut NV \$172

From a cult-status grower champagne house, this expressive wine is mostly pinot noir from three epic vintages. Vilmart's wines are at once ripe and structured, perfectly walking the line between hedonism and austerity, deftly balanced and always exceptional. First fermentation in large barrels adds weight and complexity to naturally vivid acidity with a modest dosage. Simply thrilling.

Jean Dauvissat Père et Fils Chablis 1er Cru Vaillons 2022 \$124

Domaine Jean Dauvissat 1er Cru Vaillons is a superb wine from Chablis' most famous premier cru. The Vaillons vineyard is a direct extension of the magnificent, privileged Grand Cru slope. As such it benefits from optimal exposure to produce a ripe, round and concentrated wine. Mouth-watering citrus and apple fruit dominate the palate, finishing with a saline twist and crushed limestone. Textured from long lees ageing, it's a wine of immense character and complexity and a particularly full-bodied expression of Chablis that will age for years.

Comando G Sierra de Gredos Peña La Mora 1er 2022 Vinos de Madrid, Spain \$300

One of the flag bearers of The New Spain, this remarkable, ethereal garnacha is labelled just like Burgundy, with the vineyard and village name. Very old-vine garnacha from a three-acre site grown at 1,200 meters in altitude and a northern exposure on granite soils in the village of Navatalgordo. An extreme wine with startling freshness, salty minerals, gritty tannins and an incredible lightness of being – not for beginners! Pure, racy and long and the antithesis of rounder, riper Southern Rhône grenache. Drink or hold, but needs about an hour in a decanter to unfurl. Shockingly expensive, but there are just 350 cases for the world, and the planet's top somms rush to scoop up a six-pack (as we did!!).

Château la Dominique Grand Cru Classé St. Émilion 2016 – Right Bank Bordeaux, France \$235

The wines from this stately domaine are always bewitching. The terroir is first class, situated in the northwest of Saint-Emilion, on the edge of the Pomerol appellation. La Dominique vines border the famous vineyards of Cheval Blanc, Figeac, La Conseillante, and L'Evangile. Considered a legendary vintage, the 2016 is comprised of 80% merlot, 12% cabernet franc, and 8% cabernet sauvignon aged in the finest French oak for 14 months, 60% new barrels. Potent, graceful, supremely dark fruited and spicy, the tannins are suave and substantial. Just beginning to reveal its splendor now, and will do so for the next 20 years.

TCC WINE CLUB

Did you know your Club has a Wine Club? Each quarter your intrepid Director of Wine, DJ Kearney, assembles a cast of vinous beauties from familiar to esoteric, but all with discovery, value and taste in mind. Best yet, you can come and sample all 12 wines from the **mixed or red only collections** before you commit. Whether destined for your Club wine locker or your home cellar, we promise an exciting new wine world awaits you. Each curated six-bottle collection is \$285 plus tax & service, or feel free to buy bottles separately.

February Wine Club: Preview Tasting

THURSDAY, FEBRUARY 19

5:30 welcome wine; 6 – 8 p.m. tasting

Registration is required as space is limited

\$20 plus tax & service charge (waived with purchase)

Listen and learn! This session includes a shared cheese and charcuterie platter, but you can pre-order a personal serving to keep well fuelled until 8 p.m.

Here's an enticing hint for February's selections: a dry, minerally white from Hungary, a suave pinot noir from New Zealand's Central Otago, climate-change hero grape from Uruguay, a most unusual blend from Tuscany's blue-chip Bolgheri DOC, a full throttle Veronese merlot, and eight more surprises!

Member of the Month

ROB TROWBRIDGE

In 1987, Rob Trowbridge started his own graphic design agency. His first job was a business logo for a Vancouver bicycle store. "I was asked what I wanted to be paid, and I didn't really know. I think I said something like \$150."

At the time, Rob was not well schooled on the business side of the business, but he was amply trained on the artistic side. He graduated from Douglas College in 1978 with an Associate of Arts degree. His first design work was creating local ads for Sears. When the retail giant closed its office in the Lower Mainland in 1980, he moved to Calgary, where he landed a job at Robert Sharpe Communications. "That's where I really learned my chops. Robert Sharpe was a brilliant designer."

Rob worked in Calgary through the boom of the early '80s, then returned to Vancouver when the bust hit. "When I came back, I had no business plan, no money, no clue, but figured I would just start my own agency and see what happens. At the beginning it was just little jobs like that logo. But when I got my first actual contract, I realized I had to hire somebody and that meant I had to manage that person. Being a manager was not something I learned at school."

Rob may not have been formally trained in the management of people, but he did have real-life lessons from mom and dad. "I was blessed with amazing parents who taught me to treat people with decency, respect, and kindness. That was the way I was brought up and that is the way I have always tried to conduct myself as a manager."

Today, Rob's full-service digital marketing agency is called Six12 Creative. At its

peak, just prior to the financial collapse of 2008, the company had 25 employees. When the downturn hit, Rob scaled the operation to manage the diminishing demand. Fortunately, he had a couple large clients in place to carry the business through those trying times. One of those large clients was the Sauder group of companies. "Bill Sauder Jr. is an amazing guy. Securing his business in the early days of the agency was a very big deal for us. When the downturn hit, he showed a lot of loyalty. That relationship helped save the company."

When the economy began to pick up again, Rob made the decision to re-grow the company slowly. "My ambition to be successful was never going to be measured solely by its growth. I always liked doing the actual work — the creative work. Plus, I felt it was important to work closely with the customer and provide service that matched the best of my abilities."

Rob stepped into retirement a few years back, but stays active, as owner, on the business side. Day-to-day operations of Six12 are now in the hands of managing director Mike Barter, also a fellow TCC member.

Rob joined Terminal City Club with his wife Chris eight years ago. The couple met in 1986. Their first date was a Manhattan Transfer concert at Expo '86. They have two children. Their daughter Madison is 29 and works as a project manager in the construction industry. Their son Cole, 33, is a sous chef who has worked here at TCC since 2012. Executive Chef Dan Creyke says, "Despite some hiccups along the way, Cole has shown incredible focus and dedication and has become a key



leader on our culinary team. Over the past five years, he has led the Grill team before transitioning to his current role as sous chef and kitchen leader in Lions Pub, developing and producing the best pub food TCC — and the city — has seen in a long time. I am immensely proud of the growth Cole has achieved and hope to continue this for years to come."

"The Club has been a wonderful place for Cole, working and learning from chef Dan," says Rob. "I'll admit to the bias, but quite honestly one of the things we love most about our membership at the TCC is the food. Chris and I are foodies and every time we eat here, and we eat here often, the quality is exceptional. Whether it's the wine events with DJ [Kearney, TCC Wine Director], or sitting in the Members' Lounge with friends, we always feel special here. That says so much about Peter [Jackman, GM & CEO] and his team. Peter's leadership and vision are what elevates this Club. It's become our sanctuary."

Focus ON FITNESS

TRAIN

MEET THE MIL FIT TEAM!

MILWINA GUZMAN

Owner of MilFit Personal Training Services

Milwina Guzman is here to be a part of your wellness journey, to help you achieve your optimal health, build your confidence, and teach you a wealth of fitness through her experience of over two decades of personal training.

A personal trainer and kinesiologist since 2002, she is a trainer of trainers, holding a Bachelor of Human Kinetics from the University of British Columbia. Milwina has also been a yoga instructor since 2010. She loves to run, strength train, bike, hike, and practice yoga.



ANDREA LO

A sporty type who loves to be active, Andrea Lo's passion for health and fitness has always been central to her life. Becoming a trainer has given me the fulfilling purpose of helping others to move well, feel healthier, and enjoy the importance of taking care of our bodies. You can find me playing ice and field hockey every week or running the seawall.



ATHOS LEAO

Athos Leao is originally from Brazil, where his passion for fitness was sparked at age 16 by his uncle, a competitive Ultraman athlete. With his uncle's guidance, he began competing in triathlons throughout Brazil and later completed Ironman 70.3 Victoria after moving to Canada. Since settling in Canada, Athos has focused on weight training and Brazilian Jiu-Jitsu, developing a well-rounded approach that blends strength and endurance. Athos earned his Personal Trainer Certification and Fitness Nutrition Specialist certificate in 2017 and has been working in the health and fitness industry ever since, completing multiple additional certifications in the field. He is dedicated to helping clients achieve their goals through individualized fitness and nutrition coaching.

LEILA MAZHARI

Leila Mazhari is a certified ACE Personal Trainer with over 10 years of professional experience in fitness, health, and human performance. Her extensive education — including certifications as a Health Coach, Fitness Nutrition Specialist, Sports Performance Specialist, Corrective Exercise Specialist, and PNE Nutrition Level 1 — allows her to take a holistic approach — addressing strength, mobility, injury prevention, recovery, and nutrition all together. Leila specializes in strength training, functional movement, corrective exercise, weight loss, and performance coaching. She is known for her attention to form, personalized programming, and ability to help clients overcome pain, plateaus, and movement limitations.



Focus ON FITNESS

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: ARM, SHOULDER & BACK STRENGTH with ZORICA
WEDNESDAYS, ON ZOOM
7 – 8 a.m.

Each Wednesday will have a specific focus, such as: restorative; core; back, abs, hips and thighs, power and flow.

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 HELIA
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

JOIN US! SQUASH SOCIAL

Thursdays, 4 – 6 p.m.

Who says squash can't be a party? Bring your game face and jump right in.

Post-match refreshments usually follow in Lions Pub.



WINTER 2025 JUNIOR SQUASH PROGRAM

Saturdays, January 10 – March 14

(9 lessons; no lesson on February 14)

\$180 plus gst charged to your TCC account upon confirmation of your child's registration

1 – 1:45 p.m. | ages 7–11

1:45 – 2:30 p.m. | ages 12+

PRIVATE OR PARTNER LESSONS

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

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

PRIVATE PILATES with ZORICA JOVIC

Zorica provides Pilates-based movement therapy for clients seeking pain-free movement patterns. A BASI® certified Pilates instructor, Zorica has been practicing and teaching for over 15 years. **60-minute private (or duet) lessons are available Mondays & Fridays.** This personal program is tailored to your needs. Restorative and rehabilitative exercises can help address neck, back, and shoulder pain; low back, hip, knee, and sciatic issues.

Packages available: single, 5, 10, 20

SWIM

SWIM COACH JOHN RYAN
john@swimminginancouverbc.com

POOL POWER PROS

Tuesdays & Thursdays,
6:30 – 7:30 a.m.

January 13 – March 12

\$270 plus gst

This is a high intensity endurance-based program for experienced swimmers, suitable for Masters, Triathletes and strong fitness swimmers. The program involves training with all stroke styles. Expect to swim 2.5 to 3km in the hour.



POOL POWER STROKES

Tuesdays & Thursdays, 7:30 – 8:30 a.m.

January 13 – March 12 | \$270 plus gst

This is an endurance stroke-based program; you must be able to swim the length of the pool non-stop. The goal is to work on technique of all strokes and flip turns while improving your cardio.

POOL POWER PADDLERS

Tuesdays & Thursdays, 10 – 11 a.m.

January 13 – February 5 | \$200 plus gst

February 10 – March 5 | \$200 plus gst

This is a group lesson program for the non-, weak or nervous swimmer; you will progress at your own pace. Over many years John has developed a step-by-step pathway for beginners that has developed students into strong confident swimmers today. The two lessons a week promotes a faster learning cycle.

PRIVATE LESSONS

Private lessons with John Ryan are available to members of all ages and skill levels. Lessons focus on improving technique, boosting endurance, and developing confidence and ease in the water. Children's private lessons are available on Saturdays from 9 – 10 a.m. or 1 – 3 p.m. Adult private lessons are available Monday through Friday.

KIDS' GROUP SWIM LESSONS

Saturdays, January 10 – March 14

(no lesson on February 14)

\$265 plus gst

10 – 10:40 a.m. | ages 3–5

10:40 – 11:20 a.m. | ages 3–5

11:30 – 12:10 p.m. | ages 6–7

12:10 – 12:50 p.m. | ages 8–9

12:10 – 12:50 p.m. | stroke improvement

*Schedule subject to change.

Children will initially be grouped based on age but may be moved to a different group if their ability requires it. All children must have some experience in the water and be comfortable in the pool environment. If your child has no experience, we recommend private lessons first. This is to ensure that the group lessons will be a positive experience for your child. Private lessons are available before and after group lessons, from 9–10 a.m. and 1–3 p.m.

KIDS PRO-D DAY SWIM CAMP

Friday, February 13, 9 – 11 a.m. | 15 spots available

\$68 plus gst

Swim Coach John Ryan will lead kids through an hour of technical skills and stroke correction, followed by an hour of competitive relays and fun games. Please register by Tuesday, February 10, 6 p.m., by email to John or Doreen at john@swimminginancouverbc.com.

MOVEMENT TO MUSIC FOR MINIONS

Sundays, February 8 – March 15 (no lesson on February 15)

10 – 11 a.m.

\$225 plus gst

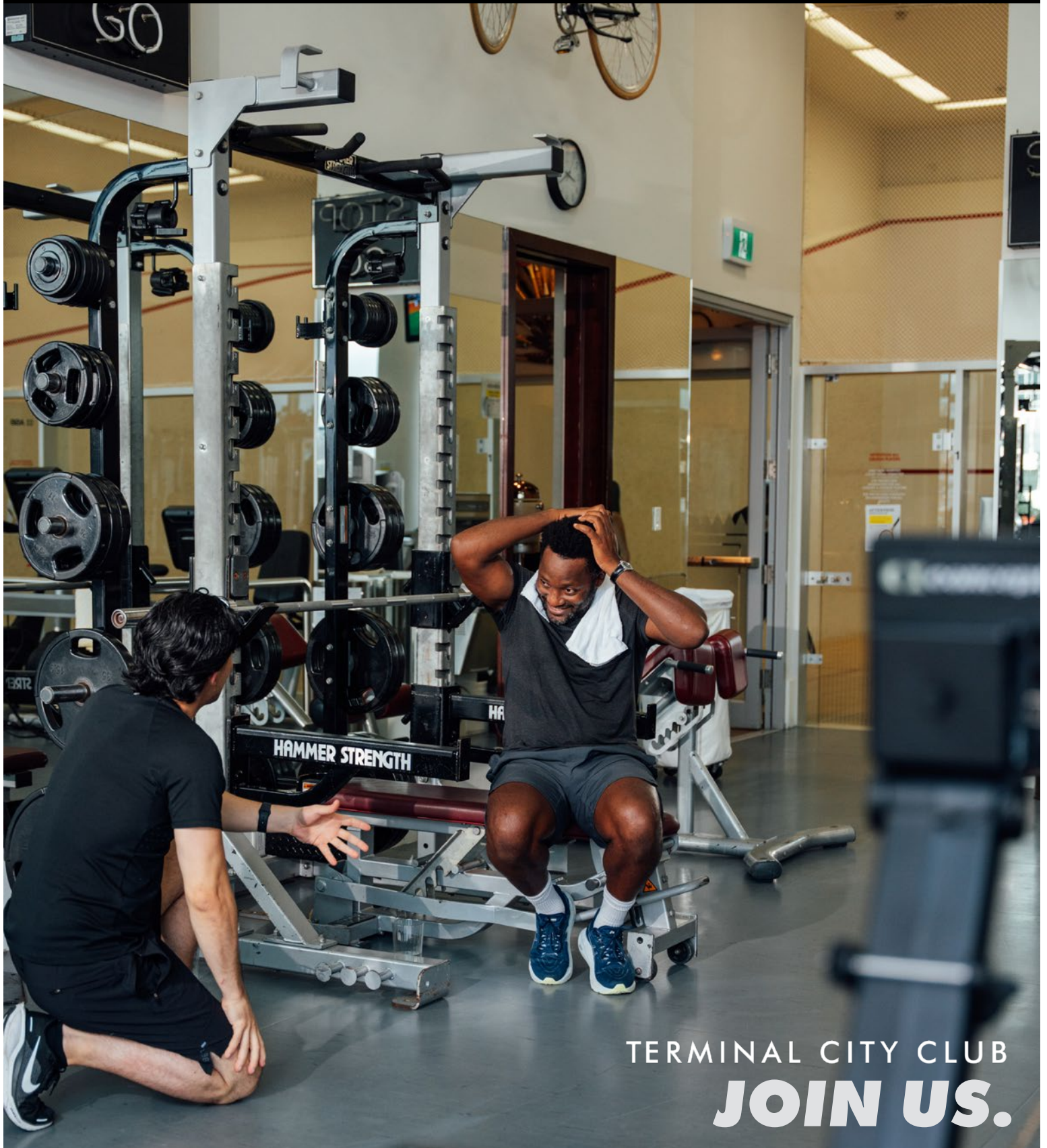
This new program is a great way for kids to improve their watermanship in swimming lessons. It provides an introduction to synchronized swimming, develops life-saving skills for Junior Lifeguard programs, or simply just a way to have some fun. Register by Thursday, February 5, 6 p.m., by email to john@swimminginancouverbc.com.



45-DAY FITNESS CHALLENGE



**LEVEL UP
YOUR ROUTINE.**



TERMINAL CITY CLUB
JOIN US.