

TERMINAL CITY TIMES

MARCH 2026 • VOL. 34 NO. 3



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

Upcoming Events

- MAR 3 SALON**
Practice-based Art & Design Education
- MAR 9 SALON**
Volunteerism & Belonging
- MAR 12 COMEDY NIGHT**
in the Member's Lounge
SALON
Art & Social Change
- MAR 15 OSCAR'S VIEWING PARTY**
98th Academy Awards at the Club
- MAR 16 RESET HOUR**
Into the Blue: A Crystal Bowl
Ocean Sound Bath
- MAR 18 MEMBERS' WINE TASTING**
BC wines
- MAR 19 MEMBERS' NETWORKING LUNCH**
Sip, meet, & mingle
- MAR 24 SALON**
The Making of an Olympian
- MAR 25 WINE SPEED TASTING MINI MASTERCLASS**
Decadent Whites of the Côte d'Or
- APR 5 EASTER BRUNCH**
A family favourite
- APR 22 WINE SPEED TASTING MINI MASTERCLASS**
Bordeaux, Part I
- MAY 13 WINE SPEED TASTING MINI MASTERCLASS**
Bordeaux, Part II
- JUN 10 WINE SPEED TASTING MINI MASTERCLASS**
Premium Rosés

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

MARCH 2026



DEAR FELLOW MEMBERS,

March has arrived with a welcome lift in energy around the Club, and the weeks ahead promise an engaging blend of community, learning, and celebration.

February closed on a high note with a truly memorable Valentine's Dinner. The room carried that rare blend of elegance and warmth, couples dressed for the occasion, friends lingering over dessert, and an atmosphere that reminded us why shared experiences matter. Well done to the team for delivering an evening that felt both refined and relaxed.

Not long after, we hosted a terrific Father Daughter Gala to wrap up the month. What a sight. From polished shoes to twirling dresses, the ballroom was alive with laughter and more than a few proud dads trying to keep up on the dance floor. Events like this capture something timeless about Club life: generations coming together, memories made in real time, and a reminder that tradition still has its place. It was a joy to witness.

I also had the opportunity to attend a recent wine tasting led by our Director of Wine, DJ Kearney. DJ has a remarkable ability to make wine engaging without overcomplicating it. The evening struck just the right balance between learning and enjoyment and reinforced how fortunate

we are to have such expertise guiding our wine programme.

For those who have not yet joined one of DJ's sessions, our monthly **Wine Speed Tasting** series continues this spring. These one hour mini masterclasses feature four special wines and two curated snacks; the sessions are concise, lively, and illuminating. Upcoming themes include Côte d'Or Whites (March 25), Bordeaux Left Bank (April 22), and Bordeaux Right Bank (May 13). I encourage you to experience a session if you haven't already.

On the entertainment front, our final **Comedy Night** of the season takes place on Thursday, March 12 before we pause for summer. The lineup features Tim Williams, Darcy Boon Collins, and host Alannah Brittany, a strong close to what has been a standout year for the series. Learn more about the comics on page 4. Comedy Night will return in the fall.

On the fitness front, congratulations to the 88 members who completed our recent Fitness Challenge. That is a meaningful accomplishment and speaks to the discipline and camaraderie that continue to define our wellness community. The energy in the Fitness Centre has been noticeable, focused, supportive, and quietly competitive in the best way.

Our recent member survey provided clear direction as well. Squash and pickleball emerged as leading interests, with a strong number of respondents eager to play more frequently. We hear you. Where participation grows, we will continue to invest time and programming. There is something enduring about racquet sports; they're competitive, social, and refreshingly straightforward.

Preparations are underway throughout March to ready our patios for an April opening. Spring will be here before we know it, and with it the simple pleasure of gathering outdoors once again.

And finally, a reminder that **Easter** falls on April 5 this year. Save your seat now for family brunch, as this family favourite always sells out.

I look forward to seeing you at the Club.

Sincerely,

Pierre Pelletier
President, Terminal City Club

Stay informed

CLUB NEWS

holiday and modified hours

Lions Pub will be closed **Sunday, March 1 & Monday, March 2** to accommodate A/V upgrades.

On **Friday, March 6**, the Members' Lounge will be open from 9:30 a.m. after scheduled maintenance is complete.



welcome to our newest members!

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

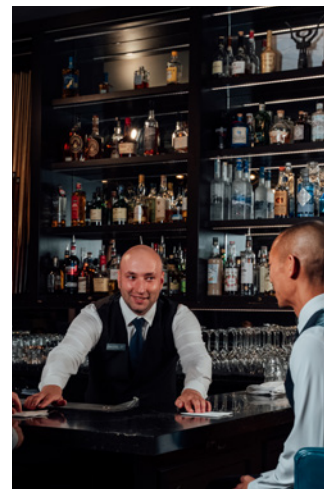
Ms. Maya Andersen
Ms. Nordia Bent
Dr. Jason Dewling
Ms. Ginny Goldstein
Mr. Suraj Johal
Mr. Danny Lam
Mr. Lucas Malecek

Mr. Will McAffer
Mr. James McKnight
Ms. Susana Mejia Portillo
Mr. Nick Ridenour
Ms. Margarita Scott
Mrs. Kim Stegeman
Mrs. Lucy Ye



congratulations to TCC's employee of the year!

Congratulations to **Sasha Syniuta**, Banquet Bartender Supervisor, for winning 2025 Employee of the Year! Sasha has worked hard to elevate our Banquets beverage program and consistently ensures that everything is prepared to the highest standard. Thank you for your remarkable contributions to the Club, Sasha!



celebrating 20 years at TCC

We would like to celebrate **Roberto Dela Pena's** 20th year at Terminal City Club this month! Roberto is a hardworking member of our stewarding team. He is always willing to go the extra mile to assist his colleagues. We are so lucky to have you on our team!



Dining AT THE CLUB



Mink[®]
CHOCOLATES

Hot Chocolate Festival

Mink sold 900 specialty hot chocolate drinks during Vancouver's Hot Chocolate Festival. The **Holy, Cacao Rosemary** and the **Chai Me Crazy** were both widely popular. We hope these creations brightened the day of anyone who came down to have a taste.

NEW IN!

Freshly baked croissants pastries and sandwiches are **delivered fresh, daily!**



Paddy's Day at Lions Pub!

Come and raise a glass (or several) with us at Lions Pub for St Patrick's Day! We are stocked with gems from Éire, with a choice of **25 Irish whiskeys, Harp lager, Kilkenny,** and, of course, **Guinness.** If you're in the mood for some traditional Irish fare, we have our delicious **Steak 'n' Guinness pie** that will warm you up on even the gloomiest Vancouver day. Sláinte!



express breakfasts

Enjoy the TCC express breakfast (two eggs, fried or scrambled with roast) **for \$10 only**, served everyday at the Grill.

lunch pre-ordering

Tight on time during your lunch hour? Make use of our pre-order service and have your lunch served to you the moment you arrive to dine in our restaurants.



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, **Sharon Vipond.**

Club EVENTS

Comedy Night with Tim Williams, Darcy Boon Collins, and Alannah Brittany

THURSDAY, MARCH 12 | Doors at 5 p.m., Show at 7p.m.
in the Members' Lounge
\$20 plus tax & service charge | register by emailing reserve@tcclub.com

Take a seat and enjoy a night full of laughs at this Comedy Night hosted by Vancouver's very own Alannah Brittany and starring Tim Williams and Darcy Boon Collins.



Alannah Brittany

Our host for the night, Alannah Brittany, is a Vancouver based comedian, actor and writer. She has performed at JFL Vancouver, where she also filmed a set for CBC Gem's New Wave of Stand-Up, and won JFL's coveted 'Stand-up and Pitch'. Alannah was also part of the Sirius Xm Comedy Club's 'Best of 2025' festival.



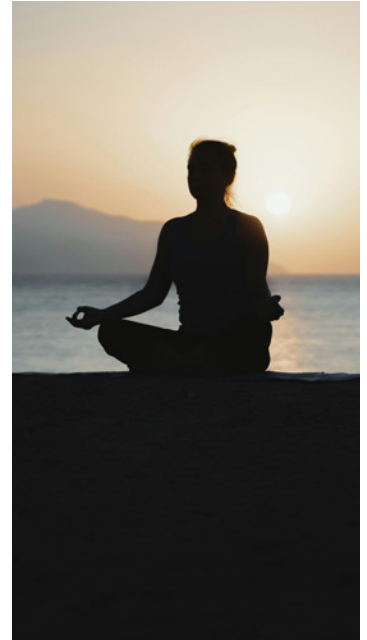
Darcy Boon Collins

Born and raised on Vancouver Island, Darcy's comedy has been featured on CBC's "Laugh Out Loud", "Just For Laughs North West" and "The Blue Bridge Comedy Festival". Gregarious and accessible, Darcy is comfortable on any stage, in front of any audience.



Tim Williams

Tim is originally from Houston, Texas. He's performed standup around the world but now calls Vancouver home. Fans are drawn to his laid-back storytelling, and his wit and spontaneity make sure no two shows are ever the same. Tim's comedy is mostly silly and sometimes dark, but always funny.



The Reset Hour

MONDAY, MARCH 16
5:30 – 6:30 p.m.
\$22 plus gst

Into the Blue: A Crystal Bowl Ocean Sound Bath

This immersive experience weaves guided meditation with crystal singing bowls and the gentle wave-like sounds of the ocean drum, creating a sense of floating, release, and deep nervous-system rest.

Like the sea itself, the sound bath invites you to soften, let go, and return to your natural rhythm.

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.



98th Academy Awards at the Club

SUNDAY, MARCH 15
4 – 7 p.m.

Join us for our annual Oscars Viewing Party as we gather to watch the 98th Academy Awards live from Hollywood. Experience the glamour of cinema's biggest night in the comfort of the Members' Lounge, surrounded by fellow film enthusiasts and friends.

Enjoy feature cocktails and curated lounge offerings as we take in the red carpet arrivals and the awards ceremony on the big screen. Additional details regarding the evening's programming will be shared soon. Reserve your table by emailing reserve@tcclub.com and celebrate the magic of film with us at the Club.

Red-carpet dress code optional, but always encouraged.

Club EVENTS



Members' Wine Tasting

WEDNESDAY, MARCH 18

5 – 6:30 p.m.

\$10 plus tax & service charge

This month's theme: BC

Our Members' Wine Tasting, usually on the third Wednesday of the month, is a member favourite.

Sip, socialize, and discover a curated selection of exceptional BC wines. Find something you like? Fill out an order sheet to stock your wine locker at the Club or in your home cellar. Enjoy live music, explore new flavors, connect with fellow members, and unwind in great company. Whether you bring a friend or come solo, it's the perfect opportunity to mix, mingle, and indulge in a delightful evening.



Members' Networking Lunch

THURSDAY, MARCH 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!



Speed Tasting Mini Masterclass: Decadent Whites of the Côte d'Or

WEDNESDAY, MARCH 25

5:30 p.m. Welcome wine

6 – 7 p.m. Session

\$125 plus tax & service charge

There is no greater interpretation of regal chardonnay than in the blue-chip Burgundian appellation called the Côte d'Or. If you are lukewarm about chardonnay and an oak skeptic, our can't-miss session will show you the bewitching heights this style can achieve.

*Welcome wine
Maison en Belles Lies
Bourgogne Blanc 2021 \$122*

*Étienne Sauzet
Bourgogne Jardin du Calvaire
Hautes-Côtes de Beaune 2022
\$158*

*Jean-Claude Bachelet
Saint-Aubin Les Champlois
Premier Cru 2022 \$201*

*Fabien Coche
Meursault Le Limozin 2022 \$258*

*Louis Jadot
Corton-Charlemagne Grand Cru
2017 \$424*

Be sure to book your table in the Grill or Lounge to continue the evening.



Easter Brunch

SUNDAY, APRIL 5

11 a.m. & 12 noon seatings

adults: \$120 plus tax & service

kids (4–12): \$55 plus tax & service

reservations required

Enjoy an extensive buffet of traditional brunch favourites alongside some fresh new selections. Kids love the Easter Bunny because he always shows up with treats! Magic tricks! Kids room! Scavenger hunt! Don't miss this unforgettable family event.

LIVE MUSIC in the Lounge

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

MARCH

- 5 Goby Catt
- 6 David Capper
- 7 Goby Catt
- 13 Cassandra Maze
- 14 Olaf De Shield
- 19 Nelson Boschman
- 20 Nelson Boschman
- 21 Nickolaj
- 26 Dave Martone
- 27 Connor Roff
- 28 Nickolaj

event registration

SAVE YOUR SPOT!

online

via Member Central

email

conciierge@tcclub.com

call

604 681 4121

text

604 200 2279

Member-led EVENTS

SALONS

Member organizer: Victor Chan

Practice-based Art & Design Education

TUESDAY, MARCH 3 | 6 – 9 p.m.

Practice-based, art and design is a form of “learning through making,” its transformative power is that it hones creativity, adaptability, and resilience at a moment when more traditional forms of knowledge creation can be easily replicated through automation or Generative AI. It emphasizes what machines cannot, by leaning into the value of human agency, collaboration, community-oriented decision making, ethical judgment, and relational awareness. This Salon is led by **Trish Kelly**, president of Emily Carr University.

Volunteerism & Belonging

MONDAY, MARCH 9 | 6 – 9 p.m.

Volunteering in the community has a measurable and economic impact yet participation in Canada has been declining. So why is volunteering important? The benefits of volunteerism are not just for society at large but for individuals, communities, and the organizations they support. Community service creates economic value and reduces pressure on public systems. And the personal benefits can help with things like mental health and isolation, building confidence and leadership skills and creating a sense of purpose and belonging. This Salon is led by **Catherine Dangerfield**, Assistant Region Head for Private Wealth Management at TD, Executive Board Member with the Polygon Gallery, and a Member of the TD Art Council.



Art & Social Change

THURSDAY, MARCH 12 | 6 – 9 p.m.

Bob Rennie—developer, philanthropist, and renowned contemporary art collector—will explore how art helps us see questions of fairness, truth, and social change in new ways. Bob’s 4,000-piece collection highlights artists who speak to inequality and identity. He will reflect on how art nourishes both conscience and wellbeing—the “forgotten fifth pillar” of health alongside diet, sleep, exercise, and nature.

The Making of an Olympian

TUESDAY, MARCH 24 | 6 – 9 p.m.

Join Olympian and author **Valerie Jerome** for an intimate salon dinner exploring what it truly takes to “make” an Olympian. She will trace how grit, grace under pressure, and unwavering resilience shaped her family’s extraordinary journey—including that of her famous brother Harry Jerome.—through racism, setbacks, and triumphs on the world stage. Drawing from her acclaimed memoir *Races*, Valerie brings to life Canada’s fastest family and the forces that forge exceptional performance, character, and belonging.

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**.

To learn more, visit: <https://on-ecau.se/aroundtheworld2026>

SUSTAINABLE JUICES

**100% JUICE.
100% IMPACT.**

Quench your thirst with a cold-pressed juice made from surplus fruits and veggie provided by the Greater Vancouver Food Bank.

Apple and mandarin orange varieties available at Terminal City Club. Purchase in the Grill or Mink.



more than food.
rescued surplus.
foodbank.bc.ca



Happy International Women's Day!

Sunday, March 8

Celebrating all the wonderful women at TCC.



IT'S TIME! SPRING FORWARD

Sunday, March 8

Turn your clocks forward for daylight savings.



Liquid ASSETS

Missed our TCC Quarterly Wine Club Tasting in February? Here are four of Wine Director DJ Kearney's favourites.



**1 Moric Hidden Treasures Riesling Furmint 2022
Balaton, Hungary \$90**

The Hidden Treasures series celebrates Hungary's obscure grapes, in partnership with other varieties that are better known. This wine is a 50/50 blend of riesling and Hungary's flagship grape, furmint, grown on volcanic and limestone soils bordering Lake Balaton - Europe's largest freshwater lake. Made in a dry, crisp high-acid style, with plenty of herbal scents to enhance the charming fruity, floral aspect of the wine. The finish is a racy, minerally, salty explosion. Schnitzel is the natural pairing.

**2 Il Castello Gavi del Comune di Tassarolo 2023
Piedmont, Italy \$68**

Dry, high-spirited, crispy, and intensely flavoured white wine made from the cortese grape, grown in the Piedmontese region called Gavi. Biodynamically cultivated using a plow pulled by a pair of sweet, shaggy, hard-working horses, Il Castillo Gavi is owned by the distinguished Spinola family who financed Christopher Columbus's voyages long ago.



**3 Verónica Ortega 'Quite' Viñas Viejas Valtuille 2002
Bierzo, Spain \$64**

This wine called Quite – say 'Kee-tay' is made by the remarkable Verónica Ortega (interned with Alvaro Palacios, Comte Armand and iconic Domaine de la Romanée Conti) from 80-year-old vines of mencia with a dash of dona blanco, palomino, and alicante bouschet. The grapes are sourced from two venerable plots in the region of Bierzo biodynamically farmed, of course. The wine mellows for 16 months in a combination of old French Oak foudres and barriques, clay vats, and amphora. Partially whole-cluster fermented, it is thrillingly fresh, juicy and minerally, with lively aromas and flavours of cherries, plums, and fresh herbs. Think Beaujolais from Spain with a Tiffany-turquoise label.

**4 Quinta do Côtto 'Signature' 2022
Douro Valley, Portugal \$55**

Quinta do Cotto is a venerable old Port house, founded by royal decree in 1757. The winemaker is ex-Australian David Baverstock, himself a venerable Port man, with decades of experience in the Douro. Cotto 'Signature' It is made from classic Port grapes touriga nacional, touriga franca, and sousão planted on Douro schist and slate soils. Heady ripe fruit flavours, including cherries, plums, and luscious juicy blackberries detonate in the mouth, followed by a delicious gloss of oak spice.

SAVE THE DATE

Winemaker Dinner, Blue Mountain Winery

FRIDAY, MAY 29

Please save the date for a memorable winemaker dinner featuring **Blue Mountain Winery**. On Friday, May 29 family member and **second generation winegrower Christie Mavety** will join our Wine Director DJ Kearney for a lively and revealing look at one of the BC's pioneering estates. We will taste the new 2025 vintages, have a few Library bottles and celebrate late spring with a dazzling menu from the culinary team. Famed for pinot noir, aromatic whites and Canada's finest sparklers, Blue Mountain Vineyard and Cellars helped put BC wines on the world map.



UPCOMING

Speed Tasting Mini Masterclass Decadent Whites of the Côte d'Or

WEDNESDAY, MARCH 25

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

\$125 plus tax & service charge

There is no greater interpretation of regal chardonnay than in the blue-chip Burgundian appellation called the Côte d'Or. Long ago Romans and Monks were first to recognize how the magical fusion of south-facing slopes, Jurassic limestone and the noble chardonnay vine created a wine of power, structure and legendary finesse. Such potency demands oak, and Côte d'Or whites are (by definition) dramatically and artfully of oaked wines. If you are lukewarm about chardonnay and an oak skeptic, our can't-miss session will show you the bewitching heights this style can achieve. Burgundian cheese and perfectly seared scallops in beurre noisette to pair.

Welcome wine

Maison en Belles Lies Bourgogne Blanc 2021 \$122

Étienne Sauzet

Bourgogne Jardin du Calvaire Hautes-Côtes de Beaune 2022 \$158

Jean-Claude Bachelet

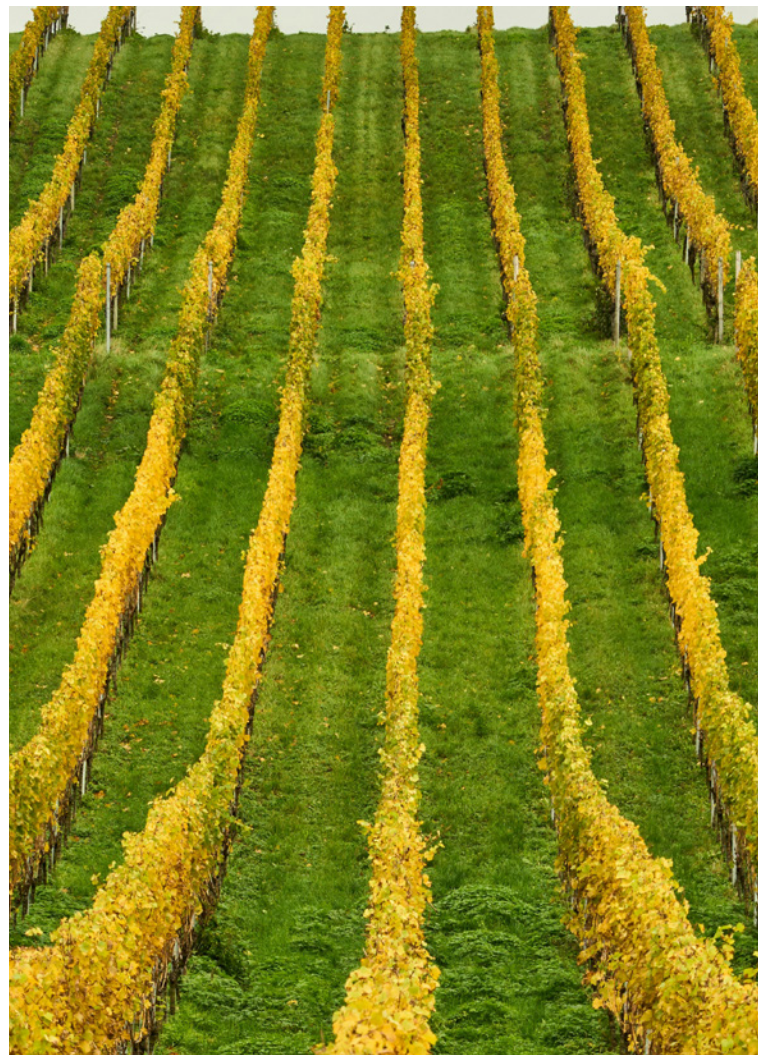
Saint-Aubin Les Champlots Premier Cru 2022 \$201

Fabien Coche

Meursault Le Limozin 2022 \$258

Louis Jadot

Corton-Charlemagne Grand Cru 2017 \$424



Have You Heard?

CLUB NEWS

Featured Terminal City Club Members in *Vancouver Magazine's* Power 50 List

We are proud to celebrate several outstanding TCC members who were recognized in Vancouver Magazine's 2026 Power 50.



DAVID LONG,
CEO, Greater Vancouver Food Bank

David was honoured for redefining the food bank model in British Columbia. Under his leadership, the organization secured a permanent home and evolved into a holistic support hub that distributes predominantly fresh food to more than 16,000 people each month.



WENDY HURLBURT
CEO, Life Sciences BC

Wendy was recognized for strengthening British Columbia's life sciences sector. Through advocacy, collaboration, and strategic leadership, she has helped drive significant industry growth and position the province as a national leader in biotech innovation.



ROYCE CHWIN
President and CEO, Destination Vancouver

Royce was celebrated for elevating Vancouver's global profile. From attracting major international events to supporting record tourism growth, his leadership continues to benefit the city's business, hospitality, and cultural communities.



KIRSTEN KOPPANG TELFORD
CEO, The Forum

Kirsten was recognized for championing women entrepreneurs across Canada. By expanding mentorship and access to capital programs, she continues to support women and gender diverse founders and strengthen the next generation of business leaders.



ROHAM GHAREGOZLOU
Founder and CEO, Dapper Labs

Roham was celebrated for building one of Canada's most valuable technology companies. Through digital innovation and blockchain leadership, he continues to position Vancouver as a global hub for emerging technology.



JANE TALBOT
CEO, Downtown Van

Jane was honoured for her leadership in revitalizing Vancouver's downtown core. Through data driven advocacy and activation initiatives, she is helping restore confidence, energy, and opportunity to the heart of the city where many of our members live and work.

Member of the Month

LISA CARTER



Lisa Carter never imagined that at the end of her 30s she would be running a female-focused wealth advisory practice, funding grants for women entrepreneurs, and cultivating communities where ambitious women feel connected and supported.

In her early 20s, Lisa was a self-proclaimed ski bum from Winnipeg who moved west for what was supposed to be a couple of years. She was chasing snow, independence, and experience, not a carefully mapped-out career in finance. But she always followed what energized her. She wasn't afraid to take unconventional turns, and quietly held a vision of her future self as a business owner.

Lisa enrolled in the Bachelor of Business Administration program at Okanagan College and in 2012 graduated with a degree majoring in finance. After graduation, she moved to Vancouver and entered the finance industry on the wholesale side, supporting financial advisors with investment strategies and portfolio solutions. Working with more than 1,000 advisors throughout B.C. gave her an intimate look into how successful practices were built, making clear the industry had been built by men, for men, with women underrepresented in leadership.

In 2019, one of those advisors invited Lisa and her male partner to take over her financial advisory practice at Sun Life. The transition from working with advisors to working directly with clients was a pivotal one. The two built

a flourishing business, drawing on years of observing what worked. While building the business, newly married and pregnant with her first child, Lisa began studying for her Certified Financial Planner designation.

"I had to request an exception when writing my final CFP exam because my due date was within one week of the exam date. I called them saying unless I was in the hospital giving birth I would be there. They were fantastic and accommodated me, after politely asking if I wanted to reschedule." The answer to rescheduling was no. She had come too far.

Years later, she became pregnant with twins. Right after their premature birth, while they were in the NICU, her business partner called to say he was walking away. Another defining moment. Another fork in the road she would navigate. After careful thought she decided she could be the solo face of the business.

Early on in her career, she believed she needed to mirror the dominant personalities around her louder, more assertive, overly confident. Over time, she recognized her advantage was different. She excelled at relationships, asked thoughtful questions, and translated complex strategies into clear guidance. When she stopped trying to fit into someone else's mold and leaned into her natural strengths; empathy, clarity, and connection, everything fell into place.

As she built her practice, a consistent pattern emerged. Her clients are high-performing professionals and entrepreneurs, many of them women, managing teams, households, investments, and expectations. Capable and accomplished, yet often carrying the invisible weight of wearing many hats. Lisa understands that weight.

Having navigated her own moments of doubt in a male-dominated industry, she

recognized how even successful women can underestimate their own financial instincts. Rather than allowing that dynamic to persist, she built her practice around empowering clarity. Her goal was simple: ensure women feel informed, confident, and fully in control of their financial decisions.

In 2023, she transitioned her business to Westmount Wealth Management, aligning with a platform that better reflected her long-term vision and values. That same year, she completed a marathon. The discipline of long-distance running became a grounding force during one of the busiest seasons of her life. "There's a clarity that comes with running, it's my meditation." The lesson mirrored her approach to wealth: steady discipline over time creates extraordinary outcomes.

She sees the Terminal City Club as a good fit for future events related to this initiative. "I love it here. Before I was a member, I came to a wine event, immediately met three other like-minded women, and by the end of the night we had each other's numbers, and we were meeting the week after."

Her commitment to women extends beyond advisory services. Through personal investment and collaboration, Lisa is developing a grant initiative designed to put more capital into the hands of female entrepreneurs. She believes that when women are funded, families and businesses thrive.

Lisa's journey was not linear or predetermined. It evolved through self-awareness, disciplined growth, and the courage to define success on her own terms. What began as a young woman chasing snow became a seasoned advisor helping other women claim financial clarity and confidence. She didn't just find her way in a male-dominated industry she built her own lane within it. And today, she is widening that path so other women can walk it with certainty.

Focus ON FITNESS

HOURS

WEEKDAYS 6 a.m. – 10 p.m.

WEEKENDS 7 a.m. – 8 p.m.

HOLIDAY & MODIFIED HOURS

FRIDAY, APRIL 3

GOOD FRIDAY (CLOSED)

For information about our swim programs, contact swim coach John Ryan at john@swimminginvcouverbc.com.

TRAIN

PERSONAL TRAINING

with **MIL**  **FIT**



MilFit personal training is a private one-on-one session designed to focus attention entirely on your needs to make sure you reach your health and fitness goals safely and effectively. Whether you are new to fitness or an athlete, our team of professional and experienced Certified Personal Trainers will customize on-going personalized exercise programs that will be specific towards achieving your best possible health, fitness, and wellbeing.

All our professional and experienced Certified Personal Trainers are university educated in Exercise Science, Sports Performance and Injury Prevention. Our trainers provide motivation, accountability, consistency, non-judgmental support, safe supervision, correct technique, proper form, injury rehabilitation, sports-specific training, and results.

Research shows that working one-on-one with a personal trainer produces health and fitness results more effectively and more efficiently, and with less to no injuries than training on your own.

MARCH PROMO

Start your personal training journey for FREE! Whether your goal is fat loss, strength, endurance, flexibility, athletic performance, injury prevention, or all of the above, MilFit certified trainers will design a personal exercise program to meet your goals. Invest in your health today, and experience professional, supportive coaching specifically tailored to you. Begin with your free 60 minute personal training session and move confidently toward lasting results.

For new clients only.



PRIVATE PILATES with ZORICA JOVIC

A former Olympic-level gymnast from Montenegro, Zorica brings an exceptional depth of athletic, clinical, and Pilates-based training to her teaching. She holds a comprehensive Pilates Certificate through BASI (Body Arts and Science International) and has over 15 years of teaching and practice experience.

Her sessions are highly personalized, emphasizing quality of movement, body awareness, and long-term results. Zorica works across the full Pilates apparatus repertoire and is known for creating safe, intelligent programs that restore balance, strength and trust in the body.

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.

MAT PILATES 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@tclub.com
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.

SATURDAY MORNING SQUASH DRILLS

Saturdays, 11 am - Noon | \$25.00 plus gst
For competitive Vancouver Squash League players – intermediate/advanced. Get some teammates together, or go single.
Contact Barry for placement & registration before Friday at 6pm.

SPRING 2026 JUNIOR SQUASH PROGRAM

Saturdays, April 11 - June 27
(10 lessons; no lesson on May 16)
\$200.00 plus gst charged to your TCC account upon confirmation of your child's registration

12:15 – 1:00 p.m. | 6 – 7 years
1:00 – 1:45 p.m. | 7 – 11 years
1:45 - 2:30 p.m. | 13 – 17 years

PRIVATE OR PARTNER LESSONS

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

Barry is a NCCP Level 3 certified professional with experience coaching adults & children from beginners to NCAA Ivy League Champions. Barry teaches beginners in a simple and fun way, while, intermediate to advanced players are introduced to game-like drills that help to improve fitness, anticipation, speed, power, and finesse.



RACQUET STRINGING AVAILABLE

See Fitness Centre front desk for more information.

EASTER BRUNCH



SUNDAY, APRIL 5

11 a.m. & 12 noon seatings

adults: \$120 plus tax & service

kids (4–12): \$55 plus tax & service

reservations required

**EXTRAVAGANT BRUNCH BUFFET
EASTER BUNNY • MAGIC TRICKS
KIDS ROOM • SCAVENGER HUNT
PRECIOUS FAMILY MEMORIES**