TERMINAL CITY TIMES

SUMMER 2026 • VOL. 34 NO. 7

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

Looking for Upcoming Events?

Find the Summer Schedule on page 3

holiday & modified hours

On **Wednesday, July 1** for Canada Day and **Monday, August 3** for BC Day, the following areas of the Club will be open: Fitness Centre, Member Services, Mink Chocolate Café, and Lions Pub.

Lions Pub will also be open early **Wednesday, July 1, at 9 a.m.** for the England vs. Congo FIFA World Cup game and on **Saturday, July 4** at 10 a.m. for Canada's FIFA World Cup Match.

welcome to our newest members!

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

Miss Faith Ann Benko
Mr. Charles Evans
Mr. Luca Grabas
Mr. Ryan Hill
Mr. Alex Jin
Mr. Anthony Liang
Ms. Olivia Luan
Mr. Juan Pina
Ms. Margaret Tse
Ms. Mashiah Vaughn-Hulbert
Mr. James Young
Ms. Jessie Zhang

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 – Tuesday	11 a.m. – 11 p.m.
Kitchen	11 a.m. – 9:30 p.m.
Wednesday – 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. – 6 p.m.
Saturday & Sunday	9 a.m. – 6 p.m.

TERMINAL CITY CLUB

President's Letter
SUMMER 2026

DEAR FELLOW MEMBERS,

Summer has brought an unmistakable energy to both our city and our Club.

With the FIFA World Cup captivating Vancouver, there is an unmistakable energy in the air. Streets are alive with supporters from around the world, restaurants are buzzing, and everywhere you look people are coming together through the universal language of sport. Here at Terminal City Club, we have embraced that spirit.

Our FIFA watch parties have been a tremendous success. Whether in the Members' Lounge or Lions Pub, the atmosphere has been electric. Members, families, guests, and colleagues have gathered to cheer on their favourite nations, share conversations with new faces, and create memories that remind us what makes our Club so special. These moments reinforce something we often say: the Club is at its best when it brings people together.

Beyond FIFA, summer has arrived with a full calendar of exceptional experiences. From our signature Summer Derby Social, Candlelight Dinner and Cena in Bianco to wine tastings, networking lunches, family events, and the return of our Night Market, there is something for everyone. One of the greatest strengths of our Club is the variety of ways members can connect professionally, socially, and with family. I encourage you to make the most of the season and enjoy all that the Club has to offer.

Our commitment to continually improving your Club also continues. We are excited to see our expanded wellness programming gaining momentum, with new Pilates, fitness, and group classes already receiving outstanding feedback. The opening of the new wellness studio is the result of several years of planning by your Board, working in close partnership with Club management and guided by feedback many of you shared through our member surveys. It is rewarding to see the space already being well used, and it represents another important step in the continued evolution of the Club.

You asked, we listened.

At our Annual General Meeting, many members asked that we expand access to Club services on statutory holidays. We are pleased to share that, beginning this summer, the Fitness Centre, Mink Chocolate Café, and TC Lions Pub will be open on Canada Day, BC Day, and the National Day for Truth and Reconciliation. The Fitness Centre will operate on weekend hours, giving members more opportunities to stay active while enjoying the holiday.

Finally, thank you for making Terminal City Club such a vibrant community. Every event you attend, every new member you introduce, and every conversation shared over coffee, lunch, or a match contributes to the culture that sets this Club apart. With our Summer Incentive and Member Referral in place (details on page 2), now is an ideal time to tap into your network as both you and your referral will receive a $600 credit if they join as a Resident or Corporate member before September 10, 2026.

On behalf of the Board of Directors, I wish you and your family a wonderful summer. I look forward to seeing you around the Club as we continue to enjoy everything the summer has to offer.

Warm regards,

Pierre Pelletier
President, Terminal City Club

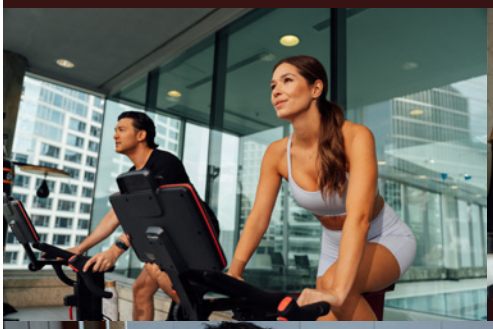
Summer is here.. and so is our Summer Incentive

Know someone who'd love the Club? Refer them today!

If your referral joins as a Resident or Corporate member by September 10, 2026 you both receive a $600 credit on your member accounts.

Let's make this a summer to remember, together.

Ready to refer someone or want more details? Reach out to our Membership Team at joinus@tcclub.com / 604 488 8647



Stay informed CLUB NEWS

in memoriam

We regret to announce the passing of **Mr. Mel Zajac**. After 98 years of good health and living life to the fullest, Mel died peacefully after a brief illness. He was a vibrant, kind, powerhouse of a man, accustomed to hard work from childhood, and always willing to lend a hand to others. Fatherless at six, Mel took on odd jobs from the age of 11 in his native Winnipeg to help his struggling family.

Mel's lasting impact on the face of Vancouver began the moment of his arrival in 1949. By 1954, he had built his first low-rise apartment. By 1958, he had built one of the first high-rise apartments in the West End, with at least 22 more buildings to come, culminating in the construction in the late 1960s of the Pacific Palisades Apartments, the Office complex, and the Pacific Palisades Hotel on Robson Street.

But Mel's true gifts went far beyond the entrepreneurial. Helping others and giving back to the community was his mission. He believed that his greatest philanthropic achievement was the establishment of the Mel Jr. and Marty Zajac Foundation with Irene, mother of his five children, in honour of his two sons, and the creation of the Zajac Ranch for Children. Mel's drive, determination, and devotion to his dream of creating a camp for children with special needs became a reality 22 years ago. Until a month ago, Mel was still planning the next additions to the ranch. They held their annual fundraiser, Zajac Night's at TCC for 11 years.

Mel was so successful in both business and his humanitarian work, he was awarded the Order of Canada in 2007 and the Order of British Columbia in 2015. His list of other honours and awards is extensive.

From his hard scrabble origins through the devastating loss of his two sons less than a year apart in sporting accidents, Mel Zajac never lost his love of life, his curiosity about the world around him, his delight in simple pleasures, and his commitment to family, friends, and helping others.

Upcoming Events
SUMMER 2026

JULY

Tuesday, July 7	**PIZZA POP UP** Cooked-to-order on the Grill patio
	***SALON** Rethinking Your Limits
Wednesday, July 15	**MEMBERS' WINE TASTING**
Thursday, July 16	**MEMBERS' NETWORKING LUNCH**
Tuesday, July 21	**PIZZA POP UP** Cooked-to-order on the Grill patio
Wednesday, July 22	**CANDLELIGHT DINNER (new date!)** Golden Hour in Tulum
	***SALON** Fighting Alzheimer's Disease: Our Genes Are Not Our Destiny
Monday, July 27	***BUSINESS & COMMUNITY** What does it take to put Vancouver on the world stage?
Wednesday, July 29	***EARS TO THE GROUND** Podcast Discussion Group
Thursday, July 30	**PAINT & SIP** Tote-ally Creative

AUGUST

Tuesday, August 4	**PIZZA POP UP** Cooked-to-order on the Grill patio
	***SALON** The Art of Leadership
Tuesday, August 11	***SALON** Re-imagining Peace
Wednesday, August 12	**MINI MASTERCLASS** **WINE SPEED TASTING** Pairing Wine and Cheese with DJ Kearney and Leigh Power
Friday, August 14	**TCC NIGHT MARKET** Discover your next favourite bite
	SALON Walking the 780 KM of the Camino
Tuesday, August 18	**PIZZA POP UP** Cooked-to-order on the Grill patio
Wednesday, August 19	**MEMBERS' WINE TASTING**
Thursday, August 20	**MEMBERS' NETWORKING LUNCH**
Friday, August 21	**LONGTABLE DINNER** Cena in Bianco
Sunday, August 23	**FAMILY POOL PARTY** A full-day of family fun
Thursday, August 27	**QUARTERLY WINE CLUB** 12 new wines for your locker

***MEMBER-LED EVENTS**

REGISTER FOR EVENTS

online	via Member Central	**email**	concierge@tcclub.com
call	604 681 4121	**text**	604 200 2279

LIVE MUSIC
on the Patio

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

JULY

2	Nelson Boschmann
3	Olaf de Shield
4	Sasha Veregin
9	Cassandra Maze
10	David Capper
11	Olaf de Shield
16	Jim Kwan
17	
18	Nelson Boschmann
23	David Capper
24	Nickolaj
25	Stephen Lecky
30	Goby Catt
31	Olaf de Shield

AUGUST

1	Neal Ryan
6	Connor Roff
7	Jim Kwan
8	Goby Catt
13	Cassandra Maze
14	David Capper
15	Nelson Boschmann
20	Stephen Lecky
22	Jim Kwan
27	Dave Martone
28	Goby Catt
29	Nelson Boschmann

Dining
AT THE CLUB

summer in the chocolate café

ICED DRINKS AT THE CAFÉ

Trying to beat the summer heat? Try the frozen drinks at the Chocolate Café. Grab yourself a frozen **coffee, chocolate,** or **mocha,** with your choice of chocolate ganache.

DOWNTOWN VAN'S WARM-UP SERIES

DowntownVan's daytime DJ series, Warm-Up, brings live music, local business, and community together. On World Chocolate Day, **Tuesday, July 7,** DJ Prince will be performing from 10 a.m. to 12 noon in Lot 19 and the first 60 customers at Mink will be treated to an iced chocolate, coffee, or drinking chocolate, paired with a chocolate truffle.

have a taste of empress gin for canada & bc day

Created for the Fairmont Empress Hotel, **Empress 1908 Gin** has become a BC icon. Have a taste of it right at Lions Pub, where you can enjoy the gin in a beautiful classic or have a taste of the non-alcoholic version in the **High Five** mocktail.

a late-night *escapade* at CALL ME BACK

Rum, plantains, and a silky-smooth salted coconut foam; **Escapade** will be a Piña Colada like no other. Try one of the new signature cocktails at Call Me Back, just behind the red phone booth at Lions Pub.

SUMMER GOURMET DINNERS AT TERMINAL CITY CLUB

Golden Hour in Tulum

WEDNESDAY, JULY 22

Coastal Mexican Cuisine • Delectable Wines • Resort Chic
Sunset Dining • Latin-Inspired Atmosphere • Live Music

Cena in Bianco

FRIDAY, AUGUST 21

Italian-Inspired Cuisine • Curated Wine Pairings
Shared Tables • Dress in White • Under the Evening Sky
A Celebration of Food, Friends & Conversation

RESERVE YOUR SEAT FOR AN UNFORGETTABLE EVENING

DID YOU KNOW? *Members receive at 10% discount at the Chocolate Café and for all food items at the Lions Pub. All spending at the Café and all food spending at the Lions Pub and Call Me Back also go towards your quarterly food minimum.*

Dining
AT THE CLUB

PIZZA POP UPS

Enjoy fresh made-to-order pizzas on the Grill patio this summer.

TUESDAYS

JULY 7 & 21 | AUGUST 4 & 18 | SEPTEMBER 1, 15, & 29

10" pizzas, cooked to order,
$24 each – **no modifications**.

5:30 – last call 8:30 p.m. (weather permitting)
Reservations recommended!

MENU

August 4 & 18

Mortadella Pistachio
fior di latte, basil, lemon olive oil, buratta, crushed pistachios

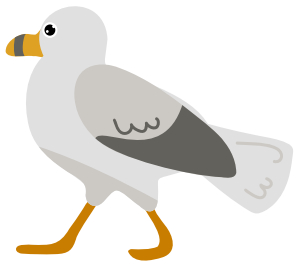
Tandoori Prawn
marinated prawns, spiced san marzano tomato, fior di latte, roasted red peppers, creme fraiche, cilantro

Sungold Margherita
sungold tomato sauce, fior di latte, basil, aleppo chili, crispy garlic

Out on the Patio this Summer?

While enjoying the patio let's remember the following:

- The Club's smart casual dress code remains in effect, however, **hats are allowed on the patio**
- Although it may be tempting, **please do not feed the wildlife.**

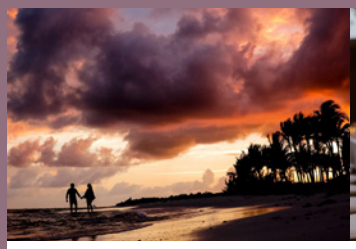


and the winner is...

Thank you to all members who fill out our Grill and Members' Lounge comment cards. Congratulations to July and August's lucky winners of a lunch for two from our random draw, **Jamie Saad** and **Aly Karmali**.

Club
EVENTS

GOURMET DINNERS



Candlelight Dinner: *Golden Hour in Tulum*

WEDNESDAY, JULY 22
6 – 10 p.m.
$145 plus tax & service; wine pairings available for $45 plus tax & service

Escape to the sun-soaked shores of Tulum for one unforgettable evening of bold flavours, carefully selected wines, and effortless summer vibes. As golden hour settles over the Club, indulge in a thoughtfully curated dining experience inspired by the Yucatán coast, paired with lively music and an atmosphere designed to transport you.

Whether you're gathering friends for a night out or looking for the ultimate summer date night, this is the kind of evening you'll be talking about long after the sun goes down.

Seats are limited reserve early and let summer take you somewhere extraordinary.

Longtable Dinner: *Cena in Bianco*

FRIDAY, AUGUST 21
6 – 10 p.m.
$165 plus tax & service; wine pairings available for $45 plus tax & service

Step into a sea of white as the Terrace is transformed for Cena in Bianco, an elegant al fresco celebration inspired by the timeless Italian tradition of dining together under the open sky. **Dressed in your finest white attire**, enjoy an evening of exceptional cuisine, thoughtfully curated pairings, and lively conversation.

Whether you're reconnecting with old friends or meeting new ones around the long table, this is more than dinner it's an experience.

This signature summer event has become a member favourite, and seating is limited. Reserve early and be part of one of the most anticipated evenings of the season.

Paint & Sip: Tote-ally Creative

THURSDAY, JULY 30
5 – 7 p.m.
$67 plus tax & service

Skip the ordinary and create something you'll actually use.

Join us for an evening where creativity meets style as you design your own custom tote bag while enjoying a relaxed social atmosphere. Whether your aesthetic is bold and colourful or clean and minimalist, you'll leave with a one-of-a-kind piece of wearable art that's uniquely yours.

No artistic experience? No problem. Just bring your imagination, gather a few friends, and enjoy a fun-filled evening of painting, conversation, and inspiration.

Spaces are limited, so don't miss your chance to turn a blank canvas into your new favourite accessory.

Mini Masterclass Wine Speed Tasting: Pairing Wine & Cheese with DJ Kearney & Leigh Power

WEDNESDAY, AUGUST 12
5:30 p.m. Welcome wine
6 – 7 p.m. Session
$125 plus tax & service

Join the dynamic duo of **Leigh Power** (a certified cheese expert) and **DJ Kearney** (your Director of Wine) to explore the first in a tasty wine and cheese pairing series. Both cheese and wine are ancient, they share fermentation, are both aged, can show terroir expression and are dietary cornerstones for many of us.

Leigh will take us through the fundamental cheese styles and milk sources, while DJ decodes the pairing principles. One speedy hour, five famous cheeses, seven expressive wines, and useful insights to deploy at your next dinner party.

Wine and cheeses to be served can be found on page 14

Club EVENTS

Members' Wine Tastings

2 DATES WEDNESDAYS

JULY 15 | AUGUST 19

5 – 6:30 p.m.

$10 plus tax & service

Our Members' Wine Tasting, usually on the third Wednesday of the month, is a member favourite. Sip, socialize, and discover a curated selection of thoughtfully farmed 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 Lunches

2 DATES THURSDAYS

JULY 16 | AUGUST 20

12 noon – 1:30 p.m.

complimentary event with the purchase of lunch 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.

TCC Night Market

FRIDAY, AUGUST 14

5 – 8 p.m.

$30 plus tax & service (includes two tokens redeemable for food & beverage, purchase additional token for $5 plus tax & service)

TCC Night Market Returns. Remember the sizzling food stations, lively atmosphere, and that feeling of discovering your next favourite bite? Our Night Market is back and it's bigger than ever.

Join us for another unforgettable summer evening as the Club transforms into a vibrant marketplace filled with globally inspired flavours, refreshing beverages, and plenty of opportunities to mingle with fellow members.

Bring your appetite, gather your friends, and get ready to spend an evening sampling, sipping, and making new summer memories.

Family Pool Party

SUNDAY, AUGUST 23

10 a.m. – 2 p.m

$37 plus tax & service

Make a splash with us at our annual Family Pool Party! Gather the family for a fun-filled day of poolside activities, games, and summer celebration at the Club. Children can enjoy organized pool games and activities, while parents relax poolside and soak up the sunshine. **A family-friendly lunch will be served, at 12 noon** making it the perfect way to kick off the summer season together.

Whether you're diving in or cheering from the sidelines, this is a wonderful opportunity to enjoy quality family time and connect with fellow members. Space limited, register now.

event registration

SAVE YOUR SPOT!

online via Member Central
email concierge@tcclub.com
call 604 681 4121
text 604 200 2279

TCC Quarterly Wine Club

THURSDAY, AUGUST 27

5:30 – 6 p.m. Welcome wine
6 – 8 p.m. Session

$20 plus tax & service (waived with purchase)

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.

Sample all 12 wines from the mixed or red only collections in this sit-down "listen and learn" session, complete with shared cheese and charcuterie platters, or pre-order a personal serving to keep well fueled until 8 p.m.!

Here's an enticing teaser of August selections: a mouth-filling and gastronomic rosé from Provence (crab cakes, please), old vine semillon from Australia's Barossa Valley, head-turning chenin blanc from Argentina's elite Uco Valley, silken cinsault from Lebanon, potent and plush merlot from Venetian vineyards, a thirst-quenching red called Juicy June, and from Tantalus Vineyards, an expressive, luminous cabernet franc for a melting blue cheese-stuffed lamb burger. All this and five more surprises to keep you sipping through autumn.

Member-led EVENTS

JULY MEMBER-LED EVENTS

SALONS

Member organizer: Victor Chan

Rethinking Your Limits

TUESDAY, JULY 7 | 6 – 9 p.m

Member **Michelle Priest** went from complete non-runner to marathon finisher in less than five months — not through extraordinary talent, but by rethinking the way she approached an ambitious goal. In this salon, through personal stories and reflection, Michelle will share the surprising lessons she learned about limits, mindset, and human potential. She will explore how extraordinary outcomes are sometimes built through ordinary actions.

BUSINESS & COMMUNITY

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

What does it take to put Vancouver on the world stage?

MONDAY, JULY 27 | 6 – 7:30 p.m

Join us for an engaging conversation with **Royce Chwin**, President & CEO of Destination Vancouver, as he shares how our city is promoted to the world—and what it takes to attract visitors, investment, talent, and global opportunities.

Discover the strategy behind Vancouver's international reputation, the partnerships that fuel its success, and the important role our business community plays in shaping the city's future. Whether you're a business leader, entrepreneur, or simply curious about the forces driving our region's growth, this thought-provoking session offers valuable insights from one of Vancouver's leading voices. Don't miss this opportunity to gain a behind-the-scenes perspective on the future of our city. symptoms appear.

Fighting Alzheimer's Disease: Our Genes Are Not Our Destiny

WEDNESDAY, JULY 22 | 6 – 9 p.m

Dr. Sue Stock is an endocrinologist who discovered she carries a gene that makes her ten times more likely to develop Alzheimer's disease. She didn't wait. She sought training alongside the world's leading preventive neurologists and built a leading preventative medical clinic in Vancouver around the belief that our genes are not our destiny. At this dinner, she will share her personal journey, her own strategies, and what the science tells us about preventing cognitive decline before symptoms appear.

EARS TO THE GROUND

Member organizer: Steve Pelman (suitstylermtm@gmail.com)

WEDNESDAY, JULY 29 | 6 – 9 p.m

Join fellow members for an informal discussion exploring current economic, business, and geopolitical topics inspired by a selected podcast. Participants are encouraged to watch the featured episode in advance and come prepared to share perspectives, ask questions, and engage in thoughtful conversation. Each session will feature a new podcast and provide an opportunity for lively discussion and networking with fellow members.

This is a member-led discussion hosted by Steve Pelman. Interested members should RSVP directly with the host.

AUGUST MEMBER-LED EVENTS

SALONS

Member organizer: Victor Chan

The Art of Leadership

TUESDAY, AUGUST 4 | 6 – 9 p.m

Klemens Wilhelm will lead a conversation about leadership as the art of bringing out the best in others. Beyond titles, authority, or ambition, true leadership can be found in the ways we encourage, challenge, create trust. And how do people help others grow and flourish. He will invite reflection on generosity, discernment, and the quiet power of helping others. Klemens is a partner in Corporate Finance at Deloitte.

Re-imagining Peace

TUESDAY, AUGUST 11 | 6 – 9 p.m

The salon with **Noa (Achinoam Nini)** will explore what it might mean, in this moment, to re-imagine peace. It is inspired by Noa's upcoming Re-Imagine Peace initiative in Florence – a gathering of Israeli, Palestinian, and international artists, thinkers, and peacebuilders. This evening will offer space to listen, reflect, and speak together about the possibilities we still see, even in a time of deep polarization, fear, and fatigue. It will explore what "peace" means to us now, in our own lives and contexts.

Walking the 780 km of the Camino

FRIDAY, AUGUST 14 | 6 – 9 p.m

Join former TCC member **Charles Gauthier** and **Donna Gauthier** as they share the unforgettable experience of walking the 780-kilometre Camino Francés, from Saint-Jean-Pied-de-Port, France, to Santiago de Compostela, Spain. Beyond the breathtaking scenery and physical challenge, the Camino offers something deeper: the opportunity to slow down, reconnect with what matters most, and discover the transformative power of putting one foot in front of the other. Whether you've dreamed of walking the Camino yourself or are simply curious about the life-changing impact of long-distance travel, this promises to be an inspiring evening of storytelling, reflection, and conversation.

save the date

TCC Gala

The Mad Affair

Saturday. November 7

Step into a world gone beautifully wrong, where order dissolves into madness and curiosity has consequences. . .

Don't be late for this important date!

SUMMER CATERING PACKAGE

Host a Summer Social at the Club

With a spectacular view of the North Shore mountains, the patio at TCC is the perfect venue for your summer barbecue. Whether you are booking a staff party for 200, or a birthday for 25, our professional catering staff is dedicated to creating an extraordinary experience for you and your guests.

Choose from various packages

~ HAPPY HOUR ~

summer reception

a 2-hour reception with a Chef's choice of 3 selections of passed canapes and 4 stationed platters.

~ BUILD YOUR OWN BURGER ~

stack it up

a selection of burgers hot off the grill, with a variety of fixins, a selection of salads & sides, and delicious desserts.

~ COOK OUT ~

all fired up

a beautiful platter of bbq pork ribs, steak, salmon, and vegetable skewers with salads and desserts to pair.

~ THAT'S A WRAP ~

fast, fresh, fully loaded

a selection of grilled chicken thighs, prawn & squid, herb roast leg of lamb, and falafel with grilled pita, fixins, a salad spread and desserts to end the night.

Have You Heard?
CLUB NEWS

TCC member Danny Ramadan awarded at the *National Magazine* Awards

Writer **Danny Ramadan** took home the gold at the National Magazine Awards in the fiction category for "The Miraculous Return of Khalid from the Dead," which was published in *The Walrus* in July/August 2025.

Congratulations, Danny!

call me back featured in *The Alchemist* magazine

Call Me Back received a feature in *The Alchemist* magazine in June ahead of the release of their new menu. Find the article on the magazine's website.

thank you to all who attended our summer social, run for the roses

Thank you to everyone who attended this year's Summer Social, Run for the Roses – a Summer Derby Special, which featured beautiful drinks, delicious bites, and wonderfully dressed attendees. Congratulations to all who won a best-dressed or best-hat prize!

At the Club
EVENTS

Practical AI for Everyday Work: Getting Started with Claude

TUESDAY, JULY 21 | 3 – 5 p.m

$75 plus tax & service charge

Curious about AI but not sure where to start? Join member Owen Lu for an interactive, hands-on workshop designed to help you use AI confidently in your everyday work, no technical background required.

Working entirely with Claude, one of today's most intuitive AI tools, you'll learn practical ways to save time, improve productivity, and simplify everyday tasks. Topics include writing more effective prompts, organizing projects, conducting in-depth research, and connecting Claude with the tools you already use.

Please bring your laptop with Claude installed, as this workshop is designed to be fully interactive.

Space is limited to just 6 participants to ensure a personalized, hands-on learning experience.

Register by scanning the QR code to the right.

Member of the Month
OWEN LU

As a teenager, Owen Lu was a bit of a troublemaker. He regularly skipped classes, played video games ad nauseam, and even managed the seemingly impossible — getting expelled from summer school. By the end of Grade 10, his mother wasn't having it any longer.

"She really hated my attitude," Owen recalls. "She knew I was wasting my potential. So, she signed me up for the International Baccalaureate program at Richmond Secondary School. The kids in IB were weirdly studious. For the first time, I felt intellectually in the right spot. My interest in academic challenges soared."

By the time high school ended, Owen had established himself as something of a wunderkind — winning prestigious science fairs, attending nuclear physics conferences, earning scholarships. He considered a post-secondary degree in physics, but instead chose to pursue a degree in mechanical engineering, with a specialty in mechatronics (robotics).

His first job after graduating from UBC was in the carbon-fibre manufacturing division of Electroimpact, an aerospace engineering company in Washington State. At the age of 25, he became the company's youngest inventor, finalizing and filing the patent papers for the

"Servo Creel" — the part he invented for the robots that build aircraft through automated fibre placement (AFP) — laying down carbon fibre a handful of strands at a time. A few years later, the patent was officially granted. Today the Servo Creel is the only such system Electroimpact sells. Recognizing the breadth of Owen's talent at solving complex problems, his supervisor sent him to Boston to work with a supplier on a subsystem that needed improvement. Using only mathematics, he made the core functions of the machinery, which had been in operation for 30 years, 40% more accurate. These improvements also made the systems easier to manufacture.

"The company had MIT graduates with 20 years of experience stuck on this issue. The solution came to me at about 7 p.m. during a late company meeting, and I finalized the prototype around 3 a.m. The next morning, I presented my work, and the COO said to me: 'If you ever start a company, or if you need a job, just let me know.'"

Emboldened by his success in Boston, and the guarantee of some consultancy work, Owen left Electroimpact, moved back to Vancouver, and opened Metrized Consulting Inc. What began in 2020 as a one-man shop specializing in the development of mission-specific artificial intelligence is today an 11-person company focussing primarily on helping companies integrate AI into the workplace.

"I spend a great deal of time telling potential clients they don't need AI. But if it looks like it can help, there's the adoption aspect that needs to be addressed from day one. We don't want to support a company with a tool they're not going to use. Only after that is the fun stuff."

Owen lives by Oakridge with his partner Mina, also an engineer. They both enjoy travel. Paris and Seoul are favourite destinations. They also love studying. Mina is an accomplished linguist who speaks five languages. Owen is brushing up on his Mandarin, trying not to fall too far behind.
Owen joined the Terminal City Club shortly after returning to Vancouver in 2022. As recently as June, he presented a session on

AI for members of the TCC who wanted to learn more about the practical applications of artificial intelligence.

"There's a lot of hype and fear around what we do, so I keep it simple and meet people where they are. It's a pleasure when someone I've shown the basics over coffee comes back with outsized results. Those efficiencies help small businesses thrive — and, more importantly, help people live more balanced lives."

Having achieved so much in his 33 years, Owen humbly acknowledges his success, but shifts much of the credit to the many mentors he's had in his life, from the high school teacher who sponsored his first science fair project, to his supervisor at Electroimpact who nurtured his professional growth, and to the business leaders and past presidents of the Terminal City Club who have generously given their time and mentorship.

Spousal Membership, because everything is better together

This summer, share more moments with the one you love. With Spousal Membership, your partner gets full access to the community, the atmosphere, and all the little things that make TCC feel like your place.

Ready to make it official?

reach out to the Membership team at

joinus@tcclub.com / 604 488 8647

save the date

COMEDY NIGHT

THURSDAY, SEPTEMBER 17

HEADLINED BY
Kim McVicar

Originally from Canada, Kim McVicar is now a Los Angeles–based stand-up comedian known for her sharp observational humor, fearless storytelling, and engaging crowd work. Kim recently appeared on CBS's Comics Unleashed with Byron Allen and in 2025, she was recognized as one of the Top 9 Comedians to Watch. She has a rapidly growing fanbase drawn to her relatable takes on relationships, aging, family, and modern life.

FEATURING
Myles Anderson

To watch Myles Anderson's comedy is to see a man unravel and then re-ravel himself on-stage. Combining traditional jokes with birdlike movements, Myles always creates a unique and hilarious performance. Myles can often be heard on Laugh Out Loud and The Debaters on CBC Radio, and was featured on the 2023 Winnipeg Comedy Festival. In 2019, he released his debut album, Myles From Home, with 604 Records.

HOSTED BY
Ryan Williams

Former unimpressive Canadian collegiate athlete turned comedian Ryan Williams is one of western Canada's most exciting comics. His energetic performances and sharp material make him a performer not to be missed. Ryan has appeared on CBC's The Debaters, and was a finalist in SiriusXM's Canada's Top Comic.

Pairing Wine & Cheese with DJ Kearney & Leigh Power

AUGUST 12
5:30 – 7 p.m.

Join the dynamic duo of **Leigh Power** (Catering Manager, a certified cheese expert) and **DJ Kearney** (your Director of Wine) to explore the first in a tasty wine and cheese pairing series.

Both cheese and wine are ancient, they share fermentation, are both aged, can show terroir expression and are dietary cornerstones for many of us.

Have a sneak peak of the wine and cheese to be served here.

Wine & Cheese Pairings:
Welcome wine – we'll keep it a surprise!

Pont Neuf Cendrillon
Goat | Quebec

Langres
Cow | France

Comté du Jura
Cow | France

Pecorino Toscana
Sheep | Italy

Long Clawson Stilton
Cow | England

Blue Mountain Sauvignon Blanc 2025
Okanagan Falls, BC $50

Champagne Lanson Green Label Biologique Brut NV
Champagne, France $120

Rijckaert Savagnin Les Sarres Côtes du Jura 2020 – Jura, France $92

Felton Road Bannockburn Pinot Noir 2022
Central Otago, New Zealand $122

Istine Chianti Classico Riserva Levigne 2018 – Tuscany, Italy $123

Smith Woodhouse Vintage Port 2000
Douro Valley, Portugal $153

TCC QUARTERLY WINE CLUB

THURSDAY, AUGUST 27
5:30 – 8 p.m.

Sample all 12 wines from the mixed or all red collections

SNEAK PEEK
Upcoming Mini Masterclasses

SEPTEMBER
Syrah World Tour

OCTOBER
Barolo verses Barbaresco

Liquid ASSETS

by your Director of Wine, DJ Kearney

Chillable Reds

There is nothing more refreshing than sipping a soothing, cool-temperature red wine on a warm summer's evening. Slipping a bottle into an ice bucket for five minutes or the fridge for twenty will chill it down to 10 to 15 degrees Celsius. The goal is to serve the wine ***frais* (fresh/cool)**, typically between **10°C and 14°C**, rather than icy cold, as over-chilling a red wine will completely mute aromas, accentuate bitterness, and blunt flavours. Avoid chilling reds high in tannins, but focus on juicy, fruit-forward, less astringent varieties like pinot noir or gamay. Here are a few to get your cool on.

❶ ❷ ❸ ❹ ❺

❶ Quails' Gate Pinot Noir Dijon Clone 2020 Okanagan Valley, BC $92

The first BC winery to plant pinot noir back in 1975, this ethereal, silky edition features the very best clones from Burgundy. Earthy and evolved, chill slightly and sip with grilled lamb chops.

❷ Domaine des Marrans Fleurie Clos du Pavillon 2021 – Beaujolais, France $69

Beefier than most wines from the cru village of Fleurie, this fragrant, strawberry-fruited Beaujolais is made from 100% gamay grown on pink granite soils.

❸ Abbazia di Novacella Lagrein 2023 Alto Adige, Italy $68

The lagrein grape (say lah-gryne) is native to northeastern Italy and it literally bursts with yummy cherry fruit and succulent raspberries. Chill and sip with easy-to-make Frico... crispy, lacy rounds of grated parmigiano Reggiano cheese, baked until golden.

❹ Burlotto Verduno Pelaverga 2023 Piedmont, Italy $86

Once near extinction, wineries like Burlotto helped bring the frisky pelaverga grape back to life. A vibrant, peppery, light-bodied local red that practically begs for a classic charcuterie board featuring paper-thin prosciutto slices, fresh figs, and crusty bread.

❺ Jean-Claude Ramonet Passetoutgrains 2021 Burgundy, France $104

Famed for divine white wines, Ramonet makes a few knock-out reds like this passetoutgrains (say pas-too-grahn) – a casual blend of gamay and pinot noir, beloved by Burgundians with bistro fare. This bottle is one of the most complex versions of the style, because it includes declassified pinot from Ramonet's best plots. Sip a frosty glass with juicy Toulouse sausages (Oyama's are the benchmark) with grilled veg and crusty French bread.

Focus
ON FITNESS

TRAIN

Enjoy a free session with our
TRAINER OF THE MONTH: ANDREA LO

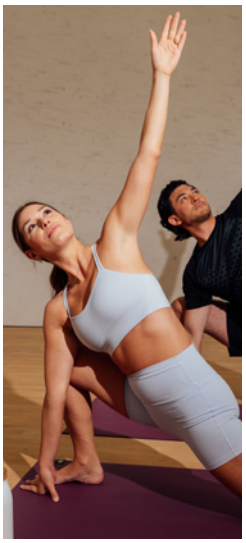
Andrea's passion for health and fitness has always been central to her life. She became a trainer to help others to move well, feel healthier and enjoy taking care of their bodies. In her free time you will find Andrea playing hockey or running the seawall.
Available for new PT clients only.

PERSONAL TRAINING with MILFIT
Achieve your fitness goals with a private one-on-one session with MilFit personal training. MilFit's personal trainers will customize on-going personalized exercise programs tailored to your needs.
To inquire: contact milwina@milfit.ca

PILATES

PRIVATE PILATES with ZORICA JOVIC

Get highly personalized private pilates sessions with Olympic-level gymnast Zorica Jovic. Her sessions will emphasise quality of movement, body awareness, and long-term results. Zorica works across the full Pilates apparatus repertoire and is known for creating programs that restore balance, strength and trust in the body.
To inquire: contact fitness@tcclub.com



GROUP FITNESS CLASSES

All group classes are in person in the multipurpose studio.

See more details and register for the classes on Member Central.

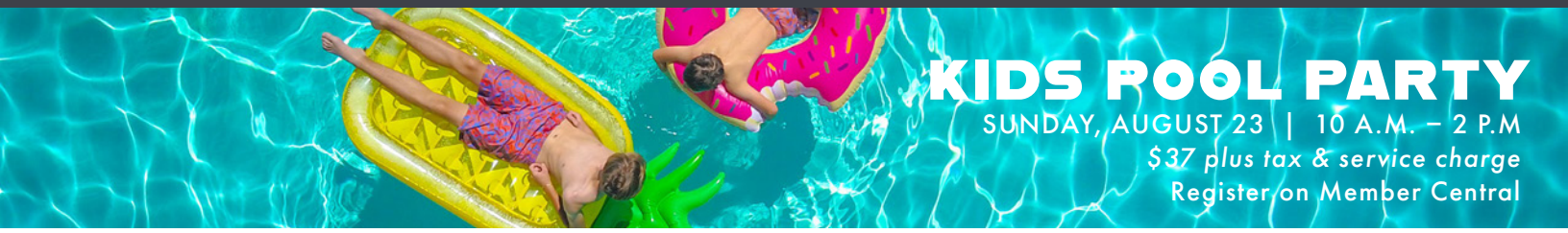
Registration for all group classes is required, a late cancellation or no-show fee of $25 will apply given limited capacity. $40 late cancellation or no-show fee for Pilates Classes.

	MON		TUE	WED	THU	FRI	SAT	SUN
MORNING			6:30 – 7:30 **VINYASA YOGA** with CLARE	7 – 8 **REFORMER PILATES** Beginner's	6:30 – 7:30 **HATHA YOGA** with CLARE		9 – 10 **REFORMER PILATES** Level 1 10 – 11 **BARRE CLASS** with SUZY	10 – 11 **POWER FLOW YOGA** with HELIA
AFTERNOON	12 noon – 1 **F.I.T.** with ATHOS	12 noon – 1 **REFORMER PILATES** Beginner's	12 noon – 1 **CORE CONDI-TIONING** with LEILA 5 – 6 **TOTAL BODY STRENGTH** with MIKALA	12 noon – 1 **BOXING CLASS** with LEILA 5 – 6 **REFORMER PILATES** Level 1	12 noon – 1 **SCULPT & STRETCH** with CLARE 5 – 6 **BANDED BOOT CAMP** with SUZY	12 noon – 1 **TOTAL BODY STRENGTH** with LEILA		

Focus ON FITNESS

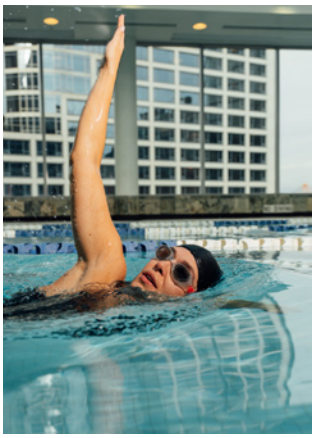
HOURS
WEEKDAYS 6 a.m. – 10 p.m.
WEEKENDS 7 a.m. – 8 p.m.

HOLIDAY & MODIFIED HOURS
WEDNESDAY, JULY 1 – CANADA DAY (OPEN 7a.m. – 8p.m.)
MONDAY, AUGUST 3 – BC DAY (OPEN 7a.m. – 8p.m.)



SWIM

SWIM COACH JOHN RYAN
john@swimminginvancouverbc.com



KIDS PROGRAMS
KIDS GROUP LESSONS

July 3 – July 23
INTRODUCING
FRIDAY SESSIONS!
Fridays & Saturdays, various times
$324.5 plus gst

10 – 10:40 a.m. | 3 – 5 years
10:40 – 11:20 a.m. | 3 – 5 years
11:30 a.m. – 12:10 p.m. | 6 – 7 years
12:10 - 12:50 p.m. | 8 – 9 years
12:10 - 12:50 p.m. | Stroke improvement

PRIVATE LESSONS

Join private lessons with John Ryan. and get a structured but fun program where you can:

- Improve your technique of present strokes
- Try new strokes
- Increase your stamina to continue with more laps/lengths
- Create a sense of flowing with elegance through the water
- Gain the confidence of being at ease in the water

To inquire: contact john@swimminginvancouverbc.com

SQUASH

SQUASH COACH BARRY GIFFORD
squash@tcclub.com | 604-219-8233

SQUASH SKILLS & TACTICS

$25 plus gst
For competitive Vancouver Squash League players – intermediate/advanced. Get three or more players together for "Pro-like" skill-tactical situations.

SQUASH INTRODUCTORY LESSON

New members are offered a free half-hour Introductory Squash Lesson. Whether you take up the game more full-time, or you are just interested in trying it out – the "Intro Lesson" will provide you with the ability to play the game right away!

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.

SQUASH GROUPS

Interested in morning or lunchtime squash? Join the **Morning Boys**, and/or the **Lunchtime Burpees**. Contact Barry to sign up today.

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).
To inquire: contact squash@tcclub.com

Members who join any swim or squash program midway will receive a pro-rated fee based on the number of sessions left.

Longtable Dinner

Cena in Bianco

FRIDAY, AUGUST 21, 6 p.m.

Dinner Menu

$165 plus tax & service

Wine pairing and non-alcoholic pairing available for $45 plus tax & service

CANAPÉS

Peach & Bresaola Flatbread, fior di latte

Chicken Saltimbocca, pancetta, sage

Truffled Sunchokes, confit garlic, grana padano, lemon

I. Stuffed Crispy Squash Blossom

garlic prawn, parmesan velouté

II. Tuna

cara cara orange, chili, dried olive, hazelnut, basil

III. Oxtail Noodles

red wine braised oxtail, hand cut noodles, wild chanterelles, purslane, gremolata

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IV. Murray Cod

sun gold tomatoes, capers, grilled fennel, borlotti beans, toasted sourdough sauce, olive oil, celery leaf

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V. Lemon Mascarpone Tart

amaretto poached apricots, crushed almond amaretti

Italian-Inspired Cuisine • Curated Wine Pairings

Shared Tables • Dress in White • Under the Evening Sky

A Celebration of Food, Friends & Conversation