

TERMINAL CITY TIMES

JUNE 2024 • VOL. 31 NO. 6



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

Upcoming Events

- JUNE 3 THE CONNECTION SPACE**
Developing Courage
- JUNE 6 SPIRIT-FREE MIXOLOGY**
Workshop with Sebastian Ley
- JUNE 11 MEDITATION**
at 5:30 p.m.
LET'S DO LUNCH
Member-led Social
- JUNE 13 WHISKY TASTING**
Ultra-premium Offerings to Taste and Buy
COMEDY NIGHT
ft. Ed Hill & Lukas Purm
- JUNE 14 SALON**
with Human Rights Activist Alan Clements
- JUNE 16 FATHER'S DAY BBQ BUFFET**
Celebrate Dad!
- JUNE 19 SUMMER SOCIAL**
Celebrate the Season
- JUNE 20 MEMBERS' NETWORKING LUNCH**
Connect with Fellow Members
SALON
Business in the Age of AI
- JUNE 24 SALON**
with Vancouver Foundation President & CEO Kevin McCort
- JUNE 25 THE CONNECTION SPACE**
The Importance of Healthy Conflict
- JUNE 28 MASTERCLASS**
Cheese Lover's Guide to Pairing!
- JUNE 29 FAMILY NIGHT OUT**
at the Circus!
- JULY 11 RIVIERA**
Long Table Dinner Al Fresco
- JULY 27 KIDS POOL PARTY**
A Family Favourite
- AUG 15 CENA IN BIANCO**
TCC Signature White Dinner

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
Membership Sales 604 488 8647
Billing 604 488 8607
Catering 604 488 8605
Weddings 604 488 8625
Lions Pub 604 488 8602
Fitness Centre 604 488 8622

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 (WORKSPACE)

Monday – Friday 11:30 a.m. – 8 p.m.
- Weekend service available upon request from Grill
- Please note that calls are permitted only in Cuvée

LIONS PUB

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.

For reservations, contact pubbookings@tcclub.com

TERMINAL CITY CLUB



President's Letter JUNE 2024

DEAR FELLOW MEMBERS,

We are approaching the end of our third fiscal quarter of the year, and your board of directors and club executive recently completed our strategic planning session and five-year plan.

It was an energetic and productive day, and I am happy to share a few of the key outcomes that we will move forward on during the coming fiscal year:

- As you've likely seen in an email announcement, we have completed the purchase of Mink, a Chocolate Café, here in the TC Tower. (For more information, see page 2.) This opportunity was extremely well-aligned with our focus on expanding the Club's footprint and member benefits in thoughtful and sustainable ways. We are very much looking forward to bringing Mink into the TCC family, and if you aren't already a regular customer, I highly recommend giving them a try for your next coffee or chocolate craving!
- Progress is continuing on the work to transform previous retail space east of the Lions Pub into a unique, under-the-radar speakeasy – again looking for ways to offer even greater benefits to our members and their guests. The permit was finally approved May 31 and we have hired our contractor.
- Club executives have recently secured some space on the TC Tower's 4th floor with the intention of expanding our Fitness Centre offerings. This project is in the very early stages, so please take advantage of your Member survey this summer to provide input on what you would like to see in the way of health and fitness amenities.

This focus on expanded benefits is not at all to suggest that our current services and amenities are falling short! Quite the

opposite, the TCC Board is committed to improving the member experience!

I was so pleased to see the Metropolitan ballroom as well as 1892 completely full for Mother's Day Brunch last month. The buffet itself was staggering, with an incredible display of beautiful food and decadent desserts; it was wonderful to have such a warm spring feeling in the air – I know my mother loved it!

Looking forward, remember to book your table for our Father's Day BBQ Buffet –which will include the usual Sunday prime rib offering alongside plenty of other delicious barbecue selections – on Sunday, June 16. It'll be on the Grill patio, if we're lucky! Our dads, granddads, uncles, brothers, and father figures all warrant special treatment on that day, and you have the perfect opportunity to celebrate them here at TCC.

Spring and summer are beautiful seasons to enjoy your membership to the fullest, and also to introduce your friends and colleagues to all the benefits that TCC has to offer. I encourage you to take advantage of this early spring to bring your guests and enjoy a workout, a patio table, or a coffee with a view.

May there be many sunny days ahead for all of us to enjoy! I look forward to seeing you around the Club.

Best regards,

Nate Kube
Terminal City Club President

Stay informed

CLUB NEWS

holiday hours

The Club is closed on Monday, July 1 for Canada Day. The Lions Pub is open!



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. Gregory Dyck | Ms. Stephanie McBride-Durrell |
| Ms. Hong Fang | Mr. David Morrish |
| Mrs. Eurica Fernandez | Ms. Michelle Priest |
| Mr. Scott Ganzert | Mr. Sean Baird |
| Ms. Leticia Halchuk | Ms. Brea Sami |
| Mr. David Hirji | Mr. Vikash Sami |
| Mr. Zaichi Hu | Mr. Matthew Shewchuk |
| Ms. Manvir Khatkar | Mr. Mamoru Takatsugu |
| Mr. Brian Kim | Ms. Lina Wu |
| Ms. Young Lim | Mr. Kai Zhou |
| Ms. Sarah Marsh | |



a sweet announcement

TCC is thrilled to be the new owner of everyone's favourite downtown chocolate café: **Mink**.



A TC Tower fixture on Lot 19 for the past 18 years, Mink Chocolate Café has built a robust brand with a reputation for quality and innovation. We could not be more excited to carry on this tradition.

celebrating nick shaw



We are celebrating a milestone that is both unique and astonishing: we are recognizing Nick Shaw's 60th Anniversary as a TCC staff member.

Everyone who belongs to TCC knows Nick. He has presided over so many exceptional experiences, most recently in the Grill and on the patios—it's impossible to count them all. He has offered his service consistently with courtesy, grace, and professionalism since 1964. The Ford Mustang was introduced at the New York World's Fair that year. It was an entirely different time. Thank you Nick, for weathering so many ups and downs over the years and decades, and continuing to help make TCC the place it is. We wouldn't be the same without you.

Dining AT THE CLUB

patio etiquette

AS SUMMER APPROACHES

dress code

The Club dress code of **smart casual** applies on the patio, although hats are permitted.

don't feed the wildlife

You might be tempted to share a snack with the birds who visit our patio. The best thing you can do for a wild animal is give it space and observe from afar.

phone & device use

Ringtones and notifications on your electronic devices must be set to silent throughout the Club. Calls are permitted on the patio, provided headphones or earbuds are used.

make it easy: pre-order!

Reminder to take advantage of our pre order service, especially for lunch, patio season is here! Use reserve@tclub.com for private dining info, club room reservations and all restaurant inquiries.

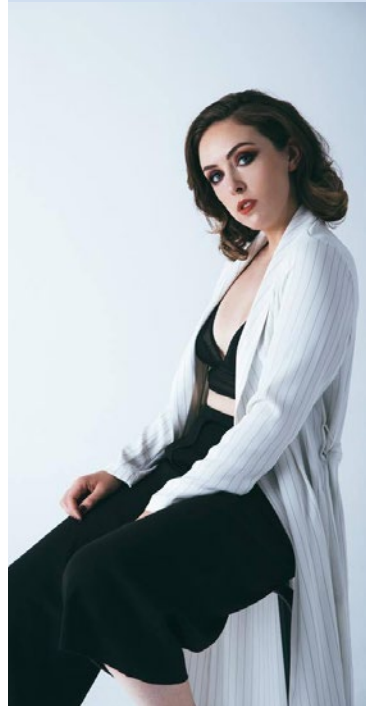
BOOK YOUR NEXT EXPERIENCE

reserve@tclub.com

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: **Dr. Donald Cooper!**

live music
on the
grill patio
weather permitting
6 – 9 p.m.



Thu 6 June Cassandra Maze

Fri 7 June • Neal Ryan

Sat 8 June • David Capper

Thu 13 June • Rob Eller

Fri 14 June • Jessica Benini

Sat 15 June • Colin Sankey

Thu 20 June • Olaf De Shield

Fri 21 June • Jim Kwan

Sat 22 June • Dave Paterson

Thu 27 June • Cassandra Maze

Fri 28 June • Nickolaj

Sat 29 June • Stephen Lecky

cuvée flight club

Explore our **Cuvée Flight Club** gins throughout June in Cuvée only from 4 p.m. Just \$20 for an ounce of each plus tonic and lime to create your own G&T.

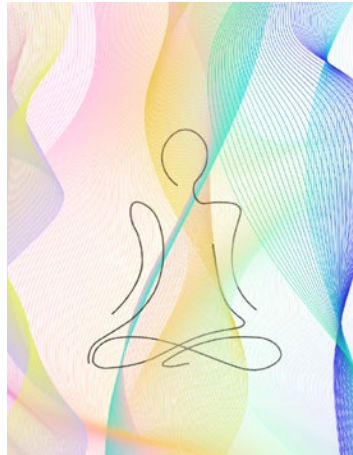
Gin Part 2: Originally a medicinal distillate made by alchemists and monks across Europe, Gin is now produced around the world in multiple styles and colours. Typically flavoured with juniper plus classic botanicals like angelica, coriander, orris root and citrus, the planet is literally exploding with exciting gins.

Citadelle – France

Tofino West Coast – Vancouver Island

Drumshanbo California Citrus – Ireland

June EVENTS



THE CONNECTION SPACE
Developing Courage
MONDAY, JUNE 3

6:15 – 9 p.m.

*Complimentary event with the purchase of dinner à la carte
A \$20 late cancellation fee will be applied to cancellations made less than 72 hours prior

In Connection Space sessions, Azucar and Vanessa Luv leads a series of conversations diving into the depths of life, love, and laughter through transformational leadership, an approach that prioritizes self-awareness as a key to self-actualization. This space empowers and encourages emotional connection, authentic sharing, and vulnerability with ourselves and others.

The topic for this session is developing your curiosity and courage.

FIND YOUR CENTRE
Meditation

TUESDAY, JUNE 11
5:30 – 6:30 p.m.

\$15 plus gst

Our meditation class offers a structured environment where participants learn and practice various techniques to cultivate mindfulness, relaxation, and inner peace. Reduce stress, improve concentration, and enhance overall well-being in a supportive environment.

As the class will involve sitting/lying down, participants are encouraged to bring a yoga mat and/or any cushions, blocks or blankets to make themselves comfortable.

Denise Levine has been practicing meditation and various healing techniques for over 20 years. She has a Master's degree in Metaphysical Sciences, and is living proof that meditation is beneficial for the mind, body, and soul.

TCC EXCLUSIVE

**Spirit-Free
Mixology Workshop**

THURSDAY, JUNE 6
6 – 7:30 p.m.

\$95 plus tax and service charge

Try something new with this fun and engaging session!

Learn how to craft delicious "buzz free" beverages that capture the essence, feeling, and vibe of a traditional cocktail.

Our innovative **Lead Bartender, Sebastian Ley**, will guide you through a hands-on session where you'll learn how to concoct ambrosial drinks at home that fuse flavours and textures, spirit free. Topics include:

- What makes classic virgin drinks work?
- Virgin piña coladas
- Non-alcoholic spirits
- Building body with creative ingredients using delicious Seedlip varieties
- A dessert beverage

MEMBER-LED SOCIAL

Let's Do Lunch!

TUESDAY, JUNE 11
12 noon – 1:30 p.m. in the Members' Lounge

Complimentary event with the purchase of lunch à la carte; Registration on Member Central is recommended

Join your fellow members at this open-invitation luncheon in the Members' Lounge. What better way to connect with someone you haven't seen in a while, or meet someone new!

Let the Grill hosts know you are there for Let's Do Lunch and they will take you to the table.

June EVENTS



TCC EXCLUSIVE
**Comedy Night ft.
Ed Hill & Lukas Purm**

THURSDAY, JUNE 13

Doors open at 5 p.m. |
Show starts at 7 p.m.

\$15 plus tax & service charge

For the second time, our Club is hosting these two comics for a night of boundary-pushing stand-up. **Ed Hill** is an award-winning comic whose special *Candy and Smiley* was named "Top 15 Comedy Specials of 2021" by *Paste Magazine* and "Best of 2021" by NPR Radio.

Lukas Purm's recent credits include winning the hit comedy show @StoryStoryLie in 2022; appearances at the Taiwan Festival, Paris Fringe Festival, and the Vancouver Fringe Festival.



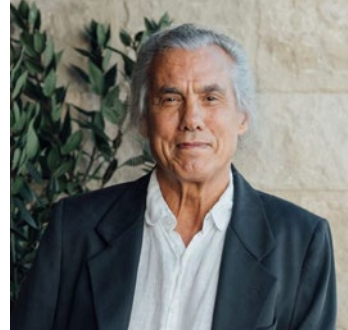
TCC EXCLUSIVE
**Ultra-Premium
Single Malt Whisky
Tasting**

THURSDAY, JUNE 13
5:30 – 6:45 p.m.

*Only 12 seats available
\$110 plus tax & service charge
*or \$50 with a purchase of a
bottle following the event*

We are delighted to host an intimate tasting (and buying opportunity!) for whisky lovers.

Scotsman **Bryan Simpson** (pictured), **Brand Ambassador for Ardbeg (Islay) and Glenmorangie (Highland)** is in town to pour six drams of exceptional single malts, dispensing his pearls of wisdom and insights to enhance your connoisseurship. A glass of Champagne *Veuve Clicquot* will launch the tasting, and a charcuterie board will be close at hand! See the full list – which includes a rare label – on Member Central and register ASAP.

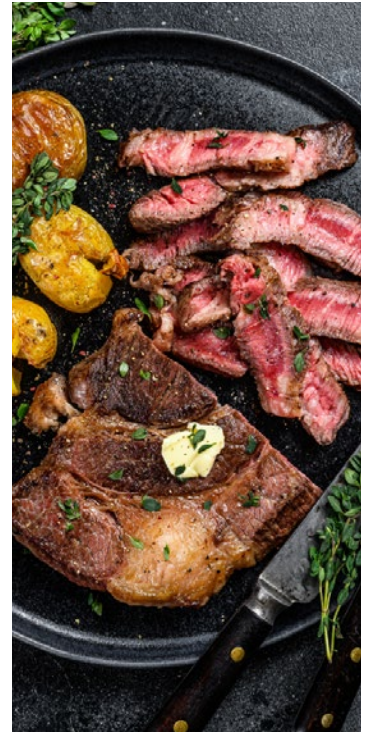


TCC SALON
**Human Rights
Advocate Alan
Clements**

FRIDAY, JUNE 14
6 – 9 p.m.

*Complimentary event with the
purchase of dinner à la carte
*A \$20 late cancellation fee will
be applied to cancellations made
less than 72 hours prior*

Alan Clements is the author of the *Voice of Hope*, a collection of candid conversations with **Aung San Suu Kyi**, the Myanmar pro-democracy icon and Nobel Peace laureate. It provides an intimate portrait of one of the world's most compelling and controversial individuals who was criticized for her "silence" on the Rohingya crisis in 2017. Alan will discuss Myanmar's current struggle for democracy and human rights. He was one of the first Americans to become a Buddhist monk in Myanmar, where he lived for many years. Since leaving monastic life, he has taught mindfulness meditation and Buddhist psychology to audiences around the world.



TCC FAMILY FAVOURITE
**Father's Day
BBQ Buffet**

SUNDAY, JUNE 16

5 – 8:30 p.m.

*Adults: \$110**

*Kids 4–12: \$49**

**plus tax and service charge
Reservations are required*

Celebrate Father's Day this year in the Grill and on the patio! Enjoy a sensational spread of BBQ buffet items, including prime rib and a dad-worthy wine list. There will also be a special gift for dad!

Full menu will be available on Member Central. Make your reservation on OpenTable directly, or by contacting Member Services.

June EVENTS



TCC SEASONAL Summer Social

WEDNESDAY, JUNE 19
5 – 7 p.m.

\$25 plus tax & service charge

Your favourite summer launch Party is back!

It's time to celebrate the warmer weather and patio season as we prepare to slip into a long, hot summer. Sizzling sunny days demand food and drinks with a lighter touch and non-stop refreshment. Crisp whites, salty rosés, crunchy reds, lighter lagers, and tropical cocktails will all be on tap for you and your guests. Explore six different beverage stations, including non-alcoholic options!

DJ Stripe will be on hand spinning beats to get you in the summer groove. Don't miss this member favourite!



MEMBERS' ONLY Members' Networking Lunch

THURSDAY, JUNE 20
12 noon – 1:30 p.m.

Complimentary event with the purchase of lunch à la carte

Join the city's entrepreneurs, executives, and business owners for conversation over a power lunch.

This is a terrific opportunity to meet and learn from other members representing diverse industries.



TCC SALON

Rewriting the Rules of Business in the Age of AI

THURSDAY, JUNE 20
6 – 9 p.m.

*Complimentary event with the purchase of dinner à la cart
A \$20 late cancellation fee will be applied to cancellations made less than 72 hours prior

"Quatapreneur" challenges classical business paradigms of rigidity and linear structures, by applying quantum mechanics and advocating for fluid, adaptable organizations that emphasize decentralization, interconnectedness, and the ability to navigate unpredictable environments. By integrating quantum principles such as complementarity, recursion, and flow into organizational dynamics, this new paradigm fosters resilience, innovation, and a transformative leap in human development and organizational success.

Christopher Krywulak is a seasoned entrepreneur; his current venture is Chrysalis. He is also the founder of PlayAlchemist, a camp at Burning Man.



TCC SALON

Philanthropy with Kevin McCort

MONDAY, JUNE 24
6 – 9 p.m.

*Complimentary event with the purchase of dinner à la cart
A \$20 late cancellation fee will be applied to cancellations made less than 72 hours prior

With an annual granting budget of over \$150 million, Vancouver Foundation aims to address pressing social issues. Recent evaluations revealed systemic inequities favoring urban, larger, and non-Indigenous organizations, often excluding those most affected. Identified barriers include application complexity, legal structure requirements, and resource disparities. To address these, the team is simplifying processes, accepting multiple formats, and providing application support.

Kevin McCort is President and CEO of Vancouver Foundation. With more than 30 years of service to the non-profit sector, he has earned a reputation as a smart, strategic leader who always puts community at the heart of his work.

Upcoming EVENTS



TCC MASTERCLASS

The Cheese Lover's Guide to Pairing!

FRIDAY, JUNE 28

6 – 7:30 p.m.

\$125 plus tax & service charge

Calling all fromage fanatics! Based on just a few basic ingredients cheese production pre-dates recorded history and there are now a staggering 2,000 types made around the world. Join Director of Wine DJ Kearney (not only a self-confessed cheese zealot, but a classically trained cook!) for an illuminating session of cheese tasting and pairing.

You'll learn about the main styles of cheese from a tempting global sampling and savour interactions with fine wines, whisky, beer, and aged tea.

TCC EXCLUSIVE

Family Night Out at the Circus

SATURDAY, JUNE 29

4 – 7 p.m.

*Adults: \$75**

*Kids 4–12: \$60**

**plus tax & service charge*

Step right up—we're bringing the big top to TCC. On Saturday, June 29, prepare to be amazed!

Witness the city's finest jugglers, balloon twisters and magic makers in the city!

The whole family will enjoy a buffet dinner (full menu will be available on Member Central), circus treats, fun and games, and a rockin' dance floor.

All ages welcome!

SUMMER PARTY PACKAGE

Receive one complimentary drink per person for bookings scheduled July & August 2024.

**Offer valid on new bookings only.*

HAPPY HOUR

\$52 summer promotion!

\$57 PER PERSON PLUS TAX, MINIMUM 20 PEOPLE

Passed Hors d'Oeuvres

chef's choice (3 selections)

Cheese & Charcuterie Platter

with breads & lavash

Market Fresh Vegetable Crudités

house ranch dip

Fried Artichokes

sweet chili sauce

Turmeric Roast Cauliflower

hummus, feta, caramelized onions,

raisins, pepitas, crispy kale

**INTERESTED IN A MORE EXPANSIVE
BARBECUE FEAST?**

EMAIL CATERING@TCCLUB.COM

FOR MORE INFO!

Liquid Assets

CURATED BY DJ KEARNEY

G is for Garnacha!

❶ BODEGAS ALTO MONCAYO VERATON GARNACHA 2018 CAMPO DE BORJA, SPAIN \$92

Heritage strains of garnacha grown in chunky ferrous limestone vineyards make this wine bold and distinctive. Deeply coloured, intensely perfumed with white pepper-tinged blue and black fruits, this is rich, ripe, velvety and full-bodied wine. All they make at Alto Moncayo is garnacha, and their fierce, reverential focus shows in every sip.

❷ DAN & FRED COULON CÔTES DU RHÔNE ROUGE 2020 SOUTHERN RHÔNE VALLEY, FRANCE \$55

The Coulon brothers are much admired for majestic Châteauneuf-du-Pape wines, but they pour the same devotion into this cheerful Rhône blend. Dominated by grenache for body and structure and padded out with the dark fruit, cracked black pepper and elegance of syrah. Organic and biodynamic farming, which is the norm now for the top estates.

❸ RIMAURESQ CÔTE DE PROVENCE CRU CLASSÉ ROSÉ 2022 PROVENCE, FRANCE \$68

Simply put, this bottle of celebrated pink is a showstopper. There are just 18 estates in Provence with 'cru' status (meaning the best of the best) and this is one of them. Rimauresq takes its name from the Real Mauresque, the river that flows through the organically farmed vineyards. A grenache-centred blend, this supremely fresh rosé benefits from the cooling mistral winds and the shade of looming limestone mountains. Dry, stony, intense and worthy of spot prawns or charcuterie.

❹ DOMAINE DE LA SOLITUDE TRADITION CHATEAUNEUF-DU-PAPE 2020 SOUTHERN RHÔNE VALLEY, FRANCE \$120

Half of this sensationally elegant, silky, stony red is grenache from old rock-strewn vineyards in the heart of Châteauneuf-du-Pape. One of the most historic and admired estates, their house style is classical and elegant. Rich in summer berries, ripe cherries and garrigue scents with gentle tannins and potent minerals. Biodynamically farmed fruit from the best terroir in the zone, called La Crau plateau.

UPCOMING BEVERAGE EVENTS

Thursday, June 6 • Spirit-free Mixology
Thursday, June 13 • Ultra-premium Single Malts
Wednesday, June 19 • Summer Social
Friday, June 28 • Cheese Pairing Masterclass

Boost your Garnacha (aka Grenache) IQ...

- DNA testing shows that this grape first materialized in Spain, not France.
- This grape is called *garnacha* in Spain, *grenache* in France, *cannonau* in Italy.
- A thin skinned grape, grenache makes light coloured wines with medium tannins, silken texture, and high, spicy alcohol.
- Grenache excels in blends with syrah, mourvèdre, and carignan.
- It's the primary grape for rosé wines!
- Grenache is long lived, with many 100+ year old vineyards in Spain, France, and Australia.



❶



❷



❸



❹

Email wine@tcclub.com
to secure your bottles!

Have You Heard?

CLUB NEWS

2024 CANADIAN SQUASH CHAMPIONSHIPS, May 1–4

—Barry Gifford

As the plane descended, we had left a warm “summery” Vancouver, for a cooler “wintery” Calgary. TCC participants in this year’s Squash Nationals were coach, **Barry Gifford**, second seed of 28 participants over 60 years; **Stephen Hui** seeded second of eight participants in the Men’s C category; and **Dave Fenn**, socialite-coach-squash enthusiast scouting players weaknesses and strengths for his Amsterdam squash trip in late May.

Barry was shocked in a second round loss to Vancouver’s Bruce Matthews. Bruce, after altitude training in the Rocky Mountains with big-horned sheep, came out with the strategy of long rallies. Meanwhile, Barry’s strategy was to end rallies early by attempting kill shots. Unfortunately, to his shock, due to the altitude, the ball was as bouncy as a racquetball! Long rallies ensued and Barry was gasping for oxygen, like an Everest Sherpa on the last leg of climb. Score: 3-0, Bruce! Barry, with newly stretched lungs, pulled together two wins following this loss, to take fifth place.

Meanwhile Steve was playing like a Rocky Mountain grizzly, mauling his way through opponents to reach the finals, before bowing out to Calgaryan, Patrick Leslie. Patrick was like a vicious northern wolverine clinging to Steve’s leg, until he finally succumbed to exhaustion. Score 3-0, Patrick!

An exciting week of squash culminated in watching the Men’s and Women’s Open finals on the all-glass court at the Glencoe Club. Next year’s Nationals: The Toronto Cricket Club! Players are already being hustled to attend, so TCC will have a larger contingent in 2025!



FROM TOP: *Dave Fenn offering coaching support to his TCC comrades (as well as spaghetti and meatballs for pre-game meals and bubbly-frothy beverages post games); Stephen Hui (second from left).*



QR CODE: Take a peek at the 2024 Canadian Squash Championships, played in Glencoe Club’s famous all-glass power court!

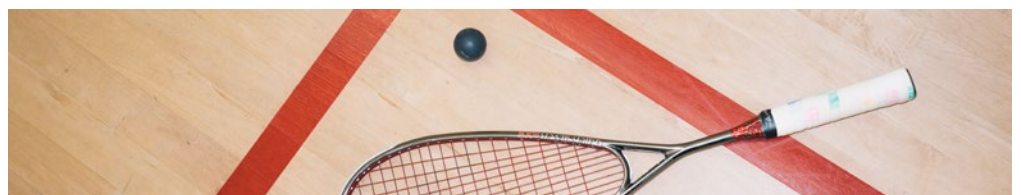


Joan Posivy is celebrating a milestone this month: the 100th episode of her podcast, Side Hustle Hero, on June 11. This special episode will feature the top 10 side hustles over the past year. According to the podcast search engine ListenNotes, Side Hustle Hero ranks in the top 10% globally, out of 3,354,814 podcasts, achieved in just two years. Way to go, Joan!

If you have a side hustle success story to tell, let Joan know as she loves the opportunity to feature TCC members.

DO YOU HAVE NEWS YOU'D LIKE TO SHARE?

Celebrating an engagement, wedding, or new addition to your family? Recently started a new role, joined a Board, or authored a novel? Did you or a fellow member win an award or earn special recognition? Submit your announcement for our Club newsletter by emailing joinus@tcclub.com.



Member of the Month

David Gunasekera

In the early 1980s, at the formative age of 9, David Gunasekera moved with his family from Ireland to Ottawa. "I don't remember moving here as difficult," he recalls. "We lived in Kanata, outside of Ottawa. Kanata was this modern, suburban community with cul-du-sacs, road hockey, an easy walk to school. It was rather idyllic, actually."

David was a good student and an excellent athlete. He went to Queen's University in Kingston after high school, primarily for the football program. His academic goals were not as focussed. "I took political science and history, as well as physics. I really had no plan. With physics, I remember sitting in the lecture hall and thinking to myself, 'I don't understand a word he is talking about. I've got to get out of here.'" David dropped sciences and graduated with a Bachelor of Arts honors degree. "So, what next?" he asked himself.

Again, with no plan in mind and no real career objectives, he got in his 1988 Volkswagen Golf and moved to Vancouver where he landed a job in the mail-order department of Mountain Equipment Co-op. "MEC was a great place to work, but I knew I didn't want to do this for the rest of my life. When I looked around the office everybody was just like me — university educated, and lured out west for the skiing, the climbing, the hiking. The one difference, they were all around 10 years older than me and stuck. I knew if I didn't leave, I'd be stuck, too." And so, for one of the first times in his life, David formulated a plan, and that plan was to attend UBC Law School.

After graduating in 2000, he articled for a year at Campney & Murphy, a full-service, well-established law firm in Vancouver.



"I didn't really know what type of law I wanted to practice but ended up mostly involved in the securities area. I bonded well with my mentor/principal Kevin Hisko, who I ended up working with for most of my career."

David was called to the bar in 2001, a time when it wasn't that busy in securities, so it was Kevin who arranged a secondment for the young charge with the British Columbia Securities Commission. "Working in policy at the BCSC was an invaluable year for me. I have described it as doing a master's in securities law but still getting paid."

In 2003, after his secondment, David joined McCullough O'Connor Irwin where he became a partner and worked for 15 years. In 2018, when McCullough joined Bennett Jones LLP, David felt the time was right for a change, so he moved his practice to work as a partner with DuMoulin Black LLP. "Back when I was at Queen's, if someone then said, 'You are going to end

up as a corporate lawyer in Vancouver,' I would have laughed, but then again, I had no plan. I made decisions, yes, but those decisions were made because they felt right. Every day, I consider myself so fortunate that the decisions I made turned out to be the right ones."

David and his wife Jen (also a Queen's graduate and an athlete) raised their two boys Tyler and Simon in their home in East Vancouver. Both boys are also now attending Queen's, and like mom and dad, excelling in sports. Tyler is seeing the world as a member of Canada's under-24 Ultimate Frisbee squad, while Simon expects to make the university men's soccer team this fall. "Sports has always been a big part of our lives. We always liked being outdoors."

With the nest now empty, David and Jen recently moved to a home in West Vancouver. While the new neighborhood is resplendent with upsides, the one downside is that David is no longer biking to work every day as he did from East Vancouver. "That morning bike ride was why I joined Terminal City Club," he says. "I needed a place to shower and get cleaned up before starting work ... I miss the bike commute so much. I used to describe it as my best parts of the day. Now I am in a car driving over the Lion's Gate."

David still uses the TCC a lot — fitness training three days a week, business meetings and dining with clients. Last year he celebrated his 50th birthday in Cuvee with friends and family.



A UNIQUE OFFER OF
RELAXATION, EXCLUSIVELY
FOR MEMBERS...

TCC members are eligible to receive:

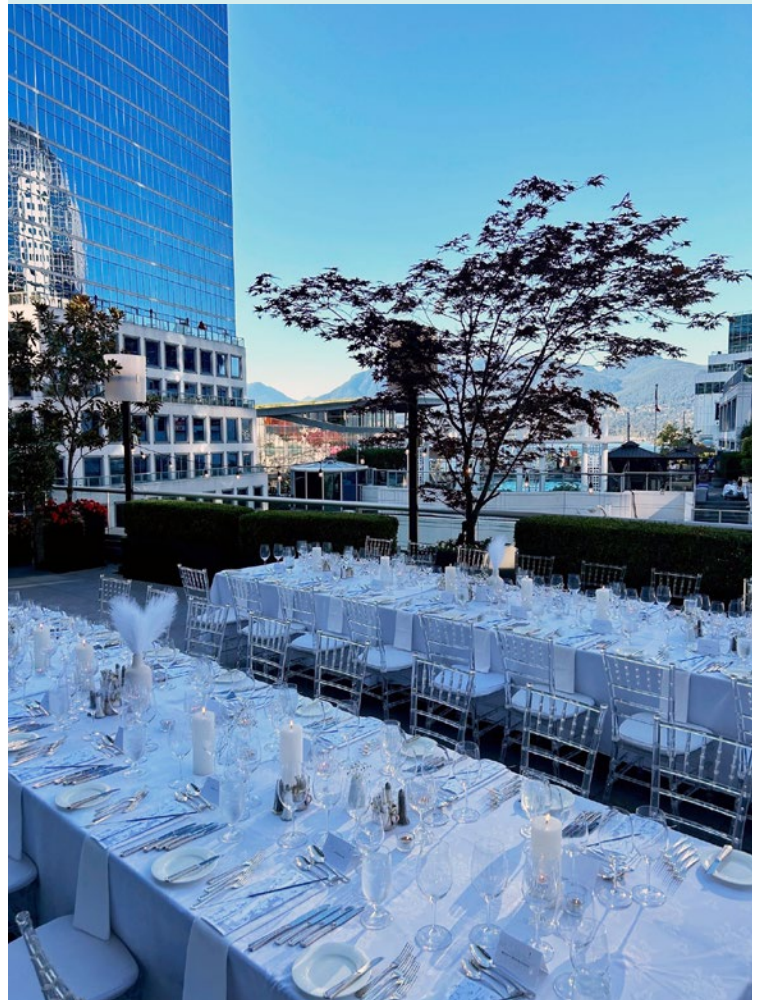
- 10% discount on all treatments, excluding packages
- 10% discount on all retail (cannot be combined with any other promotions)
- An exclusive TCC package:
Sole Revival Service Restore
60 minutes, from \$199

Soothe your soles with an intuitive aromatherapy foot treatment performed in our luxury lounge. Begin with a detoxifying foot soak and scrub followed by a grounding foot mask and heated booties. A rejuvenating massage using nourishing shea butter focuses on tension points in the arms, hands, lower legs and feet. A scalp massage followed by hot stones on legs and feet takes you to another level of pampering. Includes one complimentary beverage of choice and a retail gift (same brand used in treatment) at checkout.

To book your experience, contact Fairmont Spa directly at VPR.WillowStream@fairmont.com / 604 695 5550 and let them know you're a **TCC member**.



FAIRMONT SPA



- save the date -
THURSDAY, AUGUST 15

CENA IN BIANCO

Did you miss our signature white dinner last year?
Don't make the same mistake!

DRESS CODE: Elegant All-White
Think: your finest linens, silks, chic dresses,
and sophisticated suits

event registration

SAVE YOUR SPOT!

**online
email
call
text**

via Member Central
conciierge@tclub.com
604 681 4121
604 200 2279

Focus ON FITNESS

SWIM

SWIM COACHING

John Ryan has helped beginners, Masters, and triathlete-swimmers reach their goals over his 20+ years of coaching. Private lessons are a structured (but fun) program that anyone—regardless of skill level—can benefit from. Improve your technique, try new strokes, increase stamina, cultivate a sense of ease and elegance being in the water, and grow your confidence.

KIDS' GROUP SWIM LESSONS

Saturdays | April 6 – June 22

No lessons on May 18

(Victoria Day weekend)

\$302.50 plus GST

10:00 – 10:40 a.m.	3 – 5 years
10:40 – 11:20 a.m.	3 – 5 years
11:30 – 12:10 p.m.	6 – 7 years
12:10 – 12:50 p.m.	8 – 9 years
12:10 – 12:50 p.m.	Stroke Improvement

*12:10 classes run concurrently

Changes in start and end times are possible. Children will be grouped based on age but may be moved to a different group if their ability requires it. To take part in group lessons, children must have some experience in the water, otherwise private lessons are first recommended to establish that confidence. For more information, please email Doreen at john@swimminginvcouverbc.com.



TRAIN

MILFIT PERSONAL TRAINING

MilFit personal training focuses on private one-on-one sessions designed 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 set you up with targeted programs specific to you.

PRIVATE PILATES WITH ZORICA

Available Tuesday, Thursday, or Friday, 10:30 a.m. onwards

(one-hour session will be held in non-peak squash court time)

Packages available: single, 5, 10, 20

Zorica Jovic is a BASI®-certified Pilates instructor and an award-winning gymnast. (BASI-certified instructors undergo three years of devoted study with master teachers.)

Practicing and teaching over 13-years, Zorica believes, to be a good teacher you must also be a student and continues her education constantly. Teaching is her passion, helping every BODY from the inside out!

Inquire at the Fitness Centre Front Desk for more information.

SQUASH

SQUASH LESSONS

Are you ready to take your game to the next level? Try a private or partner lesson on Tuesday, Wednesday, Thursday, or Saturday (other days upon request).

Coach Barry Gifford is a seasoned squash professional (2022 60+ National Champion). Email squash@tcclub.com for more information.

FREE BEGINNERS' CLINIC Wednesday, June 12

Learn the basics of squash in a fun environment! To register, call the Fitness Centre front desk prior to 6 p.m. on Monday, June 10.

SPRING JUNIOR SQUASH

Saturdays | April 6 – June 22

No lesson on May 18

(Victoria Day weekend)

\$220 plus GST, charged to your account upon registration

1:00–1:45 p.m.	6 – 9 year old
1:45–2:30 p.m.	10 – 15 year old

SQUASH SOCIAL

Thursdays | 4 – 6 p.m.

This is a great opportunity for people who enjoy playing socially. Post-game beverages and food always follows at the Lions Pub.

SQUASH DRILLS

Wednesdays | 4 – 5 p.m. | \$25

Saturdays | 11 a.m. – 12 noon | \$25

These drills are for intermediate/advanced VSL players. To register, contact Barry at squash@tcclub.com for placement by 6 p.m., the previous day.



GROUP CLASSES

F.I.T. WITH ATHOS

Mondays, 12 noon – 1 p.m. ■

This functional circuit training class utilizes your own body weight to increase muscular strength, improve cardiovascular endurance and burn calories.

VINYASA YOGA WITH CLARE

Tuesdays, 6:30 – 7:30 a.m. ■

Vinyasa Yoga 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, 12 noon – 1 p.m. ■

Stand straighter, walk taller, and move better when you commit to this class! Full-body cardio sculpting moves are followed by a variety of exercises that improve strength and stability.

PILATES: PROGRESSIVE RESISTANCE WORKOUT WITH ZORICA

Wednesdays, 7 – 8 a.m. ■

Progressions and modifications will be provided for individual needs. All levels welcome, but not suitable for rehabilitation (without permission of teacher). Suitable for those with some previous Pilates experience

CARDIO KICKBOXING WITH LEILA

Wednesdays, 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 cardiovascular endurance, power and stamina. You'll feel it the next day!

POWER FLOW YOGA WITH RACHEL

Thursdays, 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, 12 noon – 1 p.m. ■

This all-levels class focuses on building a strong body through low intensity and non-impact weight exercises. Increase your muscular strength and endurance, improve your metabolism so you burn more fat, increase bone density and improve balance so you age better, build lean and toned muscles, feel better and prevent injuries. Incorporate added resistance to any of the exercises (i.e., dumbbells, water bottles, exercise bands, chair or bench for step-ups, etc.) or simply use your own body weight.

Class Legend:

- ZOOM
- IN-PERSON (12 PEOPLE MAX)

HOURS

WEEKDAYS

6 a.m. – 10 p.m.

WEEKENDS

7 a.m. – 8 p.m.

MONDAY, JULY 1

Club Closed for Canada Day

SQUASH & POOL

ADULT-ONLY SWIM TIME

WEEKDAYS 6 – 9 a.m.

WEEKENDS 7 – 9 a.m.

SQUASH COURT BOOKINGS

Squash court bookings are available through sportyhq.com. New users: please contact the Fitness Centre front desk for registration.

RACQUET RE-STRINGING

Strings can lose tension over a period of six to eight months; with a new restring, your shots will have more control and spring. See the Fitness Centre front desk for more information.

POLICIES

SWIMMING POOL

Full body showers are mandatory before entering the swimming pool.

EXERCISE ROOM

Please continue to sanitize gym equipment before and after use.

GUEST POLICY

The Fitness Centre guest fee of \$30.25 is waived on weekends for the spouse or common-law partner of a member.

Guest fees are also waived for members' children and grandchildren under the age of 19. Members are limited to six guests per visit. Non-member guests must always be accompanied by a member.

SAVE THE DATE • THURSDAY, JULY 11

RIVIERA

- longtable dinner, al fresco -

Join us for a night to remember on the Terrace patio.
Savour an exquisite four-course dinner executed by
TCC's top chefs and paired with divine wines.
Bring your dancing shoes!



Dress code: Mediterranean glamour
*Think: flowing dresses, crisp white shirts, elegant linens,
nautical-inspired outfits, and chic accessories.*

**Best dressed wins a ticket to the August 15 white dinner, Cena in Bianco!*