

TERMINAL CITY TIMES

MARCH 2025 • VOL. 32 NO. 3



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

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Family favourite
- MAY 7 CHOCOLATE PAIRING WORKSHOP**
Save the Date
- MAY 15 COMEDY NIGHT**
Save the Date

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
Wednesday – 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 2025

DEAR FELLOW MEMBERS,

As we turn the page to March, the promise of spring is just around the corner—I certainly hope so! The days are growing longer, and soon, the city will be alive with the energy of a new season of cruise ships. At Terminal City Club, there's much to look forward to in the coming weeks, from fitness milestones to exciting events and opportunities to explore.

First, I want to extend my congratulations to all members who took part in the 45-Day Fitness Challenge. Committing to health and wellness is no small feat, and your dedication is inspiring. A special nod goes to the 92 members who completed the challenge — an accomplishment that speaks volumes about perseverance and discipline. Well done, and keep it up!

For those making plans over spring break, I encourage you to take advantage of our network of affiliate clubs. Whether you're traveling for work or leisure, these partnerships allow you to extend the benefits of your TCC membership beyond Vancouver. While the Member Services desk can always provide you with a Letter of Introduction in advance, I recommend downloading the MOBICOM App to explore over 1,200 affiliated clubs. If you haven't already, also download the TCC app — it conveniently stores your member ID card, making check-ins seamless, and allows you to charge purchases at Mink Café while enjoying a 10% discount. Mink charges count towards your quarterly spends.

Though Easter falls a little later this year, on April 20, it's never too early to plan ahead. Our Easter Brunch is one of the most anticipated gatherings of the year, and reservations fill up quickly.

If you'd like to celebrate with family and friends, I encourage you to secure your spot now.

Meanwhile, March offers a great opportunity to explore the world of wine, and our team of beverage experts is here to guide you. Whether you're looking to discover a new favourite varietal or expand your knowledge, there's always something new to learn.

As we embrace the season ahead, it's worth taking a moment to reflect on our past. The same year TCC was founded — 1892 — Vancouver welcomed its first transcontinental passenger train. This transformative moment helped shape the city into the thriving hub it is today, just as our Club has continued to evolve while staying true to its roots. We have such a rich history at TCC, and I'm glad you are a part of it!

Spring brings with it a sense of renewal, and I encourage you to make the most of all that TCC has to offer. Whether you're staying active, exploring new experiences, or simply enjoying the camaraderie of fellow members, I look forward to seeing you around the Club in the weeks ahead.

Warm regards,

A handwritten signature in black ink, appearing to read "John Mackenzie".

John Mackenzie
President, Terminal City Club

Stay informed

CLUB NEWS

Mink®

A CHOCOLATE CAFE



Mink sold close to 900 special hot chocolate drinks during Vancouver's Hot Chocolate Festival. Chef Malcolm's Choco-Lotta nutty horchata beat Cafe and Outlets Manager Henri Tarsia's Mari's Reverie by a wide margin. But those who were adventurous enough to sample Henri's unique and delicate fusion of creamy white chocolate, vibrant berry compote, and blue cheese whipped cream, were amply rewarded. One cafe visitor even declared it the best he's ever tasted!

easter chocolates coming soon!

Peek into Mink this month for seasonal chocolate features, including dark chocolate eggs with a divine fresh mango puree "yolk."

new food options

Did you know? Mink has a growing selection of pastries and food options, including a **vegan pizza pretzel**, **vegan brownie**, two **calzones**, and **tomato soup**. Show your TCC member card for a 10% discount on food and beverage!

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 **27 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!



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. Jed Jay Brezer
Ms. Tita Imperatriz Cool
Mr. Daniel Do Couto
Mr. Jesse Marcus Dougherty
Mr. Stefan Hockley
Ms. Annie Li

Mr. Oliver Bing Jr. Mah
Mr. Derek Stanley Major
Mr. Percy A. Rosenberger
Ms. Kim Southerst
Dr. Rose Wong

Dining AT THE CLUB



patio forecast

The words we long to hear after winter on the coast... weather permitting, we hope to open our patios in mid-March!

entertaining a large party or celebrating a special occasion?

Let us curate a special menu for you! We just need a few days' notice. For an elevated experience, inquire about the Dr. Ignatius Cheung Chef's Table.



in a hurry? let us start preparing before you arrive

Make a reservation and let us do the rest!

If you're in a hurry, coming in with a group, or on a tight timeline, take advantage of our pre-order service. For extra efficiency, pre-order your food or arrange for appetizers or wine to be ready when you arrive.

love it? don't leave it.

Items left unattended in the Lounge will be cleared away to accommodate other diners. Please pack up your belongings if you are leaving and planning to return.

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, **Stephen Hui!**

March LIVE MUSIC

6 – 9 p.m.

in the Members' Lounge

Saturday 1 • David Capper

Thursday 6 • Nickolaj

Friday 7 • Cassandra Maze

Saturday 8 • David Capper

Thursday 13 • Dave Paterson

Friday 14 • Luc LeMans

Saturday 15 • David Capper

Thursday 20 • Nickolaj [right]

Friday 21 • Olaf De Shield

Saturday 22 • Nickolaj

Thursday 27 • Stephen Lecky

Friday 28 • Stephen Lecky

Saturday 29 • David Capper



Club EVENTS



AWARD NIGHT

Oscar Night in the Members' Lounge*

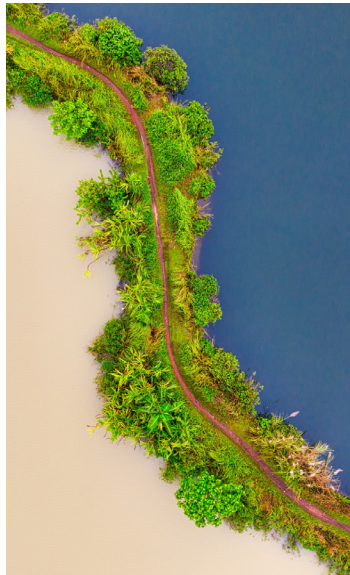
SUNDAY, MARCH 2
4 – 7 p.m.

**This event is 19+*

Reservations: reserve@tcclub.com

Live from Hollywood, the 97th Academy Awards! From the comfort of the Members' Lounge, sip cocktails and indulge in some snacks as Conan O'Brien hosts, and awards are presented across 24 different cinema categories. This year's nomination-count standouts include *Emilia Pérez*, *The Brutalist*, *Wicked*, *A Complete Unknown*, *Conclave*, and *Anora*.

Follow along with our nominations sheet, and test your 2025 cinema cred with a quiz. Take part in our Oscars predictions ballot contest for a chance to win a prize! **Red-carpet dress code optional, but encouraged.**



FIND YOUR CENTRE

The Reset Hour: Focus on Breath

TUESDAY, MARCH 4
5:30 – 6:30 p.m.

\$22 plus gst

**Minimum 10 participants required to run; no previous experience necessary*

Enhance focus, calm your mind, and reduce stress with this one-hour session centered on mindful breathing techniques. Learn practical tools to harness the power of your breath for improved mental clarity and overall well-being. The session will also include a guided meditation accompanied by gentle sounds of the gong to relax and restore mind and body.

**Please note the gong will be played very softly in the last 15 minutes to lend further to the calming atmosphere.*

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.



LAUGH OUT LOUD

Comedy Night in the Members' Lounge*

THURSDAY, MARCH 13

Doors at 5 p.m.; Show at 7 p.m.

**This event is 19+*

\$30 plus tax & service charge

Register: reserve@tcclub.com

Headliner **Bryan O'Gorman** is a Toronto-based comedian renowned for his unique blend of writing, physicality, and character work. He has been featured on MTV, Much Music, and The Comedy Network, and has performed at Edinburgh Fringe Festival, Melbourne Comedy Festival, and Just for Laughs.

Opening act **Sophia Johnson** is a dynamic entertainer hailing from New Zealand. She's captivated audiences around the world and her talent shines on Netflix's *Ash vs. the Evil Dead*, CW's *Legends of Tomorrow*, and *Nancy Drew*. Her infectious humour can be seen in JFL Vancouver's New Wave of Stand Up on CBC Gem.

Host and audience favourite **Gavin Clarkson** is known for his nerdy charm and unique material. He is a series regular on CBC's *The Debaters*.

Club EVENTS



SIP, MEET & MINGLE **Members' Wine Tasting**

WEDNESDAY, MARCH 19
5 – 6:30 p.m.

*\$10 plus tax & service charge
*Registration is mandatory as
space is limited.*

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 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 and 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 ONLY **Members' Networking Lunch**

THURSDAY, MARCH 20
12 noon – 1:30 p.m.

*Complimentary event with the
purchase of lunch à la carte*

Connect with fellow members over lunch and great conversation. Whether you're an entrepreneur, executive, or business professional, this is a great opportunity to expand your network, exchange ideas, and build valuable relationships in a relaxed and convivial setting. Meet and learn from other members representing diverse industries or make a new friend!

Seating at the Members' Networking Lunch will be at one communal table or two tables depending on the number of attendees.

WINE MASTERCLASS

The New Spain

FRIDAY, APRIL 4
5:30 – 7:15 p.m.

\$125 plus tax & service charge

Few wine countries are changing as dynamically and excitingly as Spain. A quality revolution of innovative styles and philosophies in both winegrowing and winemaking is gripping the land. Less oak ageing (once a moral imperative for all wines!), more regenerative farming, loving emphasis on native grapes and a charismatic next generation makes everything about Spanish wines new again.

Join Wine Director DJ Kearney for a taste of fascinating modern terroir benchmarks from España. Divine Spanish bites to pair, por supuesto!

Recaredo Intens Rosat Brut Nature 2021 – Corpinnat

Rafael Palacios Louro do Bolo Godello 2022 – Valdeorras

Forjas del Salnés Goliardo a Telleira Albariño 2022 – Rias Baixas

Mentridana El Mentridano

Valle de Alberche D.O Metuda Spain 2022 – Madrid

Raúl Pérez La Vizcaina El Rapolao 2020 – Bierzo

Olivier Rivière Uva Rayos 2021 – Rioja

Muga Prado Enea Gran Reserva 2010 – Rioja

Member-led EVENTS



BUSINESS & COMMUNITY
SPEAKER SERIES

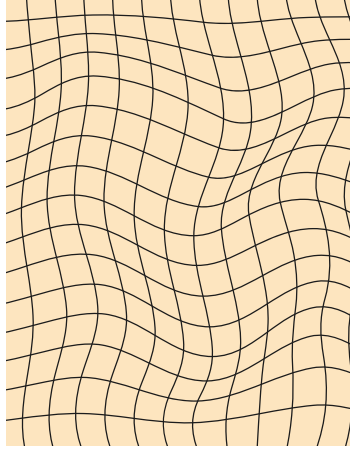
Create Something Great

TUESDAY, MARCH 4

6 – 7:30 p.m. in Cuvée
*Complimentary event;
registration for members and
guests is mandatory as space is
limited*

Join us for an inspiring evening with esteemed speaker **William Donnellan**! He will speak about his journey of immigrating and overcoming his challenges of starting over in a new city. A Carpenter by trade, William arrived in Vancouver in 2009 and started his first job at \$16 per hour. He has since crafted an empire of 12 companies and 192 staff members.

William has won prestigious awards for community impact, health & safety, and innovation. Named among Canada's top 40 under 40, he shares his journey from humble beginnings to success. Grateful for his fortunate "luck in life" and cherished relationships, he embodies the spirit of resilience and gratitude.



SALON

The Science of Psychedelics

FRIDAY, MARCH 7

6 – 9 p.m.
*Complimentary event with the
purchase of dinner à la carte
Registration is mandatory; no-
show charges apply*

Psychedelics are making a bold return to the forefront of medicine, neuroscience, and mental health. Psilocybin, MDMA, and LSD are now being studied for their profound effects on depression, PTSD, and neuroplasticity. **Tanja Yardley**, VP of Clinical Innovation at Healthtech Connex, will explore the science, controversy, and potential of psychedelics. What does the latest research reveal about their ability to rewire the brain? What ethical and regulatory hurdles stand in the way of mainstream adoption? Join this deep dive into the intersection of psychedelics, neuroscience and the future of well-being.



SALON

Let Go to Grow: Control, Risk, and Empowerment

TUESDAY, MARCH 11

6 – 9 p.m.
*Complimentary event with the
purchase of dinner à la carte
Registration is mandatory; no-
show charges apply*

Join Founder & CEO of Tap & Barrel Group and TCC member **Daniel Frankel** — a self-described "recovering control freak" — for an intimate talk about how letting go can unlock our full potential. Drawing from personal stories in business and life, Daniel will share how loosening his grip not only empowered him to take bold steps forward but also creates space for the people around him to thrive. Discover how embracing imperfection, trusting others, and stepping outside your comfort zone can transform your relationships and your future.



BUSINESS & COMMUNITY
SPEAKER SERIES

Confessions of a Spy: Lessons for Life & Leadership

MONDAY, MARCH 31

6 – 7:30 p.m. in Cuvée
*Complimentary event;
registration for members and
guests is mandatory as space is
limited*

Presenter **Dr. Matthew Kane** of Prodigy Intelligence will be sharing how spy skills can improve your life. Dr. Kane will share his journey growing up on welfare to being the youngest qualified spy in Canadian history. He'll provide practical tools for leadership, safety, problem-solving, and creative thinking, as well as tools for how to build credibility, spot dishonesty, and negotiate like a pro. Dr. Kane will also speak about the future of espionage and how AI is transforming spying, and what this means for your personal and professional security.

*For program and speaker interests, contact Ellen Kief at ekief@kiefllaw.com.



KIDS' CLUB
Kids' Science & Movie Night: Navigating Routes with Robotics

SATURDAY, MARCH 22
 4:30 p.m. – 8:30 p.m.
 For kids ages 5–12
\$97 plus tax & service charge (includes science activity, dinner, drink, popcorn and movie)

**Registration deadline: 5 p.m. Thursday, February 13
 A minimum of 5 registrants is needed for the event to run*

Embark on a wayfinding adventure! Kids aged 5–12 will dive into the exciting world of robotics and navigation as they explore how technology can help us find our way.

They'll start by mapping paths using Botley and Dash robots, learning about programming and directional movement. Then, they'll get creative with a DIY treasure map, discovering how to plot routes and use coordinates. This tech-filled adventure concludes with a screening of Bolt, highlighting the excitement of teamwork and exploration!

KIDS' CLUB
Parent-Toddler Tinker Tales: Goldilocks & the Three Bears

SATURDAY, MARCH 22
 10:30 – 11:30 a.m.
 For kids ages 1–4 and their parent(s)

\$55 plus tax & service charge per registered child (includes activity and a snack)

**Registration deadline: 5 p.m. Thursday, March 20.
 A minimum of 5 registrants is needed for this event to run*

Toddlers aged 1–4, together with their parents, will immerse themselves in the classic tale of Goldilocks and the Three Bears through fun, hands-on building activities. Your little one will become an artist, crafting their own bear family: Papa Bear, Mama Bear, and Baby Bear!

This playful morning will also include engaging sorting activities during circle time, helping your toddler practice fine motor skills in a fun and interactive way.

For Families CLUB EVENTS



FAMILY FAVOURITE

Easter Family Brunch Buffet

SUNDAY, APRIL 20

11 a.m. & 12 noon seatings

Adults: \$120 plus tax & service charge

Kids (4–12): \$55 plus tax & service charge

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! Crafts! Scavenger hunt! Don't miss this memorable family event.



Join Kids Club today!

Membership includes a personalized member ID card, stamp card, and first dibs on Kids Club events.



scan for the application form

Every time you visit the Club, visit Member Services for a stamp. Collect 10 stamps and get any dessert from the Grill for free!

For more information, contact our Events Coordinator and Kids Club Captain Thea Rawjee at trawjee@tcclub.com.

At the Club

EVENTS



AROUND THE WORLD with Easter Seals

Thursday, April 10 • Terminal City Club
\$250 per ticket or \$1,800 for a table of 8

Around the World is an exclusive dinner experience featuring renowned Chef David Hawksworth in support of Easter Seals BC/Yukon.

This memorable evening will bring your taste buds on a global culinary journey, commencing with a champagne reception, followed by a sumptuous four-course meal crafted by renowned **Chef David Hawksworth**. The entire event includes exquisite wine pairings carefully curated by Certified Sommelier and TCC member, **Dianne Fisher**. Adding to the excitement, **Dawn Chubai**, long-time host on Breakfast Television and The Shopping Channel – and also a TCC member – will emcee the evening.

And the best part, funds raised from the evening, which includes an exhilarating live auction, an extensive wall of wine, and more, go towards delivering programs and services for people with disabilities!

Tickets are on sale now at onecau.se/aroundtheworld. Limited quantities are available. For sponsorship opportunities, contact events@eastersealsbcy.ca for more information.

AFFILIATE CLUB *spotlight*



ROYAL MAYFAIR GOLF CLUB Edmonton, AB

Hall of Fame golfers like Arnold Palmer and Lorena Ochoa and Lydia Palmer have tested themselves against Royal Mayfair's legendary golf course, and now you can, too!



NATIONAL LIBERAL CLUB London, UK

The National Liberal Club (NLC) has some of the finest dining and socialising spaces in London. Every Monday their kitchen releases a new Members' Menu with three courses for £45 or two courses for £38. Reservations are strongly recommended.

Designed by architect Alfred Waterhouse – best known for London's Natural History Museum – the NLC building has an elegant yet earthy style. When completed in 1887, the NLC was the largest clubhouse in the world, capable of accommodating 6,500 members.

KNOW BEFORE YOU GO...

Ensure you have your Letter of Introduction secured from our Member Services desk before your travels. Please also take the time to review our affiliate clubs' House Rules, including their dress codes and guest visitor policies.

Liquid Assets

CURATED BY DJ KEARNEY

Sustainable Selections

Sustainability is not just a trendy buzz word, it is **the** word in the world of wine today. Sustainability is a holistic, all-encompassing approach that involves the health of the vineyards and soils, adhering to lower input winemaking, supporting workers and the community, business viability and even applies to the entire supply chain from vine to your wine glass. Sustainability codes are burgeoning in all wine regions, and here at the Club we are selecting estates that support this vital movement.



**❶ DOMAINE TESSIER
CHAMP PERRIER BOURGOGNE BLANC 2022
BURGUNDY, FRANCE \$124**

Based in Meursault, Arnaud Tessier took over the small estate when he was 22 and immediately initiated organic farming and plowing by horse. This wine comes from a teensy plot of 45-year-old vines on the Meursault border, grown in famed clay-limestone terroir, fermented in oak with wild yeast and aged in mostly neutral barrels. Arnaud's immaculate, fastidious farming shows in every riveting sip.

**❷ VISINTINI
REFOSCO DAL PEDUNCOLO ROSSO 2022
FRIULI, ITALY \$56**

Part of the large refosco grape family, this late-ripening variant is native to the northeast of Italy. Visintini's history dates to the 13th century, and the current generation are committed to sustainably exploring the rich grape diversity of Friuli. This rosso is ruby red with violet notes, ripe black fruits, juicy acidity, stiff tannins and trademark herbaceous flair. Farming is staunchly organic and biodynamic.

**❸ LE VIEUX PIN ÉQUINOXE MERLOT 2015
OKANAGAN VALLEY, BC \$165**

Severine Pinte is not only the dynamic co-owner/farmer/winemaker at Le Vieux Pin (and nearby la Stella), she is also chair of BC's Sustainability Committee. Passionate about farming with as few chemicals as possible and helping the BC industry adopt approaches that enhance environmental and community health, she is a true force of nature. This stunning merlot from the excellent 2015 vintage is equally special, showing smoldering plummy fruit from a single block on the Golden Mile Bench. Drinking optimally now, this is a testament to a fine site, responsibly farmed.

**❹ FELTON ROAD
BANNOCKBURN PINOT NOIR 2022
CENTRAL OTAGO, NEW ZEALAND \$122**

Always regarded in the top percentile of the world's greatest wineries, this is the new vintage of Bannockburn pinot noir, a four-vineyard blend that's both seductive and sustainable. Biodynamic farming has been the way at the Felton farm since 2010, and it shows in the breathtaking purity of this silken pinot. Floral, dark cherries, fennel, fine tannins and thrilling acidity, and closed with the recyclable screwcap.

Chocolate Pairing Workshop
WITH DJ KEARNEY

Wednesday, May 7 • Save the Date

Have You Heard?

CLUB NEWS

Join us in recognizing two impressive staff work milestones!

Megan Powell is celebrating 15 years at TCC! Megan has worn many hats during her tenure here. She joined the team as a server and bartender in Cuvée and continued her journey in Catering before a brief stint in Membership Sales. She is currently TCC's Director of Catering.

Tomas Santiago is celebrating 20 years on our Housekeeping team! Tom is hardworking and consistently delivers great work as a well-rounded team member.



Father Daughter Gala *Enchanted Garden*



Fathers and daughters enjoyed a magical evening at TCC at February's gala. A professional photographer captured unforgettable moments and special portraits against a pretty flower wall. Girls and guests got creative at the craft station decorating picture frames to take home. The scavenger hunt kept everyone on their toes

TCC's pastry team pulled out all the stops, delivering adorable desserts, and everyone worked off their healthy helping from the buffet station on the dance floor at the end of the night. Thank you for making this night so special!





Member of the Month

MOOJAN AZIZI

Moojan Azizi was 6 when his family left Iran shortly before the onset of the Islamic Revolution in 1979. His mother was Dutch, so the first move was to Holland, followed shortly thereafter by a move to England. When the family left for Vancouver in 1983, the only thing Moojan knew about Canada was Wayne Gretzky. But it wasn't hockey that caught his interest as an impressionable 12-year-old, now living half a world away from his roots in Iran. It was football.

"I wanted to assimilate right away, so I became a huge B.C. Lions fan. I was big for my age and playing football quickly became my life."

His skill at the game earned him an athletic scholarship to Simon Fraser University, but his interest in the sport didn't last. "I believe my life moves in segments, and that segment of my life — football — was over."

While he stayed in school completing a degree in communications, the next segment of his life revealed itself. "I started a music career in rap," he says. "That was a blast."

And Moojan wasn't just some street-corner rapper with a baseball cap on the ground busking for loonies. "Lil Mooj," later to be known as "AZ" was the real deal. He performed at Richards on Richards on a few occasions. He had a single on a popular Canadian dance tracks CD. He travelled

with a Baha'i performing group across Western Canada, and even to such far-flung stops as the Hawaiian Islands and Siberia.

Then one day the rapping ended, and the door was closed on another segment in his life. "We all have our 'aha' moments — those points in time when we can see what lies ahead, those moments when everything changes. I had my 'aha' moment in 1996. The rapping, the football, the sleeping in — it was all fun. But now I had to get serious and there was an opportunity in front of me."

Moojan's father, whose company Impex Management was built on commercial real estate asset management, introduced his son to a broker with Colliers Canada. The broker took a liking to Moojan, and recommended he join the company at an entry level position. "Honestly, I was not asking for, nor expecting that. But that night I had my 'aha' moment. I called him the next day and I told him I was in. Next thing you know, I'm 23 and put in charge of leasing retail in Langley and White Rock. Not long after that, a position comes open to run all the office leasing throughout the Fraser Valley. They asked if I would be interested and I was 'oh yeah, I'm interested in that for sure.'"

He stayed at Colliers growing the operation in the Valley for the next five years. When he left, he moved downtown and began to work with his father at Impex as well as starting his own real estate-consulting company. His considerable success with clients managing and developing properties throughout the Lower Mainland eventually caught the attention of RE/MAX Canada. "They called and asked if I would be interested in owning a commercial franchise for Vancouver. That was another 'aha' moment for me."

Moojan recently sold his RE/MAX franchises (commercial and residential) and now works exclusively as the managing director for Impex Management.

Moojan first joined the Terminal City Club in 2006. He tried to develop a routine of hitting the gym in the afternoon, but his busy schedule at work meant working out wasn't a priority. "I gave up my membership, then, shortly after that, my doctor told me I really had to start getting more exercise. I didn't want my kids to lose their dad at 50 from a heart attack, so I went back to the TCC and rejoined. But this time I made the conscious decision to get in the gym every morning when the doors opened."

For more than a decade now, Moojan has been a key member of the TCC Morning Crew, a group of regulars who meet every morning, work out together, then go grab a coffee in the lounge before facing the workday. "When I am here it is literally my home away from home. This community we have created in the morning grew organically. Sometimes there will be five of us and sometimes 20. We are all so supportive of one another. We celebrate birthdays and milestones together. This group of friends is what makes the club so meaningful for me. We have a tight bond. The experience has changed my life in the most rewarding ways."

When he's not at the club or busy at work, Moojan is a family man. He and his wife Noushin have five children, including triplets. Amazingly, four of the five children arrived in the same calendar year, and all five were born within a three-and-a-half-year span. "I do things big," he says contentedly. 🌟

PHOTO: Moojan Azizi was photographed in the Members' Lounge by Jennifer Silver.

Focus ON FITNESS

WEEKDAYS
WEEKENDS

HOURS

6 a.m. – 10 p.m.

7 a.m. – 8 p.m.

SQUASH & POOL

ADULT-ONLY SWIM TIME

WEEKDAYS 6 – 9 a.m.

WEEKENDS 7 – 9 a.m.

SQUASH COURT BOOKINGS

Squash court bookings are available through sportyhq.com. New users: 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 \$32.50 is waived on weekends for the spouse or common-law partner of a member.

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

SWIM

SWIM COACH **JOHN RYAN:**

Contact Doreen:

john@swimminginvancouverbc.com

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 5 – June 21

(No lesson on April 19 and May 17)

\$275 plus GST

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

*12:10 classes run concurrently

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

PRIVATE SWIM LESSONS

Private lessons for children are available on Saturdays before and after group lessons from 9 – 10 a.m. and from 1 – 3 p.m.

Private lessons for adults are available on Wednesday and Friday afternoons.

SQUASH

SQUASH COACH **BARRY GIFFORD:**

squash@tcclub.com or 604-219-8233

SQUASH LESSONS

Try a private or partner lesson on Tuesday, Wednesday, Thursday, or Saturday (other days upon request). Coach Barry Gifford is a seasoned squash professional with over 30 years of experience. Each lesson is tailored to your needs and can include mental strength training and yearly training plans upon request. **Junior or partner lessons and group sessions also available upon request.**

FREE BEGINNER'S CLINIC

Wednesday, March 12 | 5 – 6 p.m.

Learn the basics in a fun environment! Please register by calling the Fitness Centre prior to 8 p.m. on Monday, March 10.

ADULT SQUASH DRILLS

Wednesdays | 4 – 5 p.m. | \$25

Saturdays | 11 a.m. – 12 noon | \$25

These drills are for intermediate/advanced VSL players. To register, contact Barry for placement by 5 p.m., the previous day.

VANCOUVER SQUASH LEAGUE

VSL's winter 2025 session will be running until March, followed by playoffs in April. TCC is hosting a Division 4, 6 and 7 team. Please contact Barry to register as a full-time, or part-time player:

JUNIOR SQUASH 2025

Saturdays | April 5 – June 21

(10 lessons; no class April 19 and May 17)

\$200 plus GST, charged upon registration

Drop-ins possible; please call Barry.

12:15 – 1 p.m.	6 – 7 years
1 – 1:45 p.m.	8 – 12 years
1:45 – 2:30 p.m.	12 – 16 years



GROUP CLASSES

F.I.T. WITH ATHOS

Mondays on Zoom | 12 noon – 1 p.m.

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

VINYASA YOGA WITH CLARE

Tuesdays, in person | 6:30 – 7:30 a.m.

Vinyasa is an active, flowing style of yoga proven to improve strength, balance, and flexibility. This is an all-levels class, with options provided to ensure all participants feel challenged and successful.

CORE CONDITIONING WITH LEILA

Tuesdays, on Zoom | 12 noon – 1 p.m.

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

PILATES: STRENGTHEN WITH ZORICA

Wednesdays, on Zoom | 7 – 8 a.m.

Focus on muscle groups in the upper torso, shoulders, arms and back. Build strength, gain flexibility and work toward pain-free movement.

CARDIO KICKBOXING WITH LEILA

**Wednesdays, in person
12 noon – 1 p.m.**

This fun, non-contact workout utilizes boxing skills and drills to engage every muscle group in your body. Increase your cardio endurance, power and stamina.

POWER FLOW YOGA WITH RACHEL

Thursdays, on Zoom | 7 – 8 a.m.

Power Flow is a vigorous, athletic approach to yoga and an excellent complement to any sport. Improve muscle tone, strength, flexibility, and balance.

TOTAL BODY STRENGTH WITH LEILA

Fridays, in person | 12 noon – 1 p.m.

Build a strong body through low intensity and non-impact weight exercises. Increase your strength and endurance, improve your metabolism, increase bone density and improve balance.



45-DAY FITNESS CHALLENGE!

Congratulations to all 126 participants!

92 members successfully completed the challenge this year. We salute your efforts and encourage you to keep up the healthy habits you've built over the past two months—stay strong and keep moving!

TRAIN

SEASONAL PROMOTION: FREE TRX SUSPENSION TRAINING SESSION

Looking for new and challenging workout for spring? Try a free 60-minute TRX Suspension Training session with MilFit personal trainers!

Developed by a Navy Seal, TRX is a cutting edge suspension training system that uses your own body weight to deliver an efficient, powerful, core-centric full-body workout. TRX is perfect for all levels to effectively cultivate functional strength, increase flexibility and improve overall athleticism. To learn more or book a session with a certified TRX trainer, please contact Milwina Guzman at milwina@milfit.ca or 604-716-8927.

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.



Easter

Family Brunch Buffet

SUNDAY, APRIL 20

11 a.m. & 12 noon seatings

Adults: \$120 plus tax & service charge | Kids: (4-12): \$55 plus tax & service charge

**EXTRAVAGANT BRUNCH BUFFET • MAGIC TRICKS
EASTER BUNNY • KIDS CRAFT ROOM • SCAVENGER HUNT**