

HOLLYBURN COUNTRY CLUB'S DEC 2020 / JAN 2021 ISSUE

THE VIEW



NEW YEAR'S EVE

2021

Celebrating NYE two COVID-friendly ways this year!
See pages 12 and 13 for more details!



HOLLYBURN
COUNTRY CLUB

BUILD YOUR FINANCIAL STRENGTH.

Expert advice for the road ahead.

The future can seem uncertain, but you don't have to be. Our personalized guidance and expert advice will help you build financial strength and resilience, so you feel confident in meeting tomorrow's challenges. Call or visit us online today.



604.982.8000
blueshorefinancial.com



Hollyburn
Gardens



Hollyburn Gardens

Be Here

A rare collection of premium 1, 2 & 3 bedroom beach-side rental homes in one of the most coveted neighbourhoods in the city.

- Pet Friendly
- Large Units & Balconies
- Steps to Centennial Seawall
- Ocean & Mountain Views
- Near Community Centre, Transit & Shopping

**NOW PRE-LEASING. MOVE-IN EARLY 2021.
BOOK A VIEWING TODAY!**



HOLLYBURN
PROPERTIES LIMITED

(604) 800 - 2982

HOLLYBURNGARDENS.COM

EXECUTIVE

CAROL FRASER
President

NANCY CHAPMAN
Vice President

KEVIN SMITH
Treasurer

ROSE KEITH
Secretary

TOM DIELSCHNEIDER
Past President

DIRECTORS

JON BISHOP

MATT BRADSHAW

GREG DELBIGIO

GUY ELLIOTT

CAMERON HUNTER

SCOTT MURRAY

WENDY POLLOCK

AMIR POURDAD

STEVE RECHTSCHAFFNER

JO-ANNE WEILER

ELAINE WONG

CONTACT

T 604-922-0161 F 604-922-9811

W HOLLYBURN.ORG

For all Membership inquiries contact
Cait Lundy at 604.913.4508

Design by Philip Aristou

CONTENTS

5	Holiday Operating Schedule
6	Message from the CEO
7	Message from the President
8	Intermediate Membership
9	What's Happening at Hollyburn?
10	Revenue and Expenses
11	Physiotherapy
12	New Year's Eve Dinner
13	New Year's Eve Curbside Pick-up
14	Featured Athlete
16	Athletic Achievements
18	Catering
20	The Sports Boutique
21	The Boutique Box
22	You Speak We Listen Comments
23	Chef Paul's Menu Pairing
24	Featured Artist
25	Insta-Moments
26	Featured Personal Trainer
27	Board of Directors
28	2020 Favourite Moments
31	Athletic Departments

Holiday Operating Schedule

December 23, 2020 to January 2, 2021

DATE	FITNESS CENTRE	AQUATIC CENTRE	RACQUETS	TENNIS DESK	YOUTH CENTRE	HOLLYVILLE CHILDCARE	SPORTS BOUTIQUE	ADMIN OFFICE
WED DEC 23	5:30AM-8:15PM	6AM-9PM	6AM-10PM	8AM-9PM	Open for Youth Camps Only	8:45AM-4PM	10AM-7PM	9AM-5PM
THURS DEC 24	7:45AM-3:15PM	6AM-3PM	7AM-2PM	9AM-2PM	Open for Youth Camps Only	8:45AM-1PM	10AM-3PM	9AM-1PM
FRI DEC 25	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
SAT DEC 26	9AM-8:15PM	9AM-9PM	9AM-10PM	10AM-8PM	CLOSED	CLOSED	CLOSED	CLOSED
SUN DEC 27	6:30AM-8:15PM	6AM-9PM	6AM-10PM	9AM-8PM	CLOSED	8:45AM-1PM	CLOSED	CLOSED
MON DEC 28	5:30AM-8:15PM	6AM-9PM	6AM-10PM	9AM-8PM	CLOSED	8:45AM-1PM	11AM-4PM	CLOSED
TUES DEC 29	5:30AM-8:15PM	6AM-9PM	6AM-10PM	9AM-8PM	CLOSED	8:45AM-1PM	11AM-4PM	10AM-3PM
WED DEC 30	5:30AM-8:15PM	6AM-9PM	6AM-10PM	9AM-8PM	CLOSED	8:45AM-1PM	11AM-4PM	10AM-3PM
THURS DEC 31	5:30AM-3:15PM	6AM-4PM	6AM-3PM	9AM-3PM	CLOSED	8:45AM-1PM	11AM-4PM	9AM-1PM
FRI JAN 1	9AM-8:15PM	9AM-9PM	9AM-10PM	10AM-8PM	CLOSED	CLOSED	CLOSED	CLOSED
SAT JAN 2	6:30AM-8:15PM	6AM-9PM	6AM-10PM	8AM-8PM	CLOSED	8:45AM-4PM	11AM-4PM	CLOSED

Facility Schedules - Available on website and app

CLUB HOURS

DATE	REGULAR HOURS 5:30AM - 12:00AM	FRONT DESK
WED DEC 23	5:30AM-12AM	8AM-9PM
THURS DEC 24	7AM-4PM (Facilities close at 3pm)	8AM-3PM
FRI DEC 25	CLOSED	CLOSED
SAT DEC 26	9AM-12AM	9AM-9PM
SUN DEC 27	5:30AM-12AM	8AM-9PM
MON DEC 28	5:30AM-12AM	8AM-9PM
TUES DEC 29	5:30AM-12AM	8AM-9PM
WED DEC 30	5:30AM-12AM	8AM-9PM
THURS DEC 31	5:30AM-5PM (Facilities close at 4pm)	8AM-4PM
FRI JAN 1	9AM-12AM	9AM-10PM
SAT JAN 2	5:30AM-12AM	8AM-9PM

FOOD SERVICES HOURS

DATE	BISTRO*	BAR & GRILL
WED DEC 23	CLOSED	9AM-11PM
THURS DEC 24	CLOSED	9AM-3PM
FRI DEC 25	CLOSED	CLOSED
SAT DEC 26	CLOSED	9AM-11PM
SUN DEC 27	CLOSED	9AM-10PM
MON DEC 28	CLOSED	9AM-10PM
TUES DEC 29	CLOSED	9AM-10PM
WED DEC 30	CLOSED	9AM-10PM
THURS DEC 31	CLOSED	9AM-4PM
FRI JAN 1	CLOSED	9AM-10PM
SAT JAN 2	CLOSED	9AM-10PM

*Bistro closed until January 8th



CEO'S Message

Ed McLaughlin / CEO

emclaughlin@hollyburn.org

Dear Members,

As I write this message, the Club is hosting our first Christmas brunch. This year, even Santa and Mrs. Claus are socially distancing as they are communicating with Hollyburn families from the North Pole! The Club looks great for the holidays and our Food and Beverage and Youth teams have worked hard to create a great experience. The holiday season is a great way to end a tough 2020.

Clearly, this has been the most difficult year of my Club career. The ever-changing rules of the pandemic have presented the Club with daily, weekly and monthly challenges that nobody could have predicted as we headed into this fiscal year.

I had an old boss once who said "It's the tough times that present us with the best learning opportunities" and this year has presented all of us with a lot of learning opportunities! I still feel like I am on another planet when I see Members arriving to the Club wearing masks or when I go to the grocery store and there is a lineup to get in with everybody standing 6 feet apart.

I am not sure what our new normal will be but whatever it is, I can't wait for it to happen. This week we will see Canadians start to receive the vaccine so there is a light at the end of this long tunnel!

The Club's employees have had to step up in a big way during the pandemic to supervise their departments, manage the stress involved in operating a business during a crisis and provide leadership to our staff as they work through their own Covid fears.

Our Senior Management team has been working full tilt since mid-March and have had to work many evenings and weekends to deal with issues that have developed. Without exception, our team has risen to the occasion making decisions where there is no playbook. Keeping Members and staff safe, providing communication to the Members, being organized to take advantage of available government subsidies and to lend a supportive ear to our employees. To Kathryn Cowden, Elaine Hamilton, Gavin Hamblin, Ernest Batcho and Clark McKenzie, my sincere thanks for all the work you have put in. You are a dedicated group and I appreciate everything you bring to the Club.

Special thanks also goes to Marta Jones, the Clubs Human Resources Manager, who has done an amazing job keeping our employees informed, safe and supported.

To all of the Members, I hope you have a very Merry Christmas, Happy Holidays and a sincere wish that 2021 brings brighter days ahead and no masks!

Holiday Operating Schedule

MEMBERS PLEASE NOTE:

The Holiday Operating Schedule will be in effect from Wednesday, Dec 23, 2020 to Saturday, Jan 2, 2021.

December 24th

Facilities close at 3:00pm
Club closes at 4:00pm

December 25th

CLUB CLOSED

December 26th

Club opens at 9:00am

December 31st

Facilities close at 4:00pm
Club closes at 5:00pm

January 1st

Club opens at 9:00am

The complete schedule can be found on Page 5, after the table of contents, on the website, app or at Member Services.

Welcome Our New Members

Alexander Malekyazdi

Kexu (Kevin) Long

Referred by: Rongxin Fu & Darya Khazei

Harmen Verbrugge

Referred by: Betty Brauer

Bryan Pellerino

Referred by: Mohamed Mansour

Camilo Ramirez Gomez

Referred by: Diane Hogan

Monika Sumara

Referred by: Shima Faishi,
Victoria McMillan, Faye Hui

Stuart Clark

Nader Shabdiz

Referred by: Roz Seyednejad
& Nargess Tabrizy



President's Message

Carol Fraser / *President*

president@hollyburn.org

Celebrating the holidays will look different for many of us this year, but I hope you find ways to connect safely with loved ones and to find joy in the magic of the season.

Reflecting on 2020 has made me certain of my priorities: family and friends. It's reminded me to appreciate the little things in life; things often taken for granted, like a hug or coffee with a friend.

While 2020 presented unprecedented challenges, it also brought out the best in us: goodness, generosity and a willingness to come together to help during trying times.

In addition to supporting one another, our Hollyburn community extended its reach this year, donating meals to front line workers, raising over \$15k for charitable organizations, establishing a Tennis Centre giving wall for families and many more worthwhile efforts.

As we look back on a year filled with uncertainty, there's also a lot to be thankful for.

To our local heroes, (many of them Members suddenly thrust into essential worker roles) thank you for your fearless service and the sacrifices you make every day. Your dedication, commitment and courage deserve our deepest gratitude.

To our Members, thank you for your continued support and trust. This year has not been easy, and we appreciate your encouragement. We're following every Vancouver Coastal Health protocol and doing our very best. My heart goes out to Members and staff who have



fallen ill with COVID-19. I sincerely hope that you and your families are recovering well and able to enjoy the holidays.

To our Management team and staff, we are grateful for your hard work and countless hours you give to keeping Members informed. You are all setting an extraordinary example of commitment, professionalism and solidarity.

To the Board, thank you for your many contributions. We would not have been able to navigate this pandemic without your wise counsel and patient advice.

To our Committee volunteers, thank you for giving selflessly your time, talents and dedication. You make Hollyburn a better place.

2020 will be a year that we'll all be happy to say goodbye to. With the promise of a fresh start ahead, let's make 2021 a year to remember. Let's all continue to do our part so we come through on the other side stronger and better than ever – both as a Club and a community.

Please look after yourselves and your families.

Happy Holidays!

New Full & Intermediate Member Applicants

1	Full Membership Robert Yu 11/10 Lucia Li	Business Owner Financial Manager	Vancouver ShipInvest Seapower International Consulting
2	Intermediate Membership Jenna Bossons 11/11	Talent Aquisition Coordinator	Canucks Sports & Entertainment
3	Intermediate Membership Elyssia Patterson 11/13 Nathan Parsons	CEO Insurance Broker	Urbane Capital BFL Insurance
4	Intermediate Membership Stephanie Elmitt 11/19 Evan Gjernes	Student Software Sales	Sophos
5	Intermediate Membership Griffin Reinhart 12/3	Pro Athlete/Investor	Vanhart Capital
6	Intermediate Membership Ariella Birch 12/4	Registered Nurse	Vancouver Coastal Health
7	Intermediate Membership Maxwell Reinhart 12/8	Investor	Vanhart Capital
8	Full Membership Sandra Freeman Ferguson 12/8 Brendan Ferguson	Casting Director Film Producer	Freeman Casting 599871 Ltd. BC
9	Intermediate Membership Allison Irwin 12/9	Media Outlet	Daily Hive



Your Club, Your Family

Continuing the family tradition.

If you are 26-39 years old and you were a member under your parent's Hollyburn account, you may qualify for a discounted entrance fee as an Intermediate Member.

Contact Carolyn at cdevlin@hollyburn.org to see if you qualify!



INTERMEDIATE MEMBERSHIP ENTRANCE FEE

AGES 26-29
\$15,000

AGES 30-34
\$22,500

AGES 35-39
\$33,750

What's Happening

AT HOLLYBURN?



Dry Cleaning

Did you know we offer a dry cleaning partnership here at the Club? Simply bring your clothes to the closet next to the Sports Boutique, fill out a new customer form and leave your clothing & form in a bag. Dressed in Blue Dry Cleaning Services will do pick-ups and drop-offs at the Club every Tuesday and Friday, and they will bill directly to your credit card! See Member Services for more details!



COVID-19 Update

As we continue to navigate COVID-19, we are doing everything possible to protect Members and staff. Please refer to the Club protocols for each department on Hollyburn.org and check your email for Club updates. If you are not receiving Club communication on a regular basis, we may need to update your email address or re-subscribe you. Please contact James Darling at jdarling@hollyburn.org.



New Year's Eve: *Bring on 2021*

Two ways to celebrate! Join us at the Club for a decadent evening, or take our NYE Curbside Pack home!



DINNER AT THE CLUB

Enjoy a 6-course, beverage-paired dinner in the HCC dining room. 19+, Members only, immediate household only. 6pm-9:30pm, RSVP to Edwin at edickinson@hollyburn.org.

Childcare and youth supervision available! Register on Game Time!



CURBSIDE NYE DINNER PACK

Pick-up a lavish Curbside Dinner pack by pre-ordering to Edwin at edickinson@hollyburn.org by December 23rd. Four menus to choose from! See Hollyburn.org or the HCC App for the menus!



Intermediate Membership

Put a membership under the tree this holiday. If you know someone who is 26+ years of age and was a member under their parents' Hollyburn account, they may qualify for a discounted entrance fee as an Intermediate Member. Contact Carolyn at CDevlin@hollyburn.org for more information.



Festive Holiday Dinner at Home

Chef Paul has created a Festive Holiday Dinner that your entire family will love. Spend quality time with your loved ones without the extra work in the kitchen and indulge in a 3-course meal in the comfort of your home. Available until December 24th, we require 72 hours notice. Contact JFreeman@hollyburn.org for more information.

REVENUE AND EXPENSES

For the six months ended September 30, 2020 and 2019

	Sept 30, 2020 Actual	Sept 30, 2020 Budget	Sept 30, 2019 Actual
Revenue:			
Members' dues	\$ 3,907,468	\$ 4,186,950	\$ 4,072,395
Food and beverage	685,892	2,549,450	2,584,487
Recreational programs	1,382,009	2,809,900	2,665,390
Sports boutique	158,745	320,300	319,102
Operating	61,266	187,300	197,035
Miscellaneous	99,215	125,000	124,161
	6,294,595	10,178,900	9,962,570
Expenses:			
Food and beverage	845,497	2,621,920	2,726,390
Recreational programs	1,152,059	2,202,330	2,316,246
Sports boutique	165,644	320,465	312,788
Operating	2,842,019	4,897,830	4,787,858
	5,005,219	10,042,545	10,143,282
	1,289,376	136,355	(180,712)
Interest income, net of income taxes	493	4,500	8,527
Excess (deficiency) of revenue over expenses before undernoted items	1,289,869	140,855	(172,185)
Other revenue (expenses):			
Entrance fee revenue	1,238,643	1,190,000	3,351,237
Amortization	(1,225,641)	(1,228,000)	(1,221,276)
Interest expense	(104,206)	(86,360)	(108,365)
Long-range planning	-	(40,000)	(84,055)
	(91,204)	(164,360)	1,937,541
Excess of revenue over expenses	\$ 1,198,665	\$ (23,505)	\$ 1,765,356

Food and Beverage

	Sept 30, 2020 Actual	Sept 30, 2020 Budget	Sept 30, 2019 Actual
Sales			
Food	\$ 464,585	\$ 1,903,000	\$ 1,940,413
Beverage	220,310	634,950	635,014
Other	997	11,500	9,060
	685,892	2,549,450	2,584,487
Cost of sales:			
Food	183,989	739,400	797,698
Beverage	98,529	308,100	312,130
	282,518	1,047,500	1,109,828
Gross contribution	403,374	1,501,950	1,474,659
Direct expenses:			
Salaries, wages and benefits	485,091	1,381,720	1,421,544
Miscellaneous	77,888	192,700	195,018
	562,979	1,574,420	1,616,562
Operating gain (loss)	\$ (159,605)	\$ (72,470)	\$ (141,903)

Let's Not Forget EXERCISE!

With the pressures of work & school during a pandemic, it's easy to overlook an equally vital part of our schedules - exercise. Daily exercise not only helps kids and adults stay physically and emotionally healthy, it also helps to boost cognitive function. Physical activity is a foundation for a healthy lifestyle; unfortunately, much of our work, school and leisure time is sedentary.

The Canadian Society for Exercise Physiology (CSEP) has developed clear guidelines that outline the optimal amount of physical activity, sedentary behaviour, and sleep for people of all ages.

According to CSEP:

A healthy 24 hours for children age 5-17 includes high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day.

FOR CHILDREN 5 – 11 YEARS

For health benefits, children aged 5-17 years should accumulate at least 60 minutes of moderate (bike riding, playground activities) to vigorous-intensity physical activity daily. This should include:



Vigorous-Intensity Activities

(running, swimming) at least 3 days per week.



Strength

Activities that strengthen muscle and bone at least 3 days per week.



Health

More daily physical activity provides greater health benefits.

Melanie Prentice

Physiotherapist
physio@hollyburn.org

FOR YOUTH 12 – 17 YEARS

This should include: vigorous-intensity activities at least 3 days per week. Activities that strengthen muscle and bone at least 3 days per week. More daily physical activity provides greater health benefits.

Being active for at least 60 minutes daily can help teens:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

ADULTS

Adults can achieve health benefits (lower risk of cardiovascular disease, type 2 diabetes, several cancers, weight gain & improved bone health) by following the CSEP guidelines.

Adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. More physical activity provides greater health benefits.





NEW YEAR'S EVE

2021

DINNER AT THE CLUB

Join us in the Dining Room for a spectacular multicourse dinner!
Beverage pairings and cellar wines available.

\$100
PER PERSON

DINNER

\$150
PER PERSON

**DINNER & SIX
BEVERAGE PAIRINGS**

**Black Olive & Sundried
Tomato Sourdough Bread**
honey cashew butter

Iced Raw Kushi Oyster
*northern divine caviar,
crisp espelette cookie*

Cured & Fermented Beet Salad
neufatchel, apple, radish, hazelnut

Pumpkin Veloute
whipped garlic

Slow Roasted Chilean Seabass
dashi broth, wild mushroom, sake

Dual of Berkshire Pork
*confit belly, winter fruit stuffed loin, spaetzli,
white asparagus, spiced apple, mustard jus*

Pancetta Wrapped Dates
manchego, mint

Chocolate Crème Brule
passionfruit jelly, shortbread cookie

THURSDAY, DECEMBER 31ST

6:00PM - 9:00PM



RSVP: EDICKINSON@HOLLYBURN.ORG

Reservation deadline for NYE Dinner at HCC is December 23RD
19+, members only, core bubble bookings only please.

**Childcare
& Youth
Supervision
Available!**

3yrs+, 6pm-9:30pm.
Book on GameTime




NEW YEAR'S EVE

2021

 **Curbside
PICK-UP**

Choose the right menu for your family to celebrate together at home!



**BLACK TIE
CELEBRATION**
\$300



**FAMILY
FEAST**
\$125



SUSHI
ECONOMY \$100
SPECTACULAR \$180

* EACH MEAL FEEDS A FAMILY OF FOUR

PICK-UP: THURSDAY, DECEMBER 31ST

11:00AM - 4:00PM



HOLLYBURN
COUNTRY CLUB

RSVP: EDICKINSON@HOLLYBURN.ORG

Reserve your take-home NYE Dinner by December 23RD

**Magnums of
Wine, special
sparkling and
cocktail kits
available!**

FEATURED ATHLETE

Jarrood Smith



Age: 16 **Sport:** Hockey (forward)

Number of years you have played your sport? 11

What is your biggest accomplishment in your sport?

My biggest accomplishment in my hockey career is playing in the Brick Hockey Tournament.

What would be your ultimate achievement?

My ultimate achievement would be to play Division 1 hockey in the States and get a business degree.

Who is your role model in your sport?

Ever since Atom hockey my role model has been Sidney Crosby.

Do you have any good luck rituals or superstitions?

I always put on my left sided gear first, and tape my stick heal to toe.

What is the best advice you have been given?

The best advice I have been given, is from one of my coaches who said "Never lose your work ethic".

Where do you draw your inspiration from? Or do you have a motto that inspires you or helps you to accomplish your goals?

I draw inspiration from watching my favourite players like Bo Horvat and Brayden Point. I like to think that confidence is built through consistency and hard work.

What is your favorite pre-game meal?

My pre-game meal has always been chicken and pasta with tomato sauce.

What are three essential items in your sports bag?

Skates, tape, and my stick

When you were younger, what did you want to grow up to be?

When I was younger, I always wanted to play in the NHL or play pro hockey after going to university.

Do you still want to be what you mentioned in the last question, or do you have another vision?

Yes, I still strive to play pro hockey after going to the States to play Division 1 hockey.

What other sports or activities do you enjoy in your spare time?

I enjoy playing golf and guitar in my spare time.

What tournament/challenge would you like to participate in?

I would like to participate in the RBC Cup in the BCHL someday.

As a Hollyburn Member, what is your favourite Hollyburn moment?

My favourite moment as a member at Hollyburn was winning all 3 tournaments in Peewee A1 in the same season with coaches Kit and Tate Matkaluk.

What do you want to be remembered for when you outgrow your sport at Hollyburn?

I want to be remembered for my leadership and commitment to all my teams.

FEATURED ATHLETE

Olivia Jakeman



Age: 16 **Sport:** Swimming

Number of years you have played your sport?

I've been swimming for about 6 years.

What is your biggest accomplishment in your sport?

I qualified for Junior Nationals.

What would be your ultimate achievement?

Inspiring others to keep active and have fun no matter the challenge you are faced with.

Who is your role model in your sport? I would say Maggie MacNeil a Canadian Butterflyer, or Caeleb Dressel.

Do you have any good luck rituals or superstitions?

At every swim meet I bring two swim caps and two pairs of goggles every time I go up to race.

What is the best advice you have been given?

Trust the Process.

Where do you draw your inspiration from? Or do you have a motto that inspires you or helps you to accomplish your goals?

When I'm having a tough time in workouts my go to motto is "I'm getting stronger".

What is your favorite pre-game meal?

Anything spicy.

What are three essential items in your sports bag? My swimsuit, Towel, 2 pairs of goggles, 2 caps and a water bottle.

When you were younger, what did you want to grow up to be?

I wanted to be a physio therapist for the Canadian national team.

Do you still want to be what you mentioned in the last question, or do you have another vision?

I don't have as much of an interest in the sciences anymore, but I would still like to work with a sports team, maybe as a manager.

What other sports or activities do you enjoy in your spare time?

I love doing CrossFit and cooking.

What tournament/challenge would you like to participate in?

I'd love to go to PanPacs.

As a Hollyburn Member, what is your favourite Hollyburn moment?

My favourite moment would have to be eating the amazing bistro muffins with friends!

What do you want to be remembered for when you outgrow your sport at Hollyburn?

Inspiring other swimmers to stay in the sport and enjoy the journey.



Athletic Achievements

Kathryn Cowden / CXO, Chief Experience Officer

kcowden@hollyburn.org

Activity Committee Fundraising Challenge Winners

This year we were unable to host the annual Christmas Tree Decorating Competition for our activity committees. We wanted to keep the holiday (and competitive) spirits alive, so we held our First Annual Committee Fundraising Challenge. Each committee selected an organization to support, fundraised for two weeks and then submitted their contributions. Between the committees we raised a total of **\$15,805** for North Vancouver Harvest Project, North Shore Family Services, North Shore Women's Centre, North Shore Crisis Society, North Shore Shelter/Look Out, Volunteer Cancer Drivers Society, West Vancouver Foundation, and the Greater Vancouver Foodbank. Thank you for everyone's efforts in fundraising and the generosity of all those who donated.

The best part of this challenge is that everyone wins by giving back to our community! But we do still have a winner to announce. Congratulations to the Minor Hockey Committee who won first place and raised over **\$7,000!**



Figure Skating Tree



Fitness Tree



Gift cards from the Tennis Giving Wall

HOCKEY

U13 A2 Team Undeafeated in League Play

The Hollyburn Huskies U13 A2 team, coached by Steve Marr and Nathan Fischer, won all 4 of their scheduled games. In addition to their 4-0 record, they scored 13 goals and only allowed 7 goals against in 4 games! With the addition of all 4 sportsmanship points, that put them in 1st place in Cohort 15, ahead of Whistler and two other teams who played 6 games! Moreover, the U13 A2 team has underage goalie Ashton Sims between the pipes who is actually of age to play in the U11 division! Congrats of a great team effort to start the season off with!

U15 A1 Huskies Start the 2020/21 Season Undeafeated

The Hollyburn Huskies U15 A1 team, coached by Don Jamieson and Huskies alum Kyle Kaufmann, also started the 2020/21 season off with a 4-0 record. They sit alone atop Cohort 7 with 11 out of 12 points, ahead of the Richmond Jets, Vancouver Minor, and Cloverdale. In 4 games, the team scored 28 goals and only allowed 2 against. Both goalies Ben Hicks and Rocco Vertone recorded shutouts. The play in front of both goalies has been spectacular – another great team effort to start the season.

Huskies Alum Cooper Connell Leads Coquitlam Express in Scoring

Hollyburn Huskies alum Cooper Connell (born in 2001) leads the BCHL "Junior A" Coquitlam Express in scoring with 6 goals and 7 assists (13 points) in 11 games (as of Nov 19, 2020). 6 of Cooper's 13 points have come on the power play. Cooper is committed to the NCAA Division 1 program at Bentley University for the 2021/22 season. Congrats Cooper on a great start to the 2020/21 season.



PICKLEBALL

Men's Pickleball Night Winners



Nov 15
Jon Sitter & Greg Longster



Nov 8
Eric Fought & Dave Bauman



Oct 6
Greg Longster & Cam Good



Sept 29
Jon Sitter & Doug Ford



Sept 15
Dave Bauman & Dan Allard



Sept 8
Dave Bauman & Mark St.George



Sept 1
Dave Bauman & Mark St. George



July 21
Mo Asgari & Craig Stuart

No Photos

- Nov 1 Eric Fought & Jeff Boag
- Sept 22 Jon Sitter & Greg Longster
- Aug 25 Davis Fong & Doug Ford
- Aug 18 Davis Fong & Jon Sitter



HOLLYBURN
COUNTRY CLUB

CELEBRATE THE HOLIDAYS



This year the holidays might look a bit different. This is the time to stay close to home and spend time within your bubble. Let us help take away some of the stress of entertaining with items from our kitchen! From appy platters to a full holiday dinner.

For more info and booking,
contact Jan Freeman at
jfreeman@hollyburn.org.

MAKE FAMILY TIME DELICIOUS

We all have explored our culinary skills in the past months. Let us help you this holiday season. Chef Paul has created a Festive Holiday Dinner that your entire family will love. Spend quality time with your loved ones without the extra work in the kitchen and indulge in a 3-course meal from Hollyburn Catering in the comfort of your home. Available until December 24th, we require 72 hours notice.

Order by Monday, December 21st for December 24th pick up.
Email Jan Freeman: JFreeman@hollyburn.org or call 604.913.4513 to order.

Festive Holiday Dinner

\$200 - serves 4 people

Seasonal Bread and Whipped Butter

1st Course

Squash & Watercress Salad

Jumbo Prawn Cocktail
spicy cocktail sauce

Smoked Salmon
whipped cream cheese, bagel chips

2nd Course

Butter & Sage Roasted Turkey Breast

Confit Turkey Leg
stuffed with fennel

Sausage & Chestnuts

Creamy Mashed Potatoes

Roasted Organic Carrots & Beets
with yogurt & dukkha

Fried Brussel Sprouts
bacon, parmesan, lemon & chili

3rd Course

Christmas Shortbread Cookies

Sticky Toffee Pudding

Mincemeat Tarts

Menu pricing subject to 18% service charge & 5% GST

Platters To Go

Fine Canadian cheese, preserved fruits,
artisanal bread, nuts, and honey

\$80 - serves 10 people

Fresh seasonal fruit & berries

\$50 - serves 10 people

Mixed charcuterie, preserves,
artisanal crisps

\$70 - serves 10 people

Hollyburn shrimp cocktail, tomato,
horseradish, lemon

\$80 - serves 10 people

Finest vegetable offerings, market
vegetables, house made dips

\$50 - serves 10 people

Holiday Sweets

Minimum order of 2 dozen per item

\$46 per dozen

Mini butter tart

Mini mincemeat tart

Mini cupcake

Flourless chocolate brownie

Cheesecake lollipop

Shortbread cookies

What's Happening at **THE SPORTS BOUTIQUE**

This season is so important for all of our local retailers. Small businesses have suffered and continue to suffer immensely. We at the Sports Boutique want to make your shopping experience enjoyable, easy and safe this holiday season, and greatly appreciate all the support we have seen from our members.

We want small businesses to thrive into 2021 so please if you can, try to spread your shopping out, give yourself more time, have patience and support the store within your club or other independent retailers.

Let's shop our values in 2020 to help everyone move successfully into 2021. We want to make your holiday shopping experience as safe and smooth as possible!

The Christmas Village

The addition of our second store, The Christmas Village. Located in the Junior Lounge, this is a way for you to safely explore our festive offerings and create more space within the main store.



Holiday Boutique Box

For those hard to buy for friends and family in your life, we have created the Holiday Boutique Box. Choose your price, tell us a little bit about the giftee through our quick questionnaire, let us know when you need the gift, and we will create the perfect curated gift box for your special someone. This is great for all ages and occasions (even as a gift to yourself)!

Visit us online to place your order today!
www.aclubforlife.com/boutique-box



Gift Wrapping

As always, we are happy to offer complimentary gift wrapping for any and all gifts purchased.

Curbside Pick-up

Curbside Pick-up is still available! You can always email sportsboutique@hollyburn.org, call us at 604.913.4510, or send us a DM on our instagram @hollyburnsportsboutique with any questions, to make a purchase, or arrange a curbside pick-up!

Extended Hours

We have extended our hours to allow you more time to shop in both our main store and Christmas Village:

Monday-Friday: 10am-7pm
Saturday: 11am-5pm
Sunday: 12pm-4pm

From all of us at the Sports Boutique, thank you for your support through this challenging time and may you all have a very happy and healthy Holiday Season!



THE *Boutique*
BOX
INDIVIDUALLY YOURS

HOLIDAY EDITION

The Sports Boutique is offering a helping hand this holiday season with our customized Holiday Boutique Box!

Choose your price point, tell us a little bit about the giftee through our quick questionnaire, let us know when you need it by, and we will create a perfectly curated gift box for your special someone. This will make a great gift for all ages and occasions (including a gift to yourself!)

 THE SPORTS BOUTIQUE

*Order
Today!*

Email orders.sportsboutique@hollyburn.org with any questions.

Scan QR code or visit www.aclubforlife.com/boutique-box to place your order.

48 hour notice required for box pickup.



As a bonus, one lucky gift-giver will receive a Gold Ticket for themselves – a \$100 giftcard to spend in the Sports Boutique.


HOLLYBURN
COUNTRY CLUB



Hollyburn's "You Speak, We Listen" feedback form is a great way for members to bring Management's attention to things that are going well at the Club or things that need attention. Below are a few examples of comments received through this form from members and the responses followed-up by Management.

There are way to many children / adults hanging around outside of the karate. I don't feel safe walking through that hallway with so many people pack in and ignoring any concept of social distancing. The smaller children don't obviously wear masks which makes it that much more concerning.

Thank you for your feedback. It is critical Members follow our COVID-19 protocols to ensure everyone feels safe. We will increase security presence in this area, send a reminder to karate parents and increase signage. (Note, this message was sent prior to our karate classes being cancelled for the season).



This is such a difficult time. You are working extra hard and it's noticed. Thank you for taking the time to acknowledge the effort Hollyburn staff are making to keep everyone safe.

Can HCC (we) get the fireplace fixed - main lounge?

Yes! Thank you for bringing this to our attention. We will get the fireplace fixed as soon as possible.

Just had the delicious fish pie, our first takeaway. So glad there's a two person option now. Will you be doing a two person Christmas dinner? So many of us will be in small groups.

So glad to hear you are enjoying our Curbside program. Chef Paul will be offering Christmas Dinner for small groups. For more information, contact Jan Freeman at jfreeman@hollyburn.org or see page 18.

We have two servers recently that are fantastic. Carolyn and Nathan are both very professional but also friendly and very efficient. Kudos to them both.

Thank you for taking the time to give Carolyn and Nathan kudos. We agree, they are great and we will ensure they receive your positive feedback.



Can you please label the white spray bottles used to wipe down benches and nets in the tennis centre with a reminder that the solution is a strong cleaning agent and not hand sanitizer.

Since receiving your feedback we have added additional directions to the spray bottles as well as a QR code (giving Members more information on the solution if they are interested). Thank you for your suggestion!

Can you please tell me why the pool lane swim has changed to half hour time slots. There was no notification to members. All other programs in the pool maintain their 1 hour slots. Our apologies for any confusion regarding pool bookings. The good news is that you can now book a 30 min or hour time slot. We changed the booking times to ensure we were maximizing pool usage. Many Members were booking an hour time slot, but only using half of the time. With the new changes in place, Members looking for a shorter time slot can simply book a 30 minute slot.

We want to hear from you! Submit your feedback through the "You Speak, We Listen" feature on the Hollyburn App!



Chef PAUL'S

FEATURED MENU PAIRING



Chocolate Ginger Cake

burnt orange, candied ginger

Pairs well with Vollereaux Brut Reserve

For those looking to cap off 2020 with a celebratory pairing, look no further than a bottle of Vollereaux Brut paired with our Chocolate Ginger Cake, shared with your favourite person. This bright gold traditional champagne fills the palate with delicate, foamy bubbles. Its gentle flavours of white peach & honey perfectly compliment the spiced ginger notes and decadent chocolate in this divine little cake. Go on, after the year we've had, you deserve it!



FEATURED ARTIST

Marco Francesco

Marco Francesco first became interested in photography as a child growing up in Tofino. He used his father's old canon camera and developed 4x6s. Now a Vancouver-based lawyer, he does a variety of creative projects each year, documenting his trips abroad and adventures in general. His photography has been published in news papers such as the Vancouver Sun and the Province as well as in exhibits and fundraisers such as Art Vancouver.

He first became acquainted with the plight of the Rohingya a few years ago when travelling through Myanmar, which is also known as Burma. He has curated a series of images from multiple trips to Myanmar and Cambodia, which he first visited in 2010. From a remote rebel-run enclave on Myanmar's border with China to the bustling streets of Cambodia's capital, Phnom Penh, Marco's photographs capture some of the vibrancy and diversity of this fascinating region.



Marco is an experienced negotiator, business/family lawyer, arbitration counsel and mediator. He holds a Juris Doctor in law from the University of British Columbia as well as a Post Graduate Diploma of Arbitration from Oxford University (Queen's College). He is currently undertaking a part-time LLM in International Dispute Resolution from Queen Mary University of London. He can be reached via email at marco@stanleyparklegal.com, phone 778.885.7873 or Instagram @marcofrancesco.

***Marco's art will be displayed on Hollyburn's walls.
Take a look next time you are at the Club.***



Insta-Moments

hollyburncountryclub

hollyburncountryclub
Oly is happy to be back! Especially when we can still use the outdoor courts! #hollyburntennis #aclubforlife

hollyburncountryclub

hollyburncountryclub
Our Athletic Committees were challenged to a donation initiative this holiday season! Our Minor hockey team raised over \$7000 for the Feed the Need Initiative- where the funds will be matched by a grant from the West Vancouver Foundation...

hollyburncountryclub

hollyburncountryclub
A little Hollyburn Husky to brighten your Monday! Last week our 4 and 5 year olds got their new jerseys #hollyburnhuskies #hollyburnhockey #aclubforlife

hollyburncountryclub

hollyburncountryclub
Our Starting tomorrow, all group fitness classes are back on, including Pilates! Book your class on MindBody or call the fitness desk at 604-913-4563! #hollyburnfitness

Stay connected with your club and use the hashtags #hollyburncountryclub #aclubforlife #hollyburnathome

Follow us on Instagram @hollyburncountryclub

FEATURED PERSONAL TRAINER



Chelsea Raymond

LENGTH OF TIME AS A PT:

since 2008 (12 years)

LENGTH OF TIME AT HCC:

since September 2016 (4 years)

WHY DID YOU BECOME A PERSONAL TRAINER?

I became a personal trainer for a few reasons. The top three would be:

1. I absolutely love the world of health and fitness. I have grown up my entire life being involved in the world of sport, so why not surround myself in something I love.
2. I can't imagine myself sitting at a desk hours on end staring at paper work.
3. And most importantly, I wanted to help people become the best version of themselves, guiding them to make positive changes in their lives.

The work a trainer can provide improves someone's health, quality of life, personal relationships and affects not just that client, but can have an effect on their entire family or network of people. There is no greater satisfaction than knowing that the work you do is making a tangible difference in someone's life.

WHAT IS YOUR PERSONAL TRAINING PHILOSOPHY?

I believe that confidence, belief, hard work, consistency and desire lead to success. If you put your mind to it, anything is possible and attainable with the proper steps, support and discipline.

WHAT IS YOUR FAVORITE WAY TO WORKOUT?

After a good warm-up, I enjoy setting 2-3 small circuits mixing the majority of the circuit with strength focused exercises, and then mixing in some anaerobic drills (cardio-based exercises) to get the heart rate up, followed by core and posture work as a recovery.



Connor Lennox

LENGTH OF TIME AS A PT:

7 years

LENGTH OF TIME AT HCC:

5 years

WHY DID YOU BECOME A PERSONAL TRAINER?

I became fascinated with strength and conditioning at an early age through sport. Helping others to advance their training and see the positive impact that it has on their lives is highly rewarding.

WHAT IS YOUR PERSONAL TRAINING PHILOSOPHY?

I believe in evidence-based exercise programs focused on building skills, reducing injury and maximizing performance.

WHAT IS YOUR FAVORITE WAY TO WORKOUT?

Strength training!

Interested in serving on

The Board *of* Directors?

If you are interested in serving on the Board please email your contact information and curriculum vitae and/or biographical materials to Carol Fraser at president@hollyburn.org.

It is the responsibility of the Nominating Committee to prepare a list of qualified candidates, including returning directors, to fill any available positions.

The Nominating Committee thanks all those who are interested in participating in the process. The slate of candidates will be presented for approval at the May 13, 2021 Board of Directors Meeting, following which a list of the slate will be posted around the Club and on the Club website.

In addition, under Bylaw Article VI - Directors - 6.6 (d) Members may nominate a member to run for the office of director.

Article VI - Directors

6.6 (d) Any five (5) regular members may nominate a member who qualifies for the office of director. Such nomination shall be made in writing by the members nominating the director and shall be consented to in writing by the nominated director.

The written nomination and consent shall be delivered to the Chief Executive Officer at the office of the Chief Executive Officer of the Club at least twenty-eight (28) days before the date set for the annual general meeting.

The deadline for receipt of *completed nominations from the members is 28 days before the date set for the annual general meeting by no later than May 17, 2020.

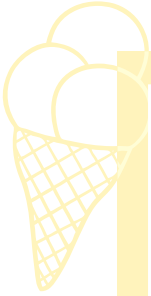
*letter of endorsement by five members, head and shoulders photograph and brief bio outlining qualities for the position of Director.





2020

OUR FAVOURITE MOMENTS



We played
Bingo



We played
on the Turf



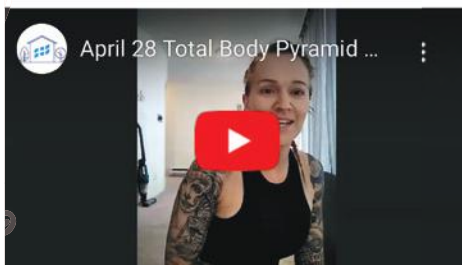
We learned how to bring HCC Youth home
with the Activity Box



We packed up our favourite holiday
goodies at The Sports Boutique



Food and Beverage got creative with Curbside Pick-up and Lobster Night

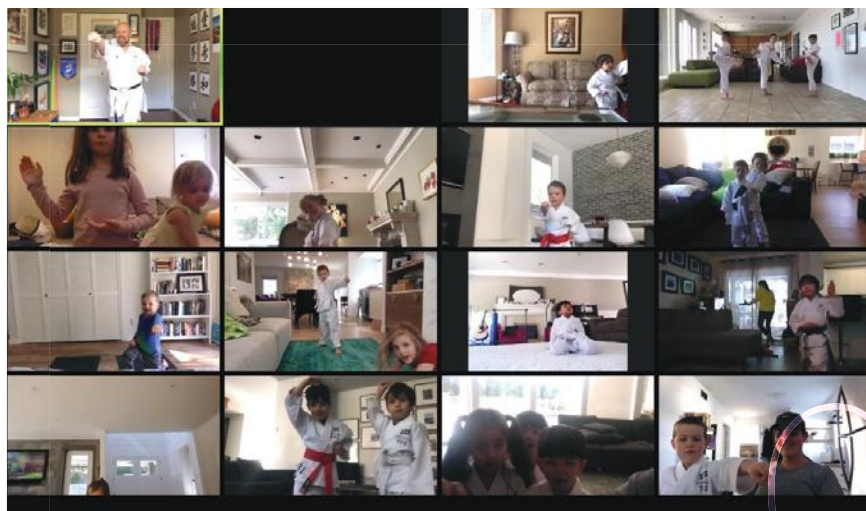


We played outdoor Pickleball

We exercised online with Hollyburn At Home



We smashed pumpkins for our SPCA fundraiser



We Zoomed - A lot!



We enjoyed our spectacular courts



We dressed up on Halloween and played tennis



We shopped local at our first Farmer's Market



We learned to celebrate the Holidays a bit differently



We still enjoyed happy hours!

AQUATICS



Callum Glass
Aquatic Coordinator
cglass@hollyburn.org



Patrick Rea
Aquatic Supervisor
prea@hollyburn.org

5 Essential Swimming Skill Progressions

1 ENTRIES AND EXITS

Entries and exits are often the most overlooked skills in swimming, it's one of the first things we teach as it's difficult to get into a pool without understanding how to do it!

PRESCHOOL

Progression- Ramp, Ladder, Slip Ins, Jump ins, Climb out from ledge.

SCHOOL AGE

Progression: Stairs, Slip In, Jump In, Sitting Dive, Kneeling Dive, Standing Dive, Diving Blocks, Diving Boards.

2 WATER MOVEMENT AND BUOYANCY

Being able to comfortably move around in the water will greatly improve swimming proficiency. You have to learn to walk before you can run!

PRESCHOOL

Progression- Walking, Rocking, Turning, Jumping through the water.

SCHOOL AGE

Progression: Turning, Jumping, Rolling, Sculling, Flipping under water.

The goal with movement is to become comfortable with different depths and your ability in each one. Later being able to transition from standing to floating, then eventually from swimming on your front to your back.

3 FLOATING

It's imperative the swimmer is comfortable with freely moving and transitioning in the depth of water before they start floating.

PRESCHOOL

Progression- Assisted Back & Front Floats, Unassisted Front & Back Floats, Front Glide, Back Glide.

SCHOOL AGE

Progression: Back Float & Front Float Deep Water, Sculling on Front & Back, Water Help Huddle Float (Multi swimmer knees together float).

Floating creates the bases for effective swimming, without being able to float we would all have a very difficult time traversing the water. The key component to the float is being able to relax, ensuring that your body is in the correct position.

Front Float Body Position: Neutral Body, Head Down, Arms and Lengths out like a starfish. Coaching Tip- Imagine there's a laser pointer on your bellybutton pointing down, that's where your eyes should be looking!

Back Float Body Position: Relaxed Body, Tummy on the surface, Head Back (Don't tuck your chin), Arms and Legs out like a starfish. Coaching Tip- Your head position will control the rest of your body, ensure that your head is slightly back with your eyes looking up and just behind you!

4 BREATH CONTROL

The greatest trick in swimming is mastering breath control, breathing is one of the first skills taught and also one of the last ones to get right.

PRESCHOOL

Progression- Bubbles, Breath Holding, Underwater exhaling with Surface Breathing.

SCHOOL AGE

Progression: Bubbles, Breath Holding, Underwater Exhaling with Surface Breathing, Extended Breath Holding, Rhythmic Breathing.

Breath holding above the water can assist in holding your breath under water. It's vital that you find the threshold between too little and too long underwater. The good news is there's an exponential curve to breath holding, put in the time and the results will be very worth it!

5 SWIMMING!

"The sport or activity of propelling oneself through water using the limbs". Our belief is that every action in the pool counts as swimming, any sort of movement should be encouraged. As you progress you should focus on improvement in proper swims rather than reverting to the faithful doggy paddle.

PRESCHOOL

Progression- Floats, Kicks, Glides, Swims, Arm swims.

SCHOOL AGE

Progression: Floats, Flutter Kick (Up & Down kicks), Glides with kicks, Front Crawl, Back Crawl, Whip Kick (Froggy Kick), Elementary Backstroke, Breast Stroke, Dolphin Kick, Scissor Kick, Side Stroke.

The Aquatics team is always happy to answer questions about swimming skills, or even provide correctional drills when we're able to!

BADMINTON



Julia Chen
Badminton Professional
badminton@hollyburn.org

Season's Greetings from the Badminton Department

The Badminton Department wishes you a safe, healthy and wonderful holiday season! Looking forward to seeing you again in the New Year! Merry Christmas & Happy New Year!

BADMINTON WINTER SESSION

January 4 – March 14 (10 weeks)

Ongoing program registration and Drop in anytime for those classes that are not full.

5 Facts About Badminton That Will Blow Your Mind

Badminton is officially the world's fastest racquet sport, which requires quick reflexes and superb conditioning. The shuttle when smashed around the court travels at speed in excess of 300 km/hour. Here are six facts about badminton that will absolutely blow your mind!

1 BADMINTON IS A LOT MORE INTENSE THAN TENNIS

- At the 1985 All England (Tennis) Championships, Boris Becker defeated Kevin Curren 6-3, 6-7, 7-6, 6-4.
- At the 1985 World Badminton Championships in Calgary, Canada, Han Jian of China defeated Morten Frost of Denmark, 14-18, 15-10, 15-8. The following is a statistical comparison of those matches:
 - Time:** Tennis - 3 hours and 18 minutes; Badminton - 1 hour and 16 minutes
 - Ball/shuttle in play:** Tennis - 18 minutes; Badminton - 37 minutes
 - Match Intensity*:** Tennis - 9 percent; Badminton - 48 percent
 - Rallies:** Tennis - 299; Badminton - 146
 - Shots:** Tennis - 1,004; Badminton - 1,972
 - Shots Per Rally:** Tennis - 3.4; Badminton - 13.5
 - Distance Covered:** Tennis - 2 miles; Badminton - 4 miles

*Note that the badminton players competed for half the time, yet ran twice as far and hit nearly twice as many shots! *The actual time the ball/shuttle was in flight, divided by the length of the match.*

2 THE ASIAN DOMINATION OF THE SPORT

- Since its inclusion in the Olympics in 1992, Asian players have won a staggering 93 out of the 103 Olympic medals.
- The most successful badminton countries in the world are China and Indonesia, who have won 70% of all BWF events between them.
- The Thomas Cup, the men's world team championships, has been won by only three countries since it began in 1948 - Malaysia, Indonesia and China.
- The only time the Uber Cup, the women's world team championships, was won outside Asia was by the USA in 1957, 1960 and 1963; the other holders are China, Indonesia, Japan and more recently South Korea.

3 BADMINTON IS THE 2ND MOST POPULAR SPORT IN THE WORLD

- It has been claimed that badminton is the second most popular participation sport in the world, only behind football.
- When badminton was first included in the Olympics in 1992, 1.1 billion people watched the badminton competition on television.

4 A BADMINTON MATCH ONCE LASTED JUST 6 MINUTES

- The shortest badminton match ever recorded was at the 1996 Uber Cup in Hong Kong, which lasted all of six minutes! Ra Kyung-min (South Korea) crushed Julia Mann (England) 11-2, 11-1 in that match.
- The longest match on the other hand lasted 124 minutes, and was contested between Peter Rasmussen (Denmark) and Sun Jun (China) in the 1997 World Championships final in Glasgow. Rasmussen won that encounter 16-17, 18-13, 15-10.

5 A SHUTTLE IS MADE FROM THE LEFT WING OF A GOOSE

- The average shuttlecock weighs between 4.74 to 5.5 grams, the best of which are made from the feathers of the left wing of a goose.
- 16 feathers are used in the manufacture of a shuttle. During a top-level match 10 shuttles are used, with each being hit roughly 400 times

Source: <https://www.sportskeeda.com/badminton>

*Keep Calm and Play Badminton
...with social distancing*



BRIDGE



Stephen Beaton
Bridge Professional
bridge@hollyburn.org



As the end of 2020 approaches, Hollyburn's bridge program continues online. We have a virtual online game every Thursday and more players continue to join our online community as the changing weather turns our attention to indoor activities.

Our 50 year old annual trophy competition is complete. The winners this year:

MORT FERGUSON TROPHY

Donated in memory of Mr. Mort Ferguson by his wife, Myra. Mort was President of the Executive Board, 1961-64 and Hollyburn Country Club President, 1970-72.

Brenda Johnston & Bonnie Stuart

BELL TROPHY

Donated in memory of Mrs. H. F. Bell by Gordon & Marjorie Gauer
Frances Finch & Janet Fleming

SHEILA ROBERTSON TROPHY

Donated in memory of Sheila Robertson by Frank (Robbie) Robertson
Grace Lindsay & Pam Robertson

CAM CAMERON TROPHY

Cam Cameron was a long-time Hollyburn bridge club director (1960's and 70's?):

Homa Boustani & Ken Kaan

We would appreciate hearing from anyone who has information on the history of these trophies. Send emails to bridge@hollyburn.org

Visit www.bridgeclubnews.ca for complete bridge results and news.



FIGURE SKATING



Diane Beudet
Skating Professional
figureskate@hollyburn.org



Joanne Sloman
Skating Professional
figureskate@hollyburn.org

The Hollyburn figure skating family has been active throughout the pandemic. The girls and our coaches have adapted well to the latest safety protocols and we continue to train to be ready for a strong showing as soon as the competitions begin again. We are thankful that our sport has been able to continue. We commend our coaches Joanne and Diane for creatively adapting the practice program to be COVID friendly, while still continuing to develop and improve the skill level of all skaters.







Fitness Centre Bookings

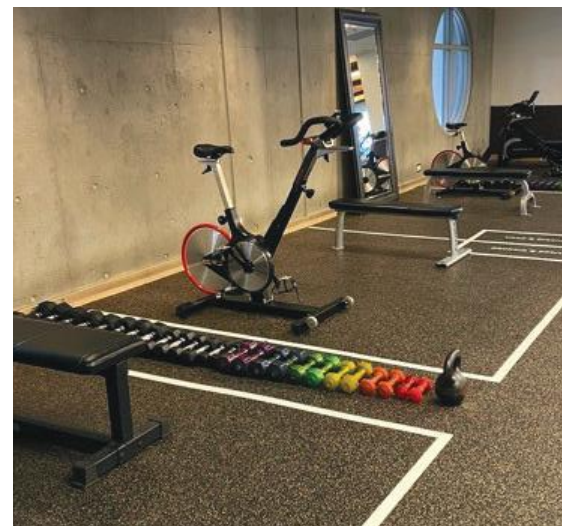
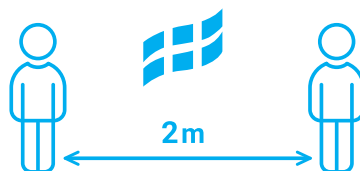
Thinking of booking a workout but don't know where to start?

So many changes to how you can get your foot in the door in Fitness. Here's all you need to know:

- Fitness Centre bookings are available 36hrs prior, for example, Monday at 6:30pm you are able to book for Wednesday all day.
- Members are permitted ONE Fitness Centre booking per day, sorry, no double bookings allowed as we want as many members as possible to enjoy a workout.
- The signed in name MUST correlate to the correct person attending the gym. If you are not set up correctly on the Hollyburn website, you will not be able to sign in under your own name. Putting one name in 4 workout spots for you and 3 family members is not ok, not for contact tracing. If you require assistance getting your logins set up, please contact Jess Katzin at jkatzin@hollyburn.org.
- If you cancel less than 2hrs before your workout time, a \$25 cancellation fee will be applied, and if you do not show at all for your workout, a \$50 no-show fee will be applied.
- Members are not permitted to arrive early, but may attend their designated 70min time slot for the entire time, or just a portion of it.
- Masks are MANDATORY in all common areas of the club. This is not negotiable.
- Disinfecting spray bottles and towels are mandatory and must be used on everything you come in contact with during your workout.

- When cleaning the electronic screens, please DO NOT spray the screen directly, rather spray the cleaning cloth and wipe the screens.
- Follow the direction areas on the floor when travelling through the Fitness Centre.
- We strongly encourage you to bring your own mat and any other pieces of equipment that we have removed for COVID reasons. Alternately, mats may be purchased through the Sports Boutique or you can email Liz Morrison at lmorrison@hollyburn.org to purchase one.
- Water fountains are not available at this time so please bring sufficient water with you for your workout.
- Please be aware of your fellow members, sitting on a machine texting is somewhat inconsiderate for those who may be waiting for that machine or the one beside it, as we have to keep one machine distance between you and the next one.
- Do not reserve your workout area with towels, use your area or machine, clean thoroughly and move to the next area. This includes super sets. What are super sets? Where you are using 2 or more machines at once or in a circuit fashion.

We are not here to teach you how to socially distance, rather we are here to keep everyone safe and provide an environment that everyone can enjoy!



HOCKEY



Adam Hayduk
Hockey Director
hockey@hollyburn.org



Lucas Skriko
Hockey Coordinator
hockey@hollyburn.org

Happy Holidays From Hollyburn Hockey

Hollyburn Hockey would like to wish everyone a great Holiday break and all the best for a happy and healthy 2021! We hope everyone has the opportunity to relax and be with loved ones in the last weeks of 2020.

On a personal note, I want to thank all the players, parents, and team officials for buying-in to Hockey's Covid-19 Safety Procedures and taking them seriously. This hasn't been an easy season especially when procedures and information changes on very short notice. Everyone has taken it in stride and it makes Lucas' and my job that much easier – thank you! All the extra work is worth as the end result allows our players an opportunity to keep playing and enjoying the sport they love SO much.

With all the restriction and adjustments that 2020 has brought, it definitely has made us appreciate what we once had – the “normal” – and we can't wait until such time we can experience it again. It also brings into the spotlight the value of the connections and camaraderie that we all enjoy through Hollyburn Hockey and at the Club.

Merry Christmas, Happy Hanukkah, and all the best for a Happy New Year to you and your loved ones!

Adam Hayduk



Hollyburn Hockey & The World Junior Championships

The Christmas break means that we get to look forward to the multiple daily World Junior Championship hockey games starting on Boxing Day. This season, two members of our Hollyburn Hockey community will have key roles in the World Junior Championships.

Hollyburn Huskies Alum Tyler Dietrich has been promoted from Video Coach to Assistant Coach on Team Canada. After the World Junior Championships conclude, Tyler will be stepping in as assistant coach with the Saskatoon Blades (WHL). Also, current Hollyburn Huskies' Assistant Referee-In-Chief Mark Pearce has been selected by the International Ice Hockey Federation to referee in the Championships. Mark is also a senior referee in the WHL. All the best to Tyler and Mark!





HOLLYBURN COUNTRY CLUB
U13 A2 "HUSKIES"
2020/21



HOLLYBURN COUNTRY CLUB
U11 A2 "HUSKIES"
2020/21



HOLLYBURN COUNTRY CLUB
U6 "HUSKIES"
2020/21



HOLLYBURN COUNTRY CLUB
U18 A1 "HUSKIES"
2020/21



HOLLYBURN COUNTRY CLUB
U11 C1 "HUSKIES"
2020/21



HOLLYBURN COUNTRY CLUB
U7 "HUSKIES"
2020/21



KARATE



Peter Stoddart
Karate Professional
karate@hollyburn.org
Phone: 604.913.4575

Hollyburn Country Club's Peter Stoddart Makes International Headlines

We are very proud of the following article published in Japan highlighting Hollyburn's karate program:

HOLLYBURN Karate Dojo Chief Instructor Peter Stoddart moved to Largs, Scotland from Victoria, BC as a child and started practicing at JKA Shotokan karate at the age of 8. At the age of 24, he moved to Hokkaido to master karate, and experience Japanese culture. There, he met and studied with JKF Sasaki Shihan. After that, he moved to Tokyo and regularly participated in international competition and attended seminars organized by the world famous Wadokai Technical Committee under the guidance of the Master Instructor Takagi Shihan.

The Hollyburn Karate Dojo celebrated its 22nd anniversary this year. Instructor Peter Stoddart, who has been instructing since the opening of the dojo, has been involved in various martial arts training, research and instruction in Japan, Asia, Europe and North America.

The Dojo, which started with only 4 junior athletes, now has more than 150 athletes from 4 years old to adult practicing karate everyday, its history boasts 35 Black Belt holders of all ages.

One of the features of this Dojo is that instructors have Sensei Peter teach and give guidance to other instructors. Last summer, he hosted the long-awaited North American Wadokai Championships, specializing in WKF sport and traditional karate. We welcomed guest instructors, Shunsuke Yanagida, Kiyomi Sasaki, Koichi Shimura, and Takuya Furuhashi, and the successful event hosted 300 Wadokai members from all over the world.

HOLLYBURN COUNTRY CLUB, to which the HOLLYBURN Karate Dojo belongs, has 170,000 square meters of land and is located in West Vancouver, on the mountainside overlooking downtown Vancouver. A membership club with 25 tennis courts, 7 squash courts, a swimming pool, state-of-the-art fitness facilities, 3 ice rinks, 7 badminton courts, a wellness centre, a daycare centre and a first class dining restaurant.



MUSIC



Vlada Mars
Fine Arts Professional
music@hollyburn.org

Thank You Hollyburn Families

We will remember the year of 2020 for the resilience of our music students. Whether it was a lockdown in the spring, breezy summer months and uncertainty of the fall and winter, music lessons continued without any disruption online and in person and it has been such a privilege to watch our students adjusting and adapting to the new circumstances. During this year music students gained more knowledge in listening, being patient and of course technology. Our recitals moved into living rooms and were via zoom, as well as RCM exams. Heartfelt congratulations to Jody Li who passed Grade 1 Piano exam and Ava Frick Wong for passing Grade 6 Piano exam in June.

During this year we got acquainted with family members, pets, favourite dolls and lego sets. Lessons travelled to summer homes in B.C. and even Edmonton, Alberta. Like many around the world, two of our teachers got sick from covid this fall, and your support was truly amazing during their recovery and for that we are very grateful. Music is our passion and teaching at HCC has been a privilege.

We are grateful that we could bring happiness and teach young ones and adults too, the art of music. We wish you happy holidays and brighter New Year.

Vlada, Mark, Goran, Sherrie and Nina



Thank you for supporting music to:

Johanson; Fischer; Han; Popescu; Lin; Moskovitch; Cook; DelBilgio; Wo; Chen; Stibbard; Wright; Wade; Klimek; Seanson; Li; Klimek; Nowtash; Crane; Wright; Chen; Groenewold; Seanson; Hatswell; Havelock; VanDyck; Stibbard; Clark; Li; Robertson; Wong Frick; Lambert; Fuller; Jin; Henrickshern; Steeves; Johnson; Vu; Li; Pappajohn; Du; Lewis; Dunwoody; Bosa; Andres; Taylor; Chunn; Kwong; Klimek; Suda; Palaschuk; Havelock; DelBilgio; Cooper; Griffin; Jones; Thomas; Fedak; Xie; Ji; Liu; Wesenberg; Moskovitch; Shabhazi; Brandt; Morris; Horseman; Zaeemdar; Ergas; Hafezi; Storey; Palffy; Calkins

PICKLEBALL



Jeff Boag
Pickleball Coordinator
pickleball@hollyburn.org
604.913.4525

Pickleball is a family sport. You may have already spotted many families or couples whacking the ball back and forth both indoors and out at Hollyburn. Since the sport came to Hollyburn only a few short years ago it has quickly exploded. This past summer over 550 members used the outdoor courts and most have transitioned to indoor play. Check out these photos that truly show the all ages family appeal of this sport. If you haven't already learned the rules what are you waiting for?

PICKLEBALL LEAGUE

Is it time to create an in-house member only pickleball league?

The format and time are still to be decided while the leagues purpose is to create an increased level of competition for our members to test their skills. Multiple levels of play can be created for beginner, intermediate and more advanced players as well as for mens, ladies or mixed play.

A little competition never hurt anyone so if you are interested please complete this brief survey no later than Dec 18.

Take my survey: <https://www.surveymonkey.com/r/JP6LXR9>

YOUTH PICKLEBALL NIGHT

10+ yrs

Are you looking to get your kids out of the house for some much needed exercise? Bring them to the gym for pickleball while you head for a late dinner in the Panorama Bar & Grill or go for a workout. Advanced registration is required and can be done online or via email. Space is limited to 12 players who will engage in fun game/match play. No experience is required and all the rules will be explained.

It is recommended each participant bring their own paddle.

Begins January 15

Fri | 7:45pm-8:45pm

INDOOR COURT BOOKINGS

Indoor pickleball bookings can be found online under the "GYM" tab.

Times vary from 60 to 90 minutes depending on time of day and day of week. Please ensure all names are included when you make your booking.

Back-to-back bookings are not permitted. If the court after you is not booked you are welcome to stay and continue to play.

COURT BOOKING CANCELLATION

A reminder of the pickleball court booking cancellation policy: Cancellations: 8 hours or more before court time - no penalty. 8 hours or less before court time - \$25 No show - \$50. Make sure to check in when arriving on site for your court bookings, to avoid no show fees. Cancellations or player changes are to be completed by the member who made the initial booking. Contact indoorcourts@hollyburn.org or call 604-913-4529 to assist with court cancellations and changes.

INTERESTING FACTS

Pickleball was invented in 1965 by three dads in Bainbridge Island, Washington. Their goal was to provide an activity for three generations of family members to play at their cottage. Created as a family activity and to this day it remains one.

Did you know... A pickleball court has the same dimensions as a badminton court, is played with a lower tennis style net, an oversized ping-pong paddle and a perforated plastic ball.

Correctly submit one of the 3 dads names by email to pickleball@hollyburn.org to be entered into a draw to win your choice of either a paddle or a 4 person family group lesson. There will be 3 winners! Deadline to submit your answer is Dec 18!

THE SPORTS BOUTIQUE

Pickleball Set \$291

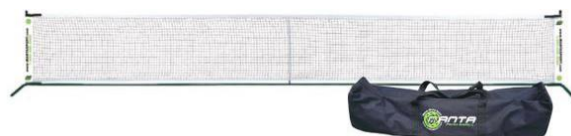
Family Pickleball Sets make a great holiday gift idea! The Sports Boutique has a promotional set of paddles and balls available for members. Each package includes 4 honeycomb core paddles, 1 indoor, and 1 outdoor ball.

Normally retailing for \$316, they are offering the set for \$25 off.



Manta Portable Net \$248

Lightweight, easy to set up, and fun for the whole family!







A Brief Look Back at 35 Years in Squash and the Family I Adopted



In January 2020 I had the honour and privilege of competing for BC at the Canadian Masters Team Championships. This event brought together not just teams from across Canada but friends I had not seen in many years. As I consider the squash community to be home to many of my closest friends it made me reflect on my career in the squash world and a few specific moments that really drew me into the sport.

I started playing when I was 8 as both my parents were into racquet sports, first racquetball with my mom, then squash with my mom and dad. That was it, I was literally hooked from that point. I was a court rat in the truest sense. I'd hang out at the club while my mom or dad played and would take any open court as an opportunity to whack and chase a little black squash ball around.

A few years later I achieved greatness... that is, I beat my mom at squash for the first time! I must have been 10 and felt like I had just climbed Mt. Everest. This was one victory I would never forget and made me wonder what was next.

Years later after developing many new friendships and after countless provincial and national level tournaments it was time to retire from junior squash. This happens when you turn 19. What was I to do? I continued to compete at a National senior level and began my coaching career. My teenage coach in Victoria now became my mentor and took me through the coaching certification program. Stuart Dixon was like a father, and while I spent more time at the squash club than I did at

home or anywhere else my life as a court rat/coach continued.

I recall the first time I travelled out of province and represented BC as a coach. Along with Stuart and another BC coach, Brooke Siver, whom I have remained in contact with, we provided coaching for all the BC kids.

In one early round junior match a BC player who was highly seeded was having a tough time on court. He was losing to a much lesser player and after going down 0-2 in a best of 5 I simply asked, "Tyler, are you aware your opponent is left handed?" To my surprise he looked up at me and it was like the lights finally turned-on and Tyler made a quick comeback to win 3-2 and continue on to the finals. This small but crucial detail made a huge difference and I realized as a coach how sometimes the smallest details can be a difference maker.

In 2011 as the BC squash coach at the Canada Games we had a very strong boys and girls squad who both made their respective Team Finals. The boys fell short but the girls prevailed and as I look back at the 10 day event a few things stand out. The 4 boys in unity bleached their hair and as a team player I went along and we bonded. The girls team had a mental training session early in the event and one of our players in particular was so impressed she went back for a few individual sessions. In the final I had never seen her so focused and play so well. Abby pulled off a huge upset! Going into the Girls Team Final we knew we were in tough and so in a pre-final practice session I made it clear they had a chance and that "every point of every game" was important. With one huge upset under our belts and the matches likely to be tied at 2 each, tiebreakers were needed. Games won were likely to be even so it became evident that, total points won, would be the decider. Each of the girls played amazing squash, focused in our belief that every point would matter. The BC girls team won Gold by a difference of 4 points and once official the girls broke out in song, "We Are The Champions!"

Lastly, looking back at the 2020 Masters Team Championships one match really stood out. I was able to play a competitive match vs one of my first coaches from my time as a young junior in Saskatoon, Alan Fern. As a pre-teen junior he made squash fun which included lots of hard work. Our group ran endless court sprints, attended many tournaments, and generally supporting each other on and off court.

Coach Al and I were even able to participate in the Canada Games together as coach and student. Getting to play Coach Al was one of the funnest matches I can recall and the one I looked forward to the most. Neither of us gave an inch on court and in the end I was able to claim a narrow victory!

My squash family consists of many people, from my parents to other coaches to countless on-court opponents. The one thing in common is off-court we would always have each others back and many times a cold beverage in waiting.

My challenge to you is to grab your son or daughter and get them out on the squash court. Who knows where it will lead!

Jeff Boag
Hollyburn Squash Professional

DID YOU KNOW...

1. Most youth take up sports their parents play as long as they play with them. As a parent you are the bridge to a lifetime of fun in sport.
2. Universities and Colleges around North America have squash facilities, squash leagues and varsity teams. Squash is considered to be the sport with the highest participation levels at post-secondary institutions. But why wait... Hollyburn has the best squash facility in Western Canada with singles and one of only 4 doubles courts in the city.
3. Short on time? Playing squash is a quick social sport and one of the most efficient ways to get a cardio workout. Trust me, it's way more fun than a spin bike or a treadmill.

SWIM TEAM

HOLLYBURN
HURRICANES
SWIM TEAM



Brad Hutton
Head Coach
bhutton@hollyburn.org

Our team ran our first official Time Trial in November, giving the swimmers their first chance to post official results since swim meets were shut down in March. This season has been challenging for our swimmers without competitions and training opportunities with other swim clubs. They have done a great job making the most of their training and it really showed with the fast results at the Time Trial. Congratulations to our young swimmers in Swim Academy who raced in their first competition – Anya Ahmad, Rohan Curran, Pippa McMillan and Chelsea Lan! Great work by Anya, Rohan, Pippa, Chelsea and Bianca Roth who all raced 50m events for the first time at the Time Trial. Our Monsoon Group was incredible with Zoe Dossa, Vincent Geoffrion, Nika Ghaderi and Lily Thompson all expanding their racing experience with the 50m Butterfly and 100m Freestyle. Lily even raced her first 200m Individual Medley with an amazing effort throughout the race!

All of our competitive swimmers focused on swimming a new distance event. Great work by Garrick Gao, Emma Johnston, Phillipa Lotz and Mia Zhou who all raced the 400m Freestyle for the first time, a big accomplishment for 9 and 10 year old swimmers! We also had eight swimmers race their first 800m Freestyle. Congratulations to Claire DeCoteau, Saige Fiorvento, Stella Harris, Brooke Johannson,

Alessandra McCready, Sarah Yu, Atria Zehtab and Marcus Zhou! A few big milestones were reached by other swimmers at the time trial. Claire DeCoteau raced to her first SwimBC Divisional Championships qualifying time in the 100m Backstroke. Saige Fiorvento swam to her first SwimBC Divisional Championships time in the 50m Breaststroke. Brooke Johannson was added to our list of qualifiers for the Divisional Championships with her 200m Backstroke race. Both Nicole Jones and Henry Brewster also added events to their SwimBC Divisional Championships times.

At his first official meet as a Hollyburn Hurricane swimmer, Tristan Govier was incredible! Tristan posted new team records in the 14&under boys 200m Freestyle, 800m Freestyle, 50m Butterfly and 100m Butterfly. He also raced to a new 50m Freestyle SwimBC Provincial Championships time standard. Tristan raced under two big barriers, breaking two minutes in the 200m Freestyle with a time of 1:59.33 and under a minute in the 100m Butterfly with a time of 59.84!

Our team will continue to race in practice and official Time Trials as they will be ready to go when we can finally compete against other teams.





JOIN THE SWIM TEAM



Swimmers of All Ages

Have Fun

Learn

Be Part of a Team

Improve Fitness

Increase Confidence

Make Friends



JOIN TODAY!

jgrace@hollyburn.org



HOLLYBURN
COUNTRY CLUB

TENNIS



Alex Korch
Tennis Director
akorch@hollyburn.org

Tips from the
Tennis Director:

THE SERVE UTILIZING THE WRIST

Alex Korch
Tennis Director
akorch@hollyburn.org



In order to hit a powerful and accurate serve it is important to utilize your wrist properly. Most players will focus on toss, body position, arm angles etc. before focusing on the wrist.

One of the most crucial factors of being able to utilize your wrist correctly is to have a loose relaxed grip. A loose grip will allow you to have more racquet head speed and accelerate through the ball. Try "death gripping" a tennis ball and see how far you can throw it. Then try throwing a tennis ball with a relaxed grip and see how much farther you can throw it.

Here are a couple tips to help you maintain a loose grip:

1 Pre serve routine- One of the most common times a player will have a tight grip is during pressure situations. It's easy to be relaxed at the start of a match. It's a whole different story when you are down break point in a close 3rd set. Having a consistent pre serve routine will help you stay relaxed. Try bouncing the ball a few times, rocking or "wagging" your wrist and arm and taking some deep breaths when you step up to the line to serve. It is important to have the same routine for every serve you hit as this will set your mind in a relaxed place of familiarity. If you watch closely, most touring pros will have a consistent pre serve routine.

2 Drop the pinky- Try dropping your pinky finger off the bottom of your grip and hitting a few serves (start slow as you don't want your racquet flying out of your hand). You will find that it is impossible to grip too hard with your pinky dropped off. After you get the feel you can put your whole hand on the grip with a relaxed pinky and hit your normal serve. You should feel an immediate increase in racquet head speed. This relaxed feel will also allow you to direct your serve more accurately by being able to snap or pronate your wrist to your desired target.

3 Rest your hand- Before going into your service motion try resting your racquet on the bottom three fingers of your non hitting hand (ball will be held by your thumb and index finger). This will allow your hitting hand and tossing hand to relax allowing you not only to generate more racquet head speed but also allowing your toss to be more consistent. It is always easier to toss more accurately with a relaxed grip on the ball.

Regardless of what level of play you are at, what grip you use or what physical limitations you may have, these tips should help you relax and correctly utilize your wrist on the serve. Please don't hesitate to ask me for any clarification on the above tips.

Good luck and happy serving!



Thanks to all our junior players that dressed up for Halloween. There were some spooky costumes out there and everyone looked great.



Congrats to the winners of this year's HCC Clay Court Championships! There were some great matches throughout the event. Women's champions were Roya Aryaee and Sandra Davidson and Men's champions were Mehrdad Shokrani and Craig Hiddleston.

CHILDCARE



Alison Lea
Childcare & Youth Manager
alea@hollyburn.org



Sami Tajbakhsh
Childcare Supervisor
stajbakhsh@hollyburn.org



E-NEWSLETTER

Stay connected and up-to-date with events and programming through the Club E-Newsletter!

CLOSURES/NO-RUN DAYS

Fri Dec 25 Christmas Day

Sat Dec 26 Boxing Day

Fri Jan 1 New Year's Day

PARENT'S NIGHT OUT

Fri Dec 18 - Full

More dates to come for the Winter 2021 season!

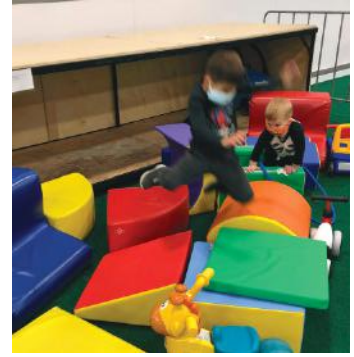
HOLLYVILLE HOLIDAY HOURS

DATE	HOLLYVILLE CHILDCARE	TURF
MON DEC 21	8:45am – 4:00pm	Youth 5+yrs Supervised 12pm – 4pm
TUES DEC 22	8:45am – 6:30pm	Family Turf Time 9am-12pm <i>Registration on GameTime</i>
WED DEC 23	8:45am – 4:00pm	Youth 5+yrs Supervised 12pm – 4pm
THURS DEC 24	8:45am – 1:00pm	CLOSED
FRI DEC 25	CLOSED	CLOSED
SAT DEC 26	CLOSED	CLOSED
SUN DEC 27	8:45am – 1:00pm	CLOSED
MON DEC 28	8:45am – 1:00pm	Youth 5+yrs Supervised 12pm – 4pm
TUES DEC 29	8:45am – 1:00pm	Family Turf Time 9am-12pm <i>Registration on GameTime</i>
WED DEC 30	8:45am – 1:00pm	Youth 5+yrs Supervised 12pm – 4pm
THURS DEC 31	8:45am – 1:00pm	Family Turf Time 9am-12pm <i>Registration on GameTime</i>
FRI JAN 1	CLOSED	CLOSED
SAT JAN 2	8:45am – 4:00pm	Family Turf Time 9am-12pm <i>Registration on GameTime</i>

Make Hollyburn Country Club your activity "bubble"! Do all your programs here at Hollyburn – the protocols in place help keep your family safe. You know the families you participate with in programs.



Completing our fun and engaging Activity Boxes



In keeping with our Family Theme, have a peek at some of our HollyVille families enjoying registered turf time on Saturdays!

DIY Salt Dough Ornaments

Spend the holiday break making homemade ornaments for your friends and family! Here's a recipe to try at home:

INGREDIENTS/SUPPLIES

- 1 cup flour
- ½ cup salt
- ½ cup water
- Festive cookie cutters
- Acrylic paints & brushes
- Glitter (optional)
- Twine (for hanging the ornaments)
- Non-toxic acrylic varnish

DIRECTIONS

1. Pre-heat the oven to 225°F. Add the flour and salt to a medium mixing bowl and stir.
2. Add the water to the mixing bowl and stir until everything is well-combined.
3. Place a sheet of parchment paper on your work surface and sprinkle it with flour. Knead the dough until it's soft and pliable. If your dough is super sticky, add more flour.
4. Using a lightly floured rolling pin, roll out the dough to ¼ inch thickness. Only roll the dough in one direction, because rolling back and forth can create air pockets that cause the ornaments to puff up while baking.
5. Cut the ornaments using cookie cutters. You can also lightly stamp the dough with shapes or patterns. Peel away the dough and lift the cutout. Place it on a cookie sheet line with parchment paper.*

6. Using a straw, create a hold for the twine that will hang the ornament. Place the ornaments in the oven and bake for two to three hours, or until completely dry. Flip once while baking, then remove the ornaments from the oven and allow to cool completely.
7. When ornaments have cooled, decorate them with paints and/or glitter if desired. If you want your ornaments to last for years and years, seal them with three to four thin coats of non-toxic acrylic varnish after the decorative paint has full dried. Make sure to coat the entire surface to prevent moisture from getting in.

*There are so many options! If you aren't fussed with the colour, add holiday spices to the dough for a yummy smell (think cinnamon and nutmeg). Freestyle your shapes, use stamps, patterns, or letters – get creative!





Alison Lea
Childcare &
Youth Manager
alea@hollyburn.org



Aleisha Holmes
Youth Supervisor
aholmes@hollyburn.org



E-NEWSLETTER

Stay connected and up-to-date with events and programming through the Club E-Newsletter!

TURF

Participants on the Turf will be checked in with name, member #, parents name and member number, and time/date by Youth Leaders.

JUNIOR MEMBERS IN THE CLUB

Friendly reminder that children under the age of 12 must be accompanied by an adult in the facility (unless they are in the supervised drop-in spaces or registered into programs).

CLOSURES/NO-RUN DAYS

Fri Dec 25 Christmas Day
Sat Dec 26 Boxing Day
Fri Jan 1 New Year's Day

YOUTH – AM WINTER BREAK COMBO CAMP

6-12 yrs

This camp will be sure to give you your holiday fix of activities! Participate in Basketball, Soccer, Badminton, Swimming, Ping Pong, Arts and Crafts and more. We continue to encourage members to book with a "bubble" of friends or family. Be sure to come in your holiday pajamas as we will be celebrating the holidays with a feel of that special morning each day of the week! If you have any questions please contact Aleisha at aholmes@hollyburn.org. Registration is open now on GameTime!

Mon Dec 21 – Thu Dec 24
9:00am-12:00pm | \$185
Youth Lounge

Exciting Changes in Youth Services for Winter 2021

MONTHLY YOUTH MARKETS

Have you discovered new talents during this challenging time at home? Perhaps you've learnt to tie dye, create apparel, make jewellery, DIY body care or you have a cookie recipe no one can resist! Take your talent to the next level and become an entrepreneur. The Youth Market will feature Hollyburn's youth in a fun night of shopping. (Max 8 kids)

Tue | TBA | 4:00pm-7:00pm
Youth Lounge

MONTHLY YOUTH MOVIE NIGHT

Enjoy a movie alongside your friends – socially distanced of course. Feel free to bring down your dinner, and dive in to a once-a-month movie screening, chosen by your votes! (Max 8 kids)

Tue | TBA | 6:00pm-8:00pm
Youth Lounge

YOUTH SUPERVISED SPORTS NIGHTS

Burn off that energy after a long day of school! Join our Youth Leaders on the turf for sports and more. (Max 20 kids)

Wed & Fri | 4:30pm-7:00pm
Turf

HOMEWORK CLUB

Are you looking for a quiet space to complete your homework? Come hang out in the Youth Lounge and enjoy the guidance of our Youth Leaders as they inspire you to stay on task! (Max 8 kids)

Thur | 4:00pm-7:00pm
Youth Lounge

If you have any questions regarding any of the above offerings, please contact Aleisha at aholmes@hollyburn.org.

YOUTH HOLIDAY HOURS

DATE	YOUTH LOUNGE	TURF
MON DEC 21	Mon-Thu Camp 9am-12pm	Youth 5+yrs Supervised 12pm – 4pm
TUES DEC 22	Mon-Thu Camp 9am-12pm	Family Turf Time 9am-12pm <i>Registration on GameTime</i>
WED DEC 23	Mon-Thu Camp 9am-12pm	Youth 5+yrs Supervised 12pm – 4pm
THURS DEC 24	Mon-Thu Camp 9am-12pm	CLOSED
FRI DEC 25	CLOSED	CLOSED
SAT DEC 26	CLOSED	CLOSED
SUN DEC 27	CLOSED	CLOSED
MON DEC 28	CLOSED	Youth 5+yrs Supervised 12pm – 4pm
TUES DEC 29	CLOSED	Family Turf Time 9am-12pm <i>Registration on GameTime</i>
WED DEC 30	CLOSED	Youth 5+yrs Supervised 12pm – 4pm
THURS DEC 31	CLOSED	Family Turf Time 9am-12pm <i>Registration on GameTime</i>
FRI JAN 1	CLOSED	CLOSED
SAT JAN 2	CLOSED	Family Turf Time 9am-12pm <i>Registration on GameTime</i>

PAINT & CREATE: FAMILY EDITION

In keeping with our Family Theme, take a look at some of our families participating in our Paint & Create: Family Edition evenings!

UPCOMING PAINT & CREATE EVENINGS:

Family Edition – Tue, Jan 12

Family Edition – Tue, Feb 23

Adult Only Edition – Tue, Mar 9





Christmas Ornament Keepsakes

It's been quite the year, hasn't it?! One way to think about something positive is to write about the good things as well as to create a thoughtful gift for family members.

ITEMS NEEDED

- Clear plastic ornament you can open at the top.
- Paper
- Pen or marker
- Ribbon
- Colorful confetti or paper snowflakes (optional)
- Paint pen (optional)

INSTRUCTIONS

1. Cut paper into strips
2. Write down something good that happened this year on each strip of paper. You can also write down your favorite things about your family on each strip of paper.
3. Roll strips of paper individually and tuck them into the ornament.
4. Put the top back on the ornament and tie a ribbon for hanging.
5. If you'd like, you can add colorful confetti into the ornament before you put the top on, remembering that family members will open the ornament to read the slips of paper. A little goes a long way!
6. If you'd like, use a paint pen to decorate the ornament with a festive saying or drawing.
7. These ornaments are excellent to do yearly, as they become a time capsule for family members to treasure for years to come.



Christmas Poem Competition



It's time to put on your festive thinking caps and send in your best seasonal poems. The theme can be on the holiday season, of giving, love, family and everything great about Christmas. Send your poem entries to Julie jflynn@hollyburn.org or drop them off at Member Services attention Julie Flynn make sure to add name and contact details.

The closing date is the Sunday 20th of December.



