

HOLLYBURN COUNTRY CLUB'S JULY 2021 ISSUE

# THE VIEW



A CLUB FOR LIFE



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## BOARD OF DIRECTORS

Santokh Birk  
Matt Bradshaw  
Nancy Chapman  
Paul Conibear  
Anna Day  
Darrin Decosta  
Guy Elliott  
Carol Fraser  
Doug Holman  
Chris Johnston  
Diane Kennedy  
Rola Priatel  
Angus Reid  
Kevin Smith  
Clay Steiro

## 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, Creative Manager.

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## MEMBERSHIP

### *Membership Database*

Please ensure we have your current email, mailing address and phone number in our system. For any necessary changes, please email James Darling at [jdarling@hollyburn.org](mailto:jdarling@hollyburn.org). Changes to dependents or membership status can be sent to James.



### *Members FAQ*

In order for us to best respond to your inquiries, please direct your specific questions to the following:

#### **I am not receiving any**

##### **Club communications:**

James Darling 604.913.4507

#### **My elderly parents would like to join the Club:**

Carolyn Devlin 604.913.4517

#### **I have questions about my monthly statement:**

Natalia Murackami 604.913.4506

#### **I need help with my Hollyburn Website login:**

Member Services 604.922.0161

#### **I want information about Personal Training:**

Jessica Katzin 604.913.4518

#### **My neighbors would like a tour of the Club and information on becoming Members:**

Cait Lundy 604.913.4508

## *Reminders*

### **NON-RESIDENT MEMBERS**

Please be reminded that non-resident Members' access to the Club is restricted to twice monthly. All non-resident members have full view of their accounts, are able to book through GameTime and are limited to two bookings per month. If you would like to change your account status, please contact James Darling 604.913.4507.

### **PET POLICY**

As per Hollyburn House rules, no dogs or other animals shall be allowed in the Club or on the property except for service dogs or as otherwise authorized by the CEO.



# Welcome Our New Members

**Alexi Manolis**

*Referred by: Bret Gloag  
& Dan Sander*

**Hank Horkoff**

*Referred by: Kam Tafreshi  
& Amin Sabounchi*

**Chris Mills**

*Referred by: Marc Rinfret*

**Janet Liang**

*Referred by: Nancy Seanson & Yang Jin*

**David Karp**

*Referred by: Matt Clark*

**Darryl Jones**

*Referred by: Patrick Whibley*

**Rick Pozzebon**

*Referred by: Gord Hlynsky*

**Andrew Cheshire**

**Robert Yu**

**Morgan Rielly**

**Aleem Bandali**

**Samantha Zou**

**Geoffrey Peters**

**Robert MacKay-Dunn**

**Heather Evenson-Peters**

## New Full & Intermediate Member Applicants

1.	Full Membership Nick Luksha 5/28 Crane Luksha	Entrepreneur Art Consultant	Tesoro Capital Jaydon Chinese Art Consulting
2.	Intermediate Membership Andrew Williams 6/3 Amber Williams	Asst Portfolio Manager Director of Finance	Sun Valley Gold Destination Canada
3.	Full Membership Rundong Wang 6/10 Vic Li	Retired Retired	
4.	Full Membership Jason Zhang 6/11 Tina Yang	Private Equity Human Resources	Huaxing Healthcare Fund Wondershare
5.	Full Membership Matthew Gow 6/11 Jillian Pollard	Investor Consultant	LMG Family Holdings Ltd. Emergence Consulting Corp.
6.	Senior Intermediate Membership Donald Kayne 6/11 Anne Kayne	Retired Retired	
7.	Senior Intermediate Membership Ahmad Abrishamchi 6/12 Kamalian Pari	Retired	
8.	Full Membership Greg Boland 6/14 Sharon Wong	Retired Retired	Westface Capital
9.	Senior Intermediate Membership Nancy Sowden 6/15	Retired	
10.	Senior Intermediate Membership Pierre Archambault 6/18 Denyse Roberge	Retired Judge Retired Registered Nurse	Tax Court of Canada CHUS
11.	Senior Intermediate Membership Winnie Cheung 6/21	Housewife	
12.	Intermediate Membership Michael Sider 6/21 Candice Madalena	Regional VicePresident Associate Director	Royal Bank of Canada Zymeworks
13.	Full Membership Latika Prasad 6/17	Corporate Finance	Sparda Corporate
14.	Full Membership Andre Guillemette 6/17 Zoe Guillemette	Wealth Protection Specialist	Blueshore Financial
15.	Intermediate Membership Brad Bay 6/21 Joslynn Bay	Portfolio Management	Cypress Capital Management



# Acting President's Message

Nancy Chapman / *Acting President*

president@hollyburn.org

Dear Members,

I'm pleased to be writing my first View article as Acting President of the Board of Hollyburn Country Club. These are certainly interesting times at the Club - but I know that the flip side of every challenge brings opportunity.

## About Me

I like to say I'm a born-and-bred Vancouverite, but I actually spent my formative years in Aldergrove, BC before getting my BSc from University of British Columbia and my MBA from the Western Business School (now known as Ivey). I consulted in the field of business process reengineering and change management – a technical way of saying I led large multi-disciplinary teams that introduced change (usually in the form of a technology implementation) and helped employees adapt from “how we've always done it” to “how it's going to be” with a lot of communication, hand-holding and positive reinforcement. My career has allowed me to work in many places – from Chicago to Geneva – and I loved every minute of it.

## My History With The Club

My husband David and I joined the Club in 2003. Our story is like many other Hollyburn families whose kids are fortunate enough to grow up at the Club. We've tried every service and activity Hollyburn offers, from child-minding, swim lessons, gymnastics and karate to Cookie Monsters, tennis, badminton, swim team and tennis tournaments. We've also enjoyed the golf simulators and fitness centre, wine tastings, Summer Soulstice and bungee-bouncing at Hollygras. We have met lifelong friends here – on the spin bike, on the pickleball courts and on the patio with a glass of wine in hand. We have logged more time at Hollyburn than anywhere else, aside from our principal residence. This is why I became active on committees (Youth and Food & Beverage), approximately ten years ago. Now my son Connor starts at Dave's and my alma mater, Ivey, in the fall and Aidan heads into Engineering at U of Calgary. That leaves Finn to man the fort as he heads into Grade 10. My nest is nearing empty and Finn is grateful that I will have something other than him to monitor on a daily basis come fall.

## Where We Are Now

Pandemic aside, we've had a tumultuous 2021 to date – seven Board Directors resigning for various reasons, media attacks over a well-intentioned but inappropriate COVID vaccine clinic, and rumours around allegations of Board impropriety, just to start. The rumour mill of the past few months has had many of us questioning everything about our home away from home.

COVID-19 Provincial Health Orders have battered the Food & Beverage industry and Hollyburn is no exception. Annual F&B revenues have plummeted from \$4.7M to \$1.3M what seems like overnight. I'm immensely proud of the ingenuity and creativity shown by our Management to pivot to curbside take-out options, Easter/Mother's Day/Father's Day dinners-to-go, dining bubbles, drive-in movie nights, summer bingo, socially-distanced Santa brunch, our Zoom wine tasting series, Canada Day picnic packs and the list goes on.

I want to thank Carol Fraser for her tireless dedication and leadership, navigating the Board through a pandemic and unrest among the Membership. She remains on the Board as Past President and her experience will benefit us immensely.

With the resignation of Ed McLaughlin, we are losing our charismatic and energetic leader who has stewarded Hollyburn for nearly 20 years. I am sad to see him go and know that replacing him will not be easy. He is a uniquely-talented individual with very big shoes to fill. I also realize we have an opportunity to start anew and reimagine the Club for the next twenty years and beyond.

## A Vision For Hollyburn's Future

The significance of recent events at the Club are not lost on me. We are 7,500+ people who share a space together. Who form a community. Despite the divisiveness an election can bring, I have confidence in the will of the Membership. On our new Board, we have five returning Board Directors, five from the Board-nominated slate and five who were nominated by Members in good standing. Now that the election is over, we are one Board, and how we got here no longer matters. The new Board has already met twice (via Zoom) and we are enjoying getting to know each other. One benefit of having a mostly new Board is the ability to see everything with a fresh perspective and respectfully question processes that have been in place for decades.

I know I speak for the entire Board when I say we are committed to working together and want to set the direction of the Club for a successful future.

We have four immediate tasks for this fiscal year:

- Recruiting a new CEO/GM
- Updating our Land-Use Contracts
- Conducting a best practice review of our governance structure and bylaws
- Preparing for a future F&B renovation

We thank Members for their faith and trust in the new board. We know you are watching us and expect us to steady the ship. We will do everything we can do so.

Sincerely,

# Introducing New Intermediate Member Financing Options

Take advantage of our new reduced monthly financing options and root your family's future at Hollyburn. Eligible for individuals born between 1982 and 1991. For more information or to apply, contact Carolyn at [cdevlin@hollyburn.org](mailto:cdevlin@hollyburn.org).



Limited  
Time  
Offer

## INTERMEDIATE MEMBERSHIP ENTRANCE FEE

AGES 26-29  
**\$15,000**

6yrs Interest-Free

AGES 30-34  
**\$22,500**

5 yrs Interest-Free

NEW

AGES 35-39  
**\$33,750**

5 yrs Interest-Free

NEW

# What's Happening at Hollyburn?



## Referral Credit

Now is the time for your friends to join the Hollyburn community. Refer a friend to Hollyburn and you could be eligible to receive up to \$1,200 credit towards your Hollyburn account. For detailed membership information your friends can visit [www.aclubforlife.com](http://www.aclubforlife.com) or contact Carolyn Devlin at [cdevlin@hollyburn.org](mailto:cdevlin@hollyburn.org).



## Car Wash

Car wash service right here at Hollyburn! Mini detailing is available on Mon, Tues and Fri, 10am-6pm. Super detailing can be booked on Saturdays and Sundays. See the "Car Wash" tab on the Hollyburn App to book or contact Member Services .



## Lobster Week

July 21-28

This July, keep an eye out for Lobster Week! We will have many feature items available all week long and a Lobster Boil Curbside Pack on July 21st! Details coming soon.



## Senior Intermediate Memberships

*Keep The Grandparents Close*

Now for a limited time offer, your parents can join for a discounted entrance fee. Offered for age 65+ years, must be parentally related to current member. Restrictions may apply. Email [CDevlin@hollyburn.org](mailto:CDevlin@hollyburn.org) for more information.



## BC Day Weekend Picnic Pack

We are preparing picnic baskets filled to the brim with delicious items to enjoy on BC Day Weekend! Take this basket home, to the beach or to your favourite spot to relax and take in our beautiful province. Each basket includes a full meal for a family of four, biodegradable napkins, cutlery and plates, all for \$70. Add on a 6-pack of Husky Lager for \$10! Get your order in by July 28th to [curbside@hollyburn.org](mailto:curbside@hollyburn.org). Pick up on Sunday Aug 1 or Monday Aug 2 between 10am and 3pm in Bistro 950.



## Summer BBQ Series

Every Thursday and Friday evening we will offer specialty cuts on the BBQ paired with a summer time salad. Look out for the featured items in the Tuesday E-Newsletter! Make your reservation today: 604.913.4515



## Summer Outdoor Family Bingo

Mark your calendars and join with the entire family: July 8, July 22, August 5 & August 19. Frm 6-8pm on the upper parking lot. RSVP required: [CDevlin@hollyburn.org](mailto:CDevlin@hollyburn.org)



## Trivia Night

Join us in the Bar & Grill for adults Trivia Night (19+ years). 7-8pm. RSVP required: [CDevlin@hollyburn.org](mailto:CDevlin@hollyburn.org). HollyVille will be open later on Trivia night!



## Drive-In Movie

Nothing says summer more than watching a movie under the stars. July 14th we will be showing Star Wars: Rise of Skywalker (PG-13). August 18: stay tuned for movie. RSVP is required: [CDevlin@hollyburn.org](mailto:CDevlin@hollyburn.org)







# Athletic Director Message

Kate Marshall / *Athletic Director*

[kmarshall@hollyburn.org](mailto:kmarshall@hollyburn.org)

## What's Happening *in Athletics?*



### *Club Programs*

#### Summer Registration is Open

Not sure what to do this summer? Our summer programming kicks off on July 5 and it's not too late to register in activities. Check out our Summer Camp Brochure and May Program Guide to see what's happening around the Club this summer.



#### Summer Camp & Program Guest Policy

Please note, at this time we are currently reserving all Club summer camps and programs for Members only, participating guests are not permitted.



#### Men's Hockey Spin & Stretch Class

Missing your hockey buds? Join the Spin and Stretch Class offered specifically to our Men's Hockey group and reconnect. Class are on Tuesday nights from 7pm-8pm and are \$14 per person. You can sign up by emailing Shelley at [sgrisbrook@hollyburn.org](mailto:sgrisbrook@hollyburn.org). Class will run rain or shine, so please dress appropriately! Any questions contact Shelley directly. Class must be cancelled MORE than 2hrs before start of class to avoid a \$14. No show fee is \$25.



PLAY

WIN

PRIZES



# ROCKET LEAGUE

**VIRTUAL 3V3 TOURNAMENT**

**SAT, AUGUST 7<sup>TH</sup>**

**WIN A NINTENDO  
SWITCH + MORE**

**\$10/PERSON | VIRTUAL EVENT | MEMBERS ONLY | 13+ ONLY**  
**CONTACT FOR MORE INFO: DMORRISON@HOLLYBURN.ORG**





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## HOLLYBURN COUNTRY CLUB: EXCLUSIVE DISCOUNTS 2021

### PREFERRED RATES:

- 20% off Daily Accommodation Rate at Fairmont Chateau Whistler\*
- 20% off BC Resident Rate – book your tee time at [www.whistlermountaingolf.com](http://www.whistlermountaingolf.com)  
Use promo code: HOLLYBURN

Golf rounds include cart and use of the practice facility.

### EXCLUSIVE PRIVILEGES:

- 20% off food and beverage while dining at The Clubhouse
- 10% discount off clothing in the golf pro shop
- Complimentary use of the Practice & Learning Centre
- Complimentary parking at the hotel or valet parking at the golf course

To book your stay, please email our team at [GolfReservations@Fairmont.com](mailto:GolfReservations@Fairmont.com) for assistance.

\*Rates are per room, subject to availability, and are based off occupancy levels. Prices do not include applicable taxes or \$20 daily resort experience fee.

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Fairmont  
**CHATEAU WHISTLER**  
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*Fairmont*  
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# *Shout Out to Our Amazing* **Hollyburn Dads**

Shout out to all the wonderful fathers, daddys, dads and papas out there! We love seeing all of you bonding and creating memories at Hollyburn Country Club. Whether it is playtime on the turf, friendly match on the tennis court, a good cardio squash workout, fun shinny on the ice, a refreshing beer on our patio or enjoying a Sunday dinner with the whole family, we love to see all the Hollyburn dads enjoying time at the Club!



# SUMMERTIME

# FUNTIME

*Mark your calendars; we have some fun nights planned for you.*

**TRIVIA**  
*Night*

*(19+ years)*

Tues, July 27  
Tues, Aug 31

*Family*  
**BINGO**

*(all ages)*

Thurs, July 8      Thurs, Aug 5  
Thurs, July 22    Thurs, Aug 19

*Drive-In*  
**MOVIE**

*Stay tuned for  
movie choice*

Wed, July 14th  
Thurs, Aug 26th

*All current COVID protocols in place, please note until further notice we are reserving all spots for members only. No members' guest permitted.*

Got questions? Email Carolyn Devlin at [specialevents@hollyburn.org](mailto:specialevents@hollyburn.org)

# CARWASH

## S E R V I C E

Book on the Hollyburn App



### MINI DETAIL

#### Exterior & Interior

- Foam hand wash
- Door jams
- Interior vacuuming including all floor mats
- Top to bottom wipe-down
- Vinyl care
- All glass surfaces cleaned
- Tires dressed
- Choice of 5 air fresheners

**Cars:** \$80

**Trucks/SUVs:** \$90

**Duration:** 2 HRS

*(Times may vary depending on level of dirt and grime)*

### FULL DETAIL

#### Looking for a full detail?

Call Member Services for a special appointment, available Saturdays and Sundays only. All mini detailing and add on services included plus cut polish, hand wax & interior shampoo!

**Price:** \$500

**Duration:** 8 HRS (10am-6pm)

*(Times may vary depending on level of dirt and grime)*

*\*All prices are before tax.*

### ADD ON:

**Spray Wax:** \$40

- Removes light surface scratches.
- Protects against road contamination and provides UV protection.
- Hydrophobic effect, our wax provides paint depth and a brilliant finish.
- UV resistant.

**Leather Cleaning & Treatment:** \$40

- Deep cleaning of all leather surfaces with our leather nutrient system.
- Interiors are left soft, protected and nourished.
- UV resistant.

### COVID-19 Protocol

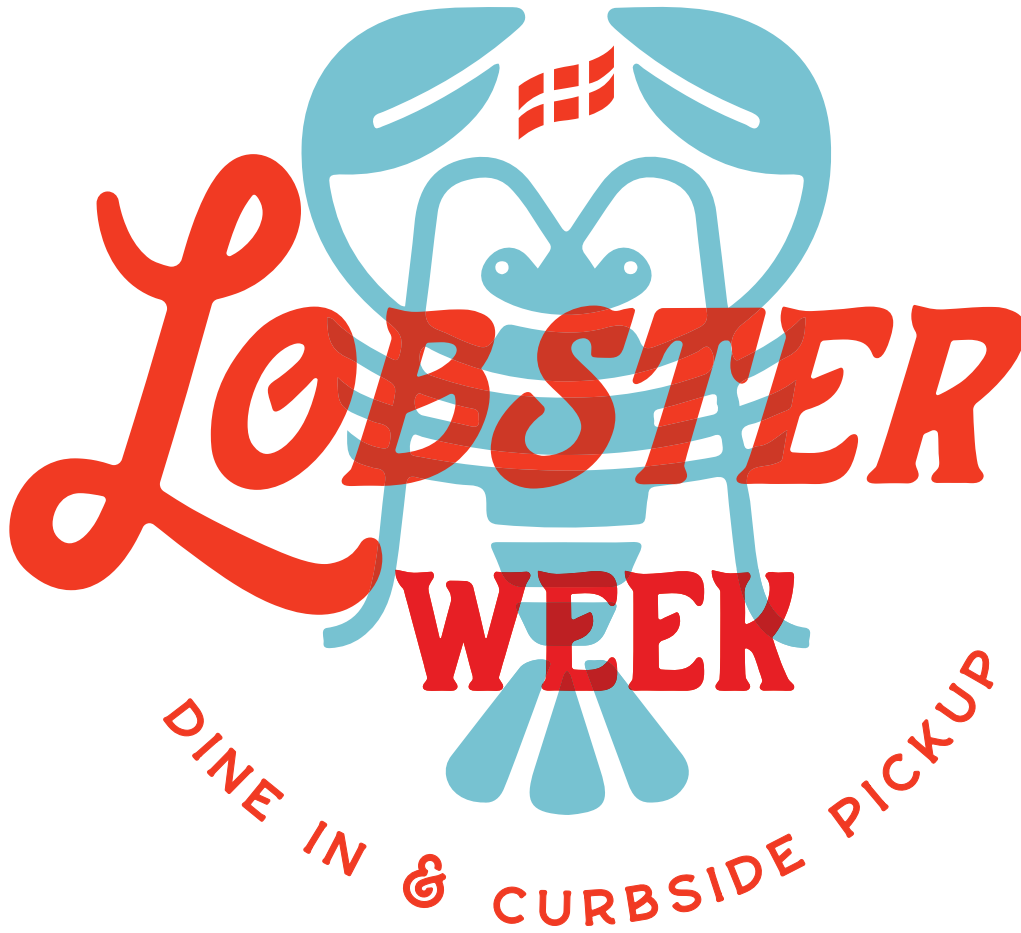
A non-toxic ozone disinfectant will be sprayed in your car after cleaning to ensure your car is safe for you and your loved ones.

### Cancellation Policy

24 hour cancellation policy in effect. Notice required or a \$25 fee will be applied to Member account.

Back by popular demand!





# LOBSTER WEEK

DINE IN & CURBSIDE PICKUP

*Enjoy Lobster Week at the Club or from home!*

## DINE IN

**July 22-28**

Reservations: 604.913.4515

### LOBSTER SALAD

3oz lobster, red skin potatoes,  
chilliwack corn,  
grilled nectarines, tarragon vinaigrette

### LOBSTER TAGLERINI

cherry tomatoes, lobster, lobster butter & basil

### MAINE STYLE LOBSTER ROLL

4oz lobster, lemon mayo, brioche bun,  
steamed lobster, fries or salad

### LOBSTER NACHOS

### EAST COAST LOBSTER BOIL

1 ¼ lb steamed lobster, corn on the cob, new potatoes,  
drawn butter, old bay seasoning

## CURBSIDE PICKUP

**Wed, July 21**

RSVP: [curbside@hollyburn.org](mailto:curbside@hollyburn.org)  
Reservations before Monday, July 19th  
Pickup: July 21st, 1am-3pm, Bistro 950  
\$50 per person

### MENU

Potato Bread Buns  
Mixed Field Greens, Radish, Apple Cider Dressing  
1 ¼ lb lobster (steamed) | Corn on the Cob  
New Potatoes | Drawn Butter  
Peach and Almond Tart



# BC DAY

W E E K E N D

## PICNIC PACK

Let us prepare your BC Day picnic!

We are preparing picnic packs filled to the brim with delicious items to enjoy on BC Day! Take this pack home, to the beach or to your favourite weekend spot. Each pack includes a full meal for a family of four, biodegradable napkins, cutlery and plates.

### Your picnic pack includes:

**Broccoli & Goat Cheese  
Egg Bites**

**Picnic Loaf Stuffed Sandwich**  
baked, four meats, four cheeses,  
sourdough loaf

**Mixed Olives**

**Grilled Asparagus**  
wrapped in prosciutto

**Smashed Cucumber Salad**  
with sesame and ponzu

**Fresh Okanagan Stone Fruit**

Order: [curbside@hollyburn.org](mailto:curbside@hollyburn.org) by July 28th.

Pick-Up **Aug 1<sup>ST</sup> or 2<sup>ND</sup>**  
Window: **10AM-3PM** Bistro 950

**\$70** per pack  
feeds 4





# Hollyburn Junior Athletic Recognition Program

*The Junior Athletic Recognition Program has been developed in order to recognize outstanding achievements by junior athletes in Hollyburn programs. Congratulations to our 2020/2021 junior athletes!*



Logan Bayley  
**KARATE**



Henry Brewster  
**SWIM TEAM**



Jasper Creed  
**SQUASH**



Jack Davison  
**TENNIS**



Marija Cvetkovic  
**FIGURE SKATING**



Sutton Van Dyk  
**FIGURE SKATING**



Henry Li  
**BADMINTON**



Jack Hemsley  
**HOCKEY**



Ethan Herron  
**HOCKEY**



Nolan MacNeill  
**HOCKEY**



Athan Moreira  
**HOCKEY**



Griffin Palfrey  
**HOCKEY**



Connor Young  
**HOCKEY**



# Chef PAUL'S

FEATURED MENU PAIRING



## *Crispy Fried Calamari*

pickled onion, tzatziki, mint 

### *Pairs well with Cedar Creek Sauvignon Blanc*

This wine shows off the tell-tale grassiness to the herbaceous-by-nature Sauvignon Blanc. The grapes are picked early to retain the bright, fresh acidity that shows through on the palate. This thirst quenching summer sipper perfectly accompanies our fried calamari and a sunny patio afternoon.

# NEW MENU

*Available Now*



## SHARING


- MEZZE PLATE**  16  
hummus, baba ghanoush, warm olives, falafel, tabbouleh, pita
- CHARCUTERIE BOARD** 18  
selection of Two Rivers meats, pickles, preserves  
⊕ cheese +6
- CANADIAN BURRATA**  18  
half size, spiced vegetable caponata, focaccia
- NACHOS** 21  
baked corn tortilla, cheddar & Monterey jack cheese, hot peppers, pico de gallo, olives, cilantro, sour cream, taco cheese sauce  
⊕ guacamole +3 | ⊕ taco beef +4 | ⊕ roast chicken +6
- CRISPY CHICKEN TENDERS & FRIES** 15  
spicy plum sauce
- CHICKEN WINGS**  15  
celery & blue cheese dip, choice of house made hot sauce, chili garlic or salt & pepper
- CRISPY FRIED CALAMARI**  14  
pickled onion, tzatziki, mint
- SESAME CRUSTED ASPARAGUS FRIES**  14  
tahini sauce

## HANDHELDS

- CHICKPEA & CILANTRO FALAFEL**  16  
tabbouleh, tahini, toasted pita
- TWO RIVERS ALL BEEF WAGYU HOT DOG** 16  
spicy pineapple salsa, lettuce, tomato
- BRICK GRILLED DOUBLE CHEESE BURGER & BRIOCHE BUN** 18  
monterey jack, shredded lettuce, sweet pickle mayonnaise, tomato
- CHICKEN PARMESAN SANDWICH** 18  
toasted focaccia, crispy chicken, tomato sauce and mozzarella  
⊕ substitute eggplant +14
- TEMPURA SHRIMP PO-BOY** 18  
crispy tempura shrimp, buttered bun, mango slaw
- CRISPY PORK BELLY BAO BUN** 18  
steamed bun, coleslaw, cilantro

All sandwiches come with a choice of fries, salad, coleslaw or caesar salad.  
⊕ substitute lettuce wrap +1

## PIZZA

- MARGHERITA**  17  
san marzano tomato sauce, mozzarella cheese, fresh basil, grana padano
- FUNGHI** 20  
portobello mushroom, truffle béchamel, san marzano tomato sauce, caramelized onions, pancetta, fresh herbs
- FENNEL SAUSAGE** 22  
fennel pepperoni, shaved fennel, san marzano tomato sauce, grana padano

 GLUTEN FREE  VEGAN  DAIRY FREE  VEGETARIAN



**SALADS**

- ROASTED SWEET POTATO & ARUGULA SALAD** **V GF** 14  
pomegranate dressing, orange segments, toasted walnuts
- SWEET SHRIMP & CRAB LOUIE SALAD** **GF** 22  
green goddess dressing, romaine hearts, avocado, cucumber, tomatoes
- HOLLYBURN'S CAESAR SALAD** 13  
romaine, crisp pancetta, focaccia croutons, egg, anchovy, balsamic dressing
- SUPER FOODS 2.0** **V GF** 15  
baby kale, quinoa, sunflower seed, red cabbage, carrot, avocado, miso ginger dressing
- THE GRIND** **GF** 20  
grilled chicken breast, mesclun greens, pumpkin-sunflower seed-dried cranberry mix, feta cheese, herb dressing

⊕ chicken +6 | ⊕ salmon +7 | ⊕ peri-peri prawn skewer +7  
⊕ 6oz beef tenderloin +18

**SEAFOOD**

- SEARED ALBACORE TUNA NICOISE** **GF DF** 19  
fingerling potatoes, haricot verts, radish, tomatoes, black olive dressing
- 1LB STEAMED MUSSELS** **GF DF** 18  
spicy lemongrass broth, cilantro, chili, grilled baguette
- POKE** **GF** 18  
marinated ahi tuna or tempeh, pineapple, edamame, brown rice, nori, cucumber, radish, spicy citrus sauce
- MISO GLAZED SABLEFISH** 34  
steamed gai lan, brown rice, koji crisp

**MEAT**

- BUTTER CHICKEN** 22  
rice, papadam, raita
- 10 OZ STEAK & FRITES** 38  
naturally raised NY steak, crispy fries, chimichurri sauce  
⊕ substitute 6oz beef tenderloin +8
- PEKING DUCK LETTUCE WRAP** **DF** 22  
carrot, cabbage, spicy hoisin, crispy wonton, iceberg lettuce  
⊕ substitute tempeh or tofu
- WARM QUINOA BOWL** **GF** 24  
steamed broccoli, fried brussels sprouts, portobello mushrooms, grilled chicken, goat cheese, mushroom sauce

**SUMMER BBQ SERIES**

Every Thursday and Friday evening this summer we will offer specialty cuts on the BBQ paired with a summer time salad. Ask your server for details!

**CELEBRATE!**

Looking for a night to remember? Inquire about personalized menus for you and your family by contacting [restaurant@hollyburn.org](mailto:restaurant@hollyburn.org).

**GF** GLUTEN FREE   **V** VEGAN   **DF** DAIRY FREE   **🌿** VEGETARIAN



# Keep The Grandparents Close

Now for a limited time offer, your parents\*  
can join for a discounted entrance fee.



## SENIOR INTERMEDIATE MEMBERSHIP ENTRANCE FEE

AGES 65–70  
**\$22,500**<sup>+GST</sup>

AGES 70+  
**\$15,000**<sup>+GST</sup>

### WHO CAN APPLY?

Eligible to individuals who are parentally related to a current member.  
Membership includes spouse/common-law only.

FEATURED ARTIST

# *Tiffany Blaise*

Vancouver-based artist Tiffany Blaise creates contemporary landscape paintings infused with expression and gesture. In her practice, she explores the themes of movement and transformation through reinterpreting subjects such as dramatic coastlines and swirling skies. Tiffany sources her landscape and seascape imagery of dramatic while adventuring around British Columbia and abroad.

The artist's abstract artwork unites the physical landscape with the world of the mind. "My art practice is a journey rooted in the exploration of thoughts and nature. I want to portray the connection between our inner nature and the landscape that surrounds us."

She aims to help people surround themselves with uplifting artwork that connects them to nature and presents an opportunity for contemplation.

**View Tiffany's work at the Club or online at [www.tiffanyblaiseart.com](http://www.tiffanyblaiseart.com) or on instagram [@tiffanyblaiseart](https://www.instagram.com/tiffanyblaiseart).**



*Myth, oil, wax and ink on canvas, 36 x 36 x 1.5 in*



*Sunshine Gilds the Morning, oil, wax and ink on canvas, 30 x 40 x 1.5 in*



# Refer a friend. In fact, we prefer it.

Refer your friends and you  
can receive a credit of:



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## REFERRAL PROGRAM

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Encourage your friends to join the Club and you could be eligible for  
a referral credit and receive \$1,200\* on your Hollyburn account.

For more information on Hollyburn's referral program contact  
Carolyn at [cdevlin@hollyburn.org](mailto:cdevlin@hollyburn.org).

\*\$1,200 will be applied to your Hollyburn account over 12 months in \$100 increments. Credit may be split between two Members if requested.  
Credit will be applied to a Member's account after the new Member has been accepted for Membership. Acting as a new Member's proposer or seconder  
does not qualify you to receive referral credit. Referral credit not applicable for Intermediate Membership applications.

## FEATURED ATHLETE

# Roya Hakimzadeh

**Age:** 15 **Sport:** Figure Skating

**Number of years you have played your sport?** 11 years

**What is your biggest accomplishment in your sport?**  
Winning competitions

**What would be your ultimate achievement?** Landing a double lutz

**Who is your role model in your sport?** Alina Zagitova

**Do you have any good luck rituals or superstitions?** No

**What is the best advice you have been given?**  
Breathe!

**Do you have a motto that inspires you or helps you to accomplish your goals?** It's not about how good you are, it's how good you want to be.

**What is your favourite pregame meal?** Smoothie

**What are 3 essential items in your sports bag?** Skates, guards and water!

**When you were younger what did you want to grow up to be?** A fashion designer

**Do you still want to be what you mentioned in the last question, or do you have another vision?** Yes, it is still a dream of mine, but I am looking towards medicine – particularly dermatology

**What other sports and activities do you enjoy in your spare time?** Skiing, volleyball, mountain biking and golf

**As a Member, what is your favourite Hollyburn moment?** Odlum Brown Van Open ball crew and skating summer camp

**What do you want to be remembered for when you outgrow your sport at Hollyburn?** I want to be remembered as fun and exciting





# Celebrate Canadian Brands

The Sports Boutique is proud to carry a wide range of Canadian-owned brands and Canadian-made products. This Canada Day, we want to highlight just some of our favourite brands that help us keep it local!



## HOMECOMING

Homecoming Candles are inspired by the integrity of everyday spaces for the homebody. The company started as a hobby and an opportunity to return to a simpler more meaningful way of life for founder Suraiya Nanji. That return eventually brought her back home to Vancouver where Homecoming has since expanded into a sought-after Canadian brand, known for hand made, hand poured and hand packaged candles with a clean aesthetic designed to fit into any home.



Glee Jewelry is based in beautiful Victoria, B.C. and is inspired by the local landscape, where the abundance of natural beauty is almost overwhelming. Many of their designs have an organic flair and compliment individual styles-whether you consider yours to be contemporary, exotic or simplistic.



## SALTSPRING KITCHEN CO.

Gourmet savoury, spicy and sweet preserves, flavour forward and funky hot sauces. Handmade on Salt Spring Island, British Columbia with love and care.



Raw, pure, and authentic honey from Saskatchewan. Direct from the Wendell Family Farm bees right to your table, their honey has fresh floral aromas and unparalleled buttery-smooth texture.



# indaba

ALWAYS BE LOOKING

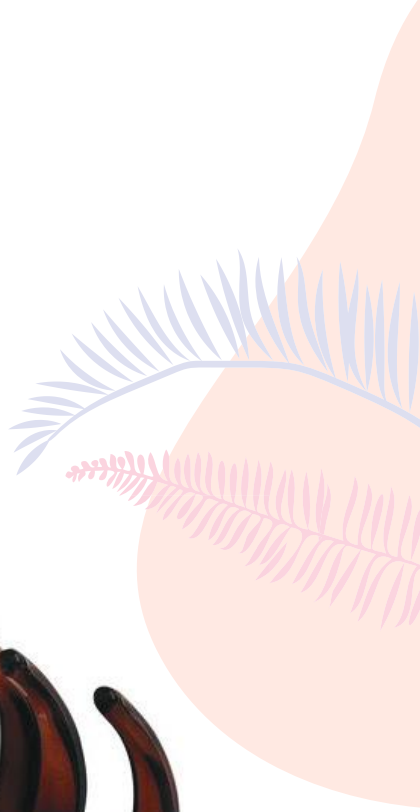
Indaba: Based on Vancouver Island, Indaba has grown to become a prominent home and lifestyle brand known for eclectic, handmade style that is full of heart. Sourcing products from around the globe, Indaba is always on the hunt for sustainable and original design pieces to make your home your haven.



# karen TÉLIO

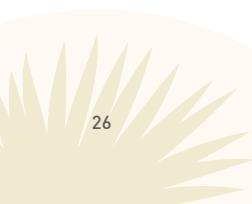
COLLECTION

Karen Telio Jewellery: Created in her Vancouver studio, Karen Telio's jewellery designs are a physical translation of her love of travel, art and culture. Her use of brass, sterling silver, and semi-precious stones create whimsical boho-inspired pieces for any occasion.



# KRUSE CLIPS

Locally made and using the finest swarovski crystals, Kruse Clips is unparalleled in both quality and shine. They look absolutely beautiful and will keep your hair in place all day long.





**MANTA WORLD SPORT**  
www.mantasport.com

Manta World Sport is a proudly Canadian company that has been producing superior racquet sports equipment since 1972. Their wide ranging collection has pickleball paddles for complete beginners all the way to advanced.

## MIDNIGHT paloma

Canadian made, female owned and operated, Vancouver-based Midnight Paloma strives to create a connected community that is inclusive and focused on the eco-conscious lifestyle. Their products are multipurpose based, thoughtfully curated and most importantly free of chemical preservatives, toxins and are vegan + cruelty free.



## pyrrha

Pyrrha Design makes jewellery right here in Vancouver. Founded in response to mass-manufactured jewelry, Pyrrha produces jewelry based on antique wax seals and heraldic talismans. They fabricate their products from reclaimed gold, sterling silver, and bronze using traditional hand-crafting techniques. These unique handmade pieces are such a wonderful gift idea for those special moments in life.



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.

"The steam room in the Men's Spa has not been working the last three days. It would be great if it could be fixed."

*Thank you for your note about the steam room. We replaced a broken sensor to get the steam room functioning, but unfortunately it was a faulty part. We replaced the part again and will monitor it closely to ensure it resolves the issue once and for all. We are sorry for the inconvenience.*

"Your gluten free pizzas are great but because the crust is so soft, it really sticks to the box. Any chance you could put a piece of parchment under the pizza?"

*Glad to hear you enjoy our gluten free pizzas. Adding parchment paper to the box sounds like a good solution. Thanks for your order, we appreciate the support.*

"Shout out to the entire Security team at the front gate! So friendly, professional and helpful. Always appreciated. Thank you!"

*Thank you so much for taking the time to acknowledge our Security team. We agree, they are a great! We will ensure they receive your kudos.*



"Hello, just wondering if you can install another basketball hoop outdoors. Anytime I try to use it, it's taken. Very popular!"

*It is great to see the outdoor basketball court getting a ton of use by the Members. It would be great to add another court for Members to take advantage of. Please know it is also on our wish list and when the resources and location become available we will do our best to put the plans in motion.*

"The fitness center downstairs is extremely warm, I think thermostat needs to be reset for spring summer warm weather."

*The warm conditions were caused by an electrical short in the air handling unit that services the Lower Fitness Center. The unit has been rewired and everything should be back up and running by the end of the day.*

"Why is the length swimming waitlist only for 2 days prior to your requested date. It used to let you do it a week out. It seems logical that you would be able to waitlist a week out when you can book a week out."

*Good question. Our Gametime guru, Jessica Katzin, has let us know this issue is tied to waitlists for other departments (a glitch in the system). Please know we are working with GameTime to rectify the issue as soon as possible.*

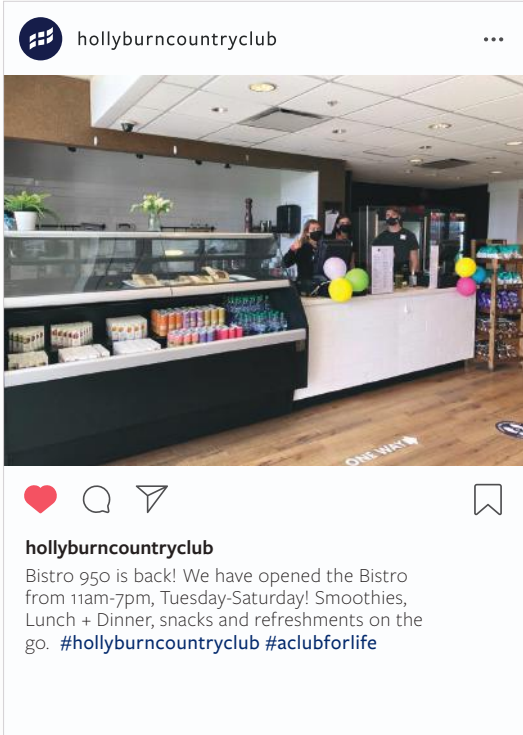


"I just wanted to let you know how much I appreciate all the efforts that are being made to allow us Members to keep attending fitness classes. I love being outdoors and feel very safe attending the classes. Thanks to all the fitness center employees and especially Shelley for making this happen. I sure do appreciate it. I think it would have been very difficult to get thru Covid without being able to participate in fitness."

*Thank you so much for taking the time to acknowledge the efforts of the fitness center team! We agree, Shelley and her team have done a great job in the fitness center. We will ensure they receive your kind words. Glad to hear that you are able to take advantage of the outdoor classes during this beautiful weather!*

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

# Insta-Moments



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

Follow us on Instagram @hollyburncountryclub

# ENHANCING PELVIC HEALTH

*Hollyburn Physiotherapy*



The phrase "pelvic floor" is rarely talked about, unless mentioned in yoga or pilates class, or by someone who's recently given birth. Though everyone has it, and 1 in 4 women experience dysfunction at some point in their lifetime. High prevalence of pelvic floor dysfunction occurs across all age spans, however they are often overlooked due to common belief that they are normal part of aging or child birth. Dysfunction often presents as symptoms that are uncomfortable to talk about, leading to people suffering for years before finally seeking treatment.

## ***What is the pelvic floor?***

The pelvic floor is bowl shaped and located on the bottom part of the abdomen. It is composed of muscles, ligaments, pelvic organs and connective tissue. When the pelvic floor muscles have normal strength and tone, the pelvic organs are supported with limited tension on the ligaments and fascia.

These muscles may become stretched during child birth, weakened with aging, become hypertonic with increased stress, and eventually leading to pelvic floor dysfunction.

## **WHAT ARE THE RISK FACTORS FOR PELVIC FLOOR DYSFUNCTION?**

### ***-High intensity exercise***

triathletes, long distance runners, heavy lifting increase intra-abdominal pressure and load on the pelvic floor

### ***-Child birth***

natural vaginal delivery, c-section, or birth with instruments such as forceps can all cause trauma to this region

### ***-Menopause***

decrease in hormone levels leads to changes in muscle tone

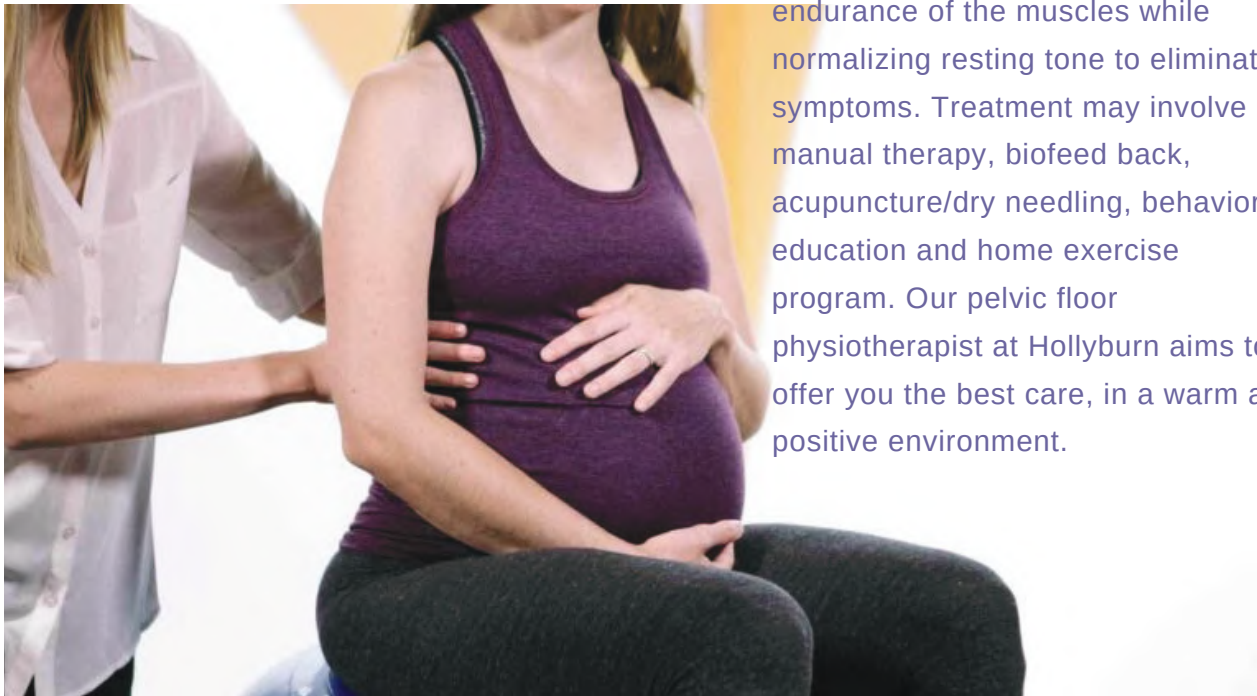
## **YOUR PELVIC FLOOR MAY GIVE YOU WARNING SIGNS BY THE 4 P'S:**

**Pain:** any pain in the pelvic region (may present early as low back pain)

**Pressure:** feelings of heaviness or insides dropping

**Pee:** involuntary loss of urine with laughing, coughing, sneezing or urgency to go

**Poop:** chronically constipated



*If you or anyone you know experience any of the mentioned symptoms, please encourage them to see a pelvic floor physiotherapist*

*Good news is there is much that can be done to address these dysfunctions.*

Pelvic floor physiotherapy has robust evidence based support as first line minimally invasive option to treat pelvic floor conditions.

The goal of pelvic floor physiotherapy is to restore the strength, and endurance of the muscles while normalizing resting tone to eliminate symptoms. Treatment may involve manual therapy, biofeed back, acupuncture/dry needling, behavioral education and home exercise program. Our pelvic floor physiotherapist at Hollyburn aims to offer you the best care, in a warm and positive environment.

Support your local pelvic physiotherapist as they help you get back to the activities you love.

Aly Huang  
BMRPT, FCAMPT,  
CAFCI



# AQUATICS



Callum Glass  
Aquatic Coordinator  
cglass@hollyburn.org



Patrick Rea  
Aquatic Supervisor  
prea@hollyburn.org

## My Favourite Swimming Spots

Growing up on the Northshore has given me an appreciation for a wide variety of activities, in a similar essence it has left me slightly bitter there's not nearly enough time in the day to do every activity I could want to do. We're fortunate to have our seasons dictate what the appropriate activities to do are, and yes by seasons I'm referring to: 150 days of rain, 4 days of snow, the few weeks of warmer rain; and now what we're coming up on, the summer.

I've decided to share some of my favourite swimming locations, this list has been generated from many fond memories stemming from my childhood to now. My goal with these locations is to expand on your knowledge of the Northshore and potentially help you find a new go-to. We're going to move from West to East, and stay strictly on the North Shore.

If you do plan on swimming outside this summer, just remember there are no lifeguards on duty at any of our rivers or lakes. Similar to BC's gambling message, the message I'll pass on to you is: ***Know your limit, and swim within it.***

### WHYTECLIFF PARK

Kicking off the list we have Whytecliff Park. Less than a 10 minute drive from Horseshoe Bay this location is great for all ages. Whytecliff has a large grassy park, pebble beach and a nice islet viewpoint (accessible with low tide). This location can get busy, not always ideal for a quiet get away.



### CAULFIELD PARK

Keeping on with the beach theme, Caulfield Park. This large park offers adventurous scenery, flat rocks, and a nice little protected beach on its eastern side. This is a quiet spot that isn't highly populated, great for a sunny day.



### STEARMAN BEACH

The last beach on the West Van tour is Stearman Beach. Another low tide beach that offers plenty of room, lots of sand, and some large tidepools. I have never seen Stearman busy as it's a little bit out of the way, there's no designated parking but don't fret, it's not a private beach!





## CAPILANO RIVER

Jumping away from the beaches and over towards North Vancouver is one of my favourite river locations, Capilano River near Klahanie park. The Capilano River is great for an end of bike ride cool off, there's plenty of picnic rock space and varying depths along the riverbank. You can pick the West or North van side and you'll have plenty of space for swimming.



## BLUE POOLS

I've spent my fair share of time in the Lynn Canyon exploring all of pools, riding the circuit, and against my best judgement partook in some of the jumps. The Blue Pools hold my title for most beautiful spot in the canyon, the spot is way less busy than the better known 30 Foot Pool and offers a more relaxing experience. Rather than entering from the canyon, the best entrance is near Inter River park. I would suggest checking out the guide written by "outdoor project", don't miss out on this one!

## STRATHCONA LOOKOUT PARK

The last stop on my list is my personal favourite spot, you can catch me swimming here year-round! Strathcona Lookout Park is a smaller protected cove at the end of Mt. Seymour parkway, even in December it's a popular swimming location for the locals and I understand why. The park offers a stunning view, lots of space, and the water is always calm. During low tide the entire cove turns into a pebbly beachfront, you can walk out to the nearest islet.



# SWIM TEAM



Brad Hutton  
Head Coach  
bhutton@hollyburn.org

## NATIONAL YOUTH TEAM RECOGNITION

Tristan Govier was named a member of the Swimming Canada Youth Relay Team. The team was comprised of the top four swimmers in the country for the 100m and 200m Freestyle events and the top two swimmers from the 100m Backstroke, 100m Breaststroke and 100m Butterfly for each youth age group. Tristan qualified for his performances in both the 200m Freestyle and 100m Butterfly! Tristan attended a call run by the National Development Coach and members of Swim Canada's coaching staff. In a normal year the swimmers would have been brought together for a training camp. The Youth Relay Team is put together to expose Canada's leading young talent to high performance relay swimming at international meets.



## HURRICANES SWIM TEAM AWARDS

Our team really came together this past season and although competitions were a little different it was really important to celebrate our amazing athletes! We would like to congratulate all of our 2020-2021 Award Winners who put in so much work in practice and raced to incredible times in our own pool.



## FEMALE TOP PERFORMERS

Phillipa Lotz (10 & under)  
Claire DeCoteau (11-12)  
Alessandra McCreedy (13-14)  
Olivia Jakeman (15 & over)

## MALE TOP PERFORMERS

Garrick Gao (10 & under)  
Marcus Zhou (11-12)  
Tristan Govier (13-14)  
Josh DeCoteau (15 & over)

## MOST IMPROVED BY GROUP

Swim Academy 1, Swim Academy 1, Swim Academy 2, Swim Academy 2, Monsoon, Monsoon, Mia Zhou, Brooke Johannson, Henry Brewster

## LEADERSHIP AWARDS BY GROUP

Swim Academy 1, Swim Academy 1, Swim Academy 2, Swim Academy 2, Monsoon, Monsoon, Emma Johnston, Atria Zehtab, Natalie Yu

## SWIMMER OF THE YEAR (JUNIOR ATHLETE)

Henry Brewster

## DOLPHIN AWARD

Stella Harris

We love having new members and encourage interested swimmers to join our Summer Swim Camps in July! If you have any questions please contact Head Coach Brad Hutton at bhutton@hollyburn.org.



# BADMINTON



Julia Chen  
Badminton Professional  
badminton@hollyburn.org

## SUMMER CAMP HIGHLIGHTS

Come out to join our most popular summer camps!  
Daily drop-in is available, too!

This summer we are offering a combination of Badminton, Balls and Swimming Full-Day Camps from 9:30am-3:30pm (age 6+); Badminton & Swimming Combo Half-Day Camps (age 3.5 - 12); Badminton & Ball afternoon Camps (age 6+); and Teens Badminton Camps (age 11+).

*Please note that we do offer camps on the week of July 26 -30. Please refer to Gametime for registration details.*

## GRADUATING PLAYERS



Congratulations to our graduating players Domenic Fong, Sophie Ye and Tina Guo! Domenic has been actively involved in badminton training at the Club in the past 10 years. He is a hard-working individual and always comes with a great attitude to his training. He is a good role model for younger players by demonstrating his work ethics and

giving back his time to the badminton community and programs as volunteer and coach assistant.

Both Sophie and Tina are amazing badminton players. Besides their own training, they also gave back their time to help the junior programs in the past years.

Domenic, Sophie and Tina, thank you for the great badminton memories shared together and congratulations to the start of your next adventure! Your respectful attitudes, energies and fun personality in training will be missed!



## Local Café Recommendation

As summertime approaches and the heat comes around, this is the best time to get outside and soak in some sunshine! If you're looking for a nice, Covid-safe way to cool down after a long day at the beach or a grueling hike (Deep Cove has a beautiful waterfront and also some tough hiking trails!), head to Andrew's on 8th for an ice cold coffee and indulge in some sweet or savoury snacks. Andrew's is a family run business that offers the best iced lattes in town (my personal favorite one is iced latte with oat milk) and they also cater warm, delicious home-cooked dinners ready for takeout. With a picturesque park right across and outdoor seating, Andrew's is the perfect stop to enjoy a sunny afternoon; all the while maintaining social distancing and supporting local businesses!



# BRIDGE



Stephen Beaton  
Bridge Professional  
bridge@hollyburn.org

## *Talk bridge as you support our local businesses.*

You can get together with friends – just not too many – to chat about your latest triumphs and tragedies at our Thursday morning virtual game. Invite a friend or two to join you at your local coffee shop or restaurant (maybe Thursday afternoon after the game?).

As these words are being written, the sun is shining and our local coffee shops and restaurants are open for outdoor dining. Many have very attractive patios.

### **BACK AT THE BRIDGE TABLE...**

Our virtual ACBL-sanctioned Thursday morning duplicate bridge game continues. It is hosted on Bridge Base Online (BBO) and has 10 or so tables every week. Players can use text messages to greet one another as they meet at virtual tables.



## 2021 Trophy Winners

Our 50 year trophy history has continued into 2021. Trophy winners so far in 2021:

### **Cam Cameron Trophy**

Homa Boustani and Ken Kaan

### **Mort Ferguson Trophy**

Marg Worthy and Nancy Macdonald



### **Bell Trophy**

Janis Avis and Kate Allard



Visit [www.bridgeclubnews.ca](http://www.bridgeclubnews.ca) for complete bridge results and news, including tips on how to create a BBO account. Email [bridge@hollyburn.org](mailto:bridge@hollyburn.org) for more information.

*“Play a hand of bridge; Entry to a magic world; Social, thoughtful, fun”*

# FIGURE SKATING



**Diane Beaudet**  
Skating Professional  
figureskate@hollyburn.org



**Joanne Sloman**  
Skating Professional  
figureskate@hollyburn.org

Inspired by a quote from Joanne Sloman's mum, Mrs. Sloman:

*"It's easy to smile when life goes along like a song, but the person worthwhile is the one that can smile when everything goes dead wrong"*

Covid being the dead wrong, we decided to support our girls by fighting with a smile to keep the ritual going. We wanted to give the girls a chance to continue to skate in a safe and friendly environment. We are grateful for all the support that made our skating program work so well in such trying times.

As we always do, we will continue to look forward with a positive attitude and a SMILE to a re-opening of the world and a return to a new normal.

All these skaters in the photos participated in the BC Coast Regional Virtual Event. They were filmed doing their solo in April at Hollyburn and then were able to watch their performance by live streaming in May with the family. A new experience for all.



Kate Cubric

## Support Local

We would like to highlight two local businesses that our figure skaters recommend.

### DUCK FEET

Duck Feet, previously in Ambleside, has moved to 1079 Marine Drive in North Vancouver. It's a great place for tights, pretty skating dresses, sweatpants and cute accessories. In addition to items for figure skating, Duck Feet carries clothing for gymnastics, swimming, and everything you could possibly need for all types of dance, in both children's and adult's sizes. Shop in person for best selection, but a small sampling is also available online.

[Duckfeetdance.wixsite.com](http://Duckfeetdance.wixsite.com)

### Perfect Shot Studio

We do all of our individual skater portraits at Perfect Shot studio, conveniently located at 245-1425 Clyde Avenue. Hamid makes the process easy and quick, and if you need passport photos, he is your man. He is even willing to "touch you up"! Too bad he doesn't do drivers license photos.

[Perfectshotstudio.ca](http://Perfectshotstudio.ca)

*Please join us in supporting these longstanding local businesses.*



Caitlyn Johnson



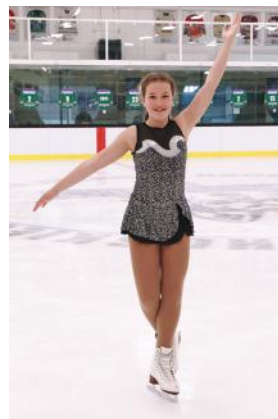
Kiera McGladdery



*Mia Song*



*Emily Yip*



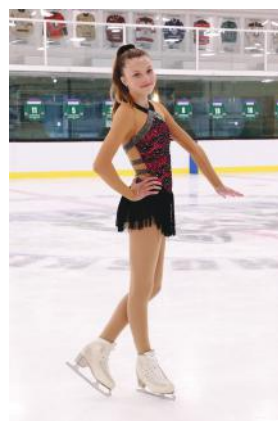
*Lily Cipolla*



*Madeline McCready*



*Evelyn Patchell*



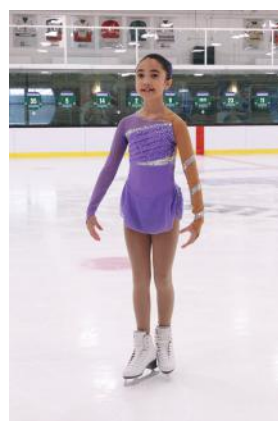
*Sutton Van Dyk*



*Kate Chan*



*Scarlett Jando*



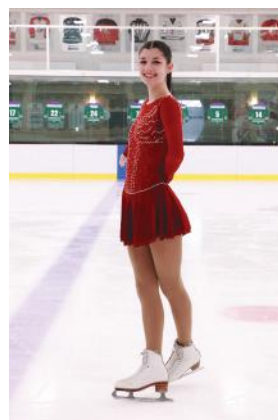
*Chanelle Yehia*



*Giahna Venier*



*Roya Hakimzadeh*



*Marija Cvetkovic*



## The Fine Print

The Fitness Centre has been re-opened since May 2020 and there have been so many little rules and big protocols put in place over the past year, where there used to be none. How is a person to understand all of it? Well, at this point in the COVID19 world-wide pandemic everyone understands social distancing and mandatory mask wearing, but the fine print of booking Group Classes and Fitness Centre workouts are a little fuzzy for most of us. Here is the Understanding the Fine Print:

### GROUP CLASSES

- if you sign up for a class and do not attend, you will be charged \$25 or \$28 for Pilates classes.
- If you sign up for a class and cancel less than 2hrs before the start of class, you will be charged the price of that class, \$14 or less than 24hrs for Pilates classes, you will be charged \$23.
- If you sign up for a class and the class is full and you are on a waitlist, you very well could be bumped into that class. It is YOUR responsibility to check it and pull you name off the waitlist if the Grouse Grind is calling you on that particular morning BEFORE you get put in, or be aware if you are put into the class.
- If you have your name is on a waitlist, and you decide that you won't be able to make a class on short notice, 2-3hrs before start of class possibly, please remove your name from the waitlist. You could get bumped in, and you will be charged a no-show fee if you don't show up.

#### **HCC Fitness Group Class cancellation policy in effect:**

- 2 hours' notice – no cancellation fee
- Less than 2 hours' notice – \$14.00 fee charged
- No show – \$25.00 fee charged
- Bookings and cancellations can be done through MindBody, by phone 604.913.4563 or by email at fitness@hollyburn.org

#### **HCC Pilates Group Class cancellation policy in effect:**

- 24 hours' notice – no cancellation fee
- Less than 24 hours' notice – \$23.00 fee charged
- No show – \$28.00 fee charged
- Bookings and cancellations can be done through MindBody, by phone 604.913.4563 or by email at fitness@hollyburn.org

## FITNESS CENTRE BOOKINGS

- If you sign up for a workout session and cancel less than 2hrs before the start of your session, you will be charged \$25.
- if you sign up for a workout session and do not attend, you will be charged \$50.
- If you sign up on the Fitness Centre waitlist, you will be auto booked into your desired time when and if it becomes available. Again, it is YOUR responsibility to check it and pull you name off the waitlist if the Seawall is calling you on that particular morning.

#### **HCC Fitness Centre Booking cancellation policy in effect:**

- 2 hours' notice – no cancellation fee
- Less than 2 hours' notice – \$25.00 fee charged
- No show – \$50.00 fee charged
- Bookings and cancellations can be done through GameTime, by phone 604.913.4563 or by email at fitness@hollyburn.org
- Bookings and cancellations can be done through GameTime, by phone 604.913.4563 or by email at fitness@hollyburn.org

These fees and charges are in place purely to encourage all members to be considerate of these new maximum allowances in each of the areas of Fitness. We endeavour to fairly and safely populate classes and Fitness areas to our maximum allowed capacities.

We are so lucky here at Hollyburn, we are open and have so many options for you to choose from! You never need to look anywhere else for all your Fitness needs!

See you soon!

## Shop Local

### **Wondering where to get your next pair of Spin shorts?**

I do not even need to think about where my personal go-to is, SAMSARA. You will never buy from anywhere else once you take these bad boys for a spin! This is a local Vancouver company located in Kitsilano.

Samsara was created by women for women who love to ride and are seeking comfort, performance and self-expression on the bike. Designed and produced in Vancouver, BC using the highest quality Italian materials, our prints are created in-house and perfect for those looking to wear stylish, unique, technical gear that is comfortable.

One word, SAMSARA.

Check them out and stay local  
[samsara-cycle.com](http://samsara-cycle.com)



# The Faces of Personal Training

Our Fitness Centre delivers a group of highly educated, skilled, and professionally certified trainers and instructors specializing in post rehabilitation, core training, exercise physiology, sport conditioning and age specific training for youth, teens and seniors. Whatever your fitness needs, we are proud to offer our exceptional services to individuals, small groups or teams.\*

With over 15 personal trainers to choose from, we can help you reach your fitness goals, whatever they may be! To set up an appointment with a Trainer or to learn more please call 604.913.4518 or email [jkatzin@hollyburn.org](mailto:jkatzin@hollyburn.org).



Annie



Catherine



Chelsea



Chris



Connor



Cullen



Deon



Emily



Ian



James



John



Kristin



Marc



Mario



Mitch



Sammy



Skyla





## *Thank You* **LUCAS**

I, on behalf of everyone involved with the Hollyburn Hockey program, would like to thank Lucas Skriko for a wonderful 3.5 years. Lucas made the decision to pursue fulltime employment outside of hockey and we wish Lucas all the best in his future endeavors. He brought a lot of passion and energy to the hockey program. We hope to have Lucas involved with coaching one of our teams in the Fall!

**Adam Hayduk, Hockey Director**



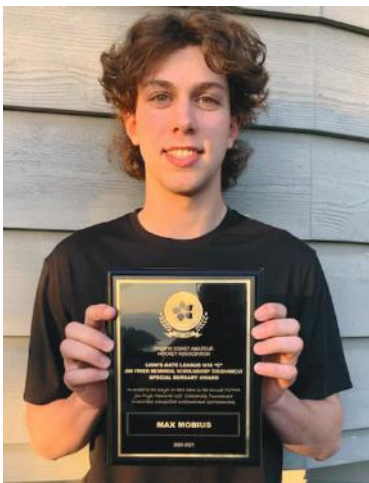
## **Welcome** **Andrea Benac** *New Hockey* *Coordinator*

Hollyburn Hockey is excited to welcome Andrea Benac as the new Hockey Coordinator. Andrea has an

extensive background in hockey as a player and coach. Andrea played for the University of Windsor as well as women's junior hockey. Originally from Ontario and an avid Maple Leafs fan, she moved to BC two years ago and most recently coached at the North Shore Winter Club. Welcome Andrea!

## *Max Mobius Received Lions* *Gate League Scholarship*

Congratulations to graduating Hollyburn Huskies player Max Mobius on being 1 of the 4 recipients chosen for the PCAHA Lions Gate League Jim Fryer Memorial Bursary. Congrats Max!



## *Luke Roberts Scores* *1st BCHL Goal*

Congratulations to Hollyburn Huskies alum Luke Roberts who scored his first BCHL goal with the Surrey Eagles on April 23rd against the Coquitlam Express. Congrats Luke – many more goals to come!



## **10 Things That Take** *Zero Talent*

1. Being On Time
2. Work Ethic
3. Effort
4. Body Language
5. Energy
6. Attitude
7. Passion
8. Being Coachable
9. Doing Extra
10. Being Prepared

# KARATE



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

David Howie (81) has been keeping fighting fit by boxing and training regularly in The Dojo at the Club.

Masked up and working hard on his fitness is the inspiration that reminds us that we all have something to work on. His background in Physical Education and wrestling have served him well and motivate him to never stop moving. He trains with accomplished Martial Artist and Personal Trainer James Zinck every week and is always looking for new ways to challenge himself.

*Way to go David, you are an inspiration to us all!*



## Explore Local

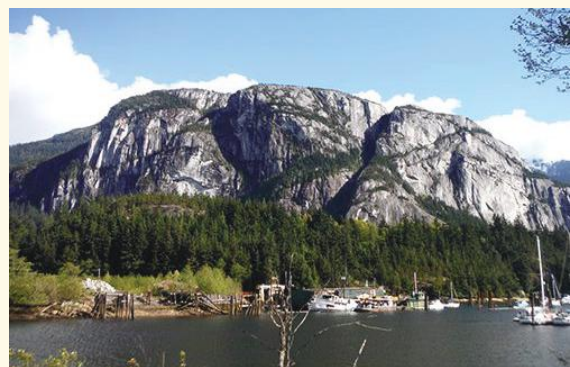
Sensei Peter lives in the city of Squamish, the aptly named 'Recreation Capital of Canada' so when he's not coaching in the Dojo there's a very good chance you might see him at one his favorite spots!

### The Chief

I wouldn't call the The Chief hike leisurely but it's kinder than the Grind and the rewarding view is nothing short of spectacular. Remember to take some sunflower seeds to feed the chipmunks who live at the top!

### The WaterShed Grill

It's the best place to decompress with an amazing view of the Squamish River, theres a reason why the show Virgin River uses The WaterShed as their backdrop. The menu is creative and it has the friendliest most laid back service ever. Highly recommend!



# MUSIC



Vlada Mars  
Fine Arts Professional  
music@hollyburn.org

## Till We Meet Again

It is great joy and pride for music teachers to teach students till their high school graduation and this year we say farewell to five of our music students. Some of them played a few years; some of them were with us for many years, but they all challenged us to become better teachers and people.



### Ryan Lewis

Ryan is one of my longest running students at Hollyburn. It has been great teaching him all these years and he comes to each lesson with something interesting to talk about. Ryan is one of my few students who loves Jazz (he also plays trombone in his school Jazz band) and has composed a couple of his own pieces. He appreciates the intellectual side of music and I'm sure he will love his experiences at University. I wish him all the best in his future endeavors.

**Mark Klausmayer, Guitar Teacher**

#### *In Ryan's Own Words:*

*I have spent plenty of years studying musical instruments with the first being guitar. I started with Mark when I was in grade 4, and I have improved greatly since then in both skills with guitar as well as my skills in musical theory in general. Through the starting years I could barely understand what was being placed in front of me, and through the years of practice I can play pretty much anything Mark and I decide on with enough practice. While I have grown greatly as a musician throughout my years I still know my skills are quite lacking from my own inability to put extra hours into practice. Grateful for everything Mark thought me over the past 9 years and I hope to continue learning and growing as a musician in my university years.*



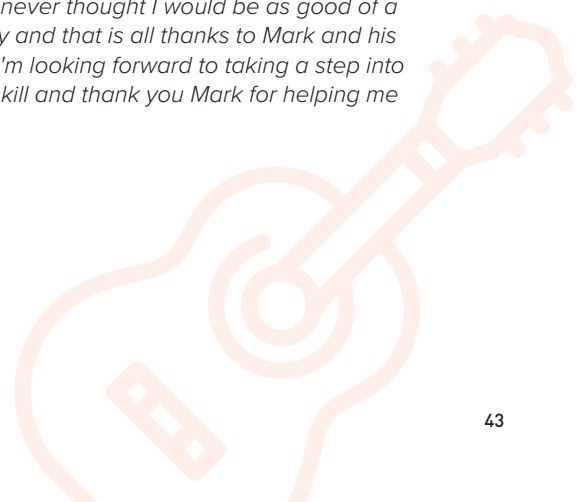
### Anoushka Taylor

Anoushka has rapidly progressed on guitar in the short time I have been teaching her. She has a natural ear and feel for music, and picks up on new concepts quickly. With her creativity and intelligence, I'm sure Anoushka will see success in any path she follows. Have fun in University!

**Mark Klausmayer, Guitar Teacher**

#### *In Anoushka's Own Words:*

*I started taking guitar lessons 2 years ago and Mark really helped me develop my skill, I truly don't think I would be at this place without him. He is such a kind person and very helpful for finding good tab music when I want to learn a new song. I never thought I would be as good of a player as I am today and that is all thanks to Mark and his amazing teaching. I'm looking forward to taking a step into my future with this skill and thank you Mark for helping me learn guitar.*





## Cooper Wade

As a teacher, I find the greatest satisfaction in succeeding to transfer the knowledge and skills to young students. Sometimes it takes a while, but it is always gratifying.

But as my teaching career advancing, I have found even greater satisfaction in those students who not only 'get it' fast but get it in a new improved ways. And then they start to get ahead of me, challenging me, making me better teacher and drummer. The word 'challenging' then gets a new meaning. It is a two way street.

Cooper Wade is one of those students. Not shy of putting the bar higher with his choice of songs, fast development of techniques, and dedication to practicing. In all this years (11) together he made me proud and, above all, made me take my own drumming to a new level. Thanks Coop, and good luck.

**Goran Mars, Drums Teacher**

### *In Cooper's Own Words:*

*To this day, I still remember listening to old rock songs from my dad's playlist and banging my drum sticks with a true rocker persona, but without the skill or rhythm.*

*I have been playing drums for many years, and never thought I could learn so much from a pair of sticks. Drums have taught me how to be more focused and patient, not only when it comes to learning a new style or song, but also learning any skill that may present itself in front of you. I would like to give special thanks to my instructor Goran Mars for making my years of drumming memorable and fun, while also challenging.*



## Sam Fuller

Sam Fuller started taking piano lessons with me five years ago. He already developed his own music language, and he proved to be challenging student. But I followed his lead in the choice of music, learning myself too, and from time to time challenging him with my own choices of classical, bossa nova and my own compositions. Our lessons were fun and easy as he practiced and loved music he is playing. Sam enriched my life and I will miss dearly our Wednesday's lessons. I know he will always come back to piano in his life and I wish him happiness into his future. Good luck!

**Vlada Mars, Piano Teacher**

### *In Sam's Own Words:*

*Vlada's constant dedication to enriching the lives of her students has had a profound impact on me during my time as her student. Her compassion and commitment to helping me improve and grow as a musician and individual has allowed me to continue to love playing the piano, escape reality, and express myself whilst playing. For me, I enjoy playing music that does not conform to the norms of a typical student, and regardless of genre, Vlada has always supported me in playing these pieces.*

*Throughout the past 18 months of pandemic life, Vlada's dedication to teaching has never faded even in this new digital environment amidst challenge. Prior to the pandemic, I thoroughly enjoyed participating in Vlada's recitals that brought the community together, allowing everyone to appreciate music, performance, and growth. I know these recitals will be just as valuable in the future.*

*Music has been an integral part of my life for over ten years: it has allowed me to enter a state of flow, achieve mindfulness, and find joy regardless of all else, especially during the pandemic. Its presence in my life has been largely impacted by Vlada, and for this, I am incredibly grateful.*



## Grace Robertson

Grace Robertson came to me as a shy girl and our lessons became our little sanctuary. She grew into classical trained pianist practicing hard and playing so effortlessly Beethoven, Mozart, Debussy and Chopin, adding allure of Satie, Tiersen, Einaudi and my own compositions. Through her own personal struggles she taught me how to be more patient and compassionate as a teacher and as a person. Grace became a dear friend and I am looking forward following her into her future. I have faith that she has strength to do whatever she wants! Good luck!

We thank all the members who are continuing to support Vlada Mars' music program for the past 24 years. It is one of the most thriving small businesses on North Shore and not by quantity but quality of her program.

**Vlada Mars, Piano Teacher**

### *In Grace's Own Words:*

*I started playing piano with Vlada when I was 11 years old and will be finishing my time with her at age 18. I've grown up with Vlada; I look to her almost as a third parent, and I've treasured the time I've spent with her.*

*When I first started my piano lessons before Vlada, I was extremely anxious and shy. I often cried during piano class because I didn't like people watching me play, and the added pressure of constructive feedback was hard to handle. I even tried to quit a few times - because although I loved piano - I hated performing in front of others. Through Vlada, however, I learned to grow and overcome such obstacles. Vlada taught me how to love piano, and play not because I have to, but because I enjoy it. There is no greater role model in my life than her - her empathy, passion, and humour make every piano lesson a truly enjoyable experience. During these past few years when I have struggled the most with my mental health, Vlada has been there for me - through everything.*

*Vlada has become a true friend of mine, and I hope she can say the same for me. Thank you so much for taking care of me for all these years; I have really had the best time learning and growing with you, Vlada!*



# PICKLEBALL



**Jeff Boag**  
Pickleball Coordinator  
IPTPA Level 1 Coach  
pickleball@hollyburn.org  
604.913.4525

## BEGINNER LEARN TO PLAY CLINIC + GAME PLAY

These 90 minute clinics offer new players the opportunity to take the Learn To Play Clinic followed immediately by 90 minutes of supervised game play. Once you have completed you will be confident in your abilities to play on your own or join one of the other programs, clinics or leagues being offered.

- Prerequisite for participation: no experience required
- Equipment can be provided upon request
- Scheduled for outdoors (with indoor courts in gym as backup)

During the clinic you will learn everything from the grip to ball striking techniques to court movement and game strategy. We will also go over paddle construction giving you the knowledge to purchase your own. In the game play portion participants put their new skills to the test and learn scoring, serving rotation and in game strategies.

**July 18 | July 25 | Aug 8 | Aug 15**  
**Sun | 9:00am-12:00pm**  
**Maximum of 16 players per session**  
**\$60/player**

## SUMMER LEAGUES

*New summer schedule*

The Men's and Women's social leagues both have new nights this summer. The leagues are scheduled for the outdoor courts and with their new nights come a guarantee of indoor back up in case of foul weather.

Each week 16 players play a mini-tourney consisting of three rounds. Preselect your partner (both must be registered) or select a partner on site. Each team receives three best of 3 matches regardless of win/loss record.

Weekly registration will commence online 6 days prior to each session. Each weekly session carries a \$10 fee with a small but coveted weekly prize. Bring your own paddle, sunscreen, hat, sunglasses and water bottle. Balls are provided.

## SUMMER MENS LEAGUE

**commences July 5**  
**Skill Level 3.0+**  
**Monday 5:00pm-7:00pm**  
**Registration opens each Tuesday at 10:00am for the coming session.**

## SUMMER LADIES LEAGUE

**commences June 30**  
**Skill level 3.0+**  
**Wednesday 5:00pm-7:00pm**  
**Registration opens each Thursday at 10:00am for the coming session.**  
**Summer Mixed League commences July 4**  
**Skill Level 2.0-3.0**  
**Sunday 2:30-4:30pm**  
**Registration opens each Monday at 10:00am for the coming session.**

## COMPETITIVE IN-HOUSE LEAGUES

Are you interested in participating in a skill based competitive pickleball league? If you are please take a moment to complete the online survey so that we can prioritize the leagues you are interested in.

The start date will depend on PHO and Gov't restrictions being eased however we want to be prepared.

## FAMILY FUN WEEKEND! PARENT/CHILD DAY

Three categories of age based play will be created with each group of 8 teams given a 2 hour window for match play competition. Win or lose your team will receive a minimum of 3 matches. Simply add the two ages of your teams players together to determine which group you can register for. Maximum of 8 teams per category for a total of 24 total teams in the following categories;  
<50 years, 50-100 years and >100years.

**Sat July 24 | 11am-6pm**  
**\$30/team**  
**Deadline to register - Friday Jul 10**

## MIXED DOUBLES TOURNAMENT

Grab your partner and start practicing for a competitive day of matches. Won or lose your team will receive a minimum of 3 matches. Each division will be given a two hour window to complete its matches. Maximum of 24 teams in 3 separate skill divisions to decide our mixed champions. Categories will be based on the colour coded Player Rating Chart; Green: beginner, Blue: Intermediate, and Red/Black: advanced.

**Sun July 25 | 11am-6pm**  
**\$30/team**  
**Deadline to register Friday July 10**

## Support Local

When on court I support Manta Sport. A Kamloops based manufacturer of pickleball and squash gear. Manta World Sport is a proudly Canadian company that has been producing superior racquet sports equipment since 1972. Originally a division of Yonex Canada, Manta continues to be an industry leader in production and design, proof of an enduring commitment to quality in both racquet design and manufacturing throughout the world. In 2011 Manta began the production of pickleball paddles and joined the "Fastest growing sport in North America". Manta's current lineup of paddles can accommodate the beginner through to the professional level of players. Our research and development team is constantly improving designs and is a leader in paddle technology. Manta products are available in 17 countries and Manta sponsors players, events and organizations around the world in an effort to promote and grow the games of pickleball and squash.



MANTA WORLD SPORT





## RETURN TO PLAY

Summer is here and while it's typically the slow season for playing squash this is no ordinary year. While many squash players have been off court for 12+ months (by September this could be closer to 18 months) your return to play will be taking on an entirely different feel as you will likely be a step (or three) behind. As you return to play its recommended you start slow to allow your body to adjust to the twisting, turning, lunging, swinging actions and cardio requirements associated with the sport. Your body hasn't forgotten but it needs a gentle reminder as you ease back into regular play.

Start slow and follow these 5 stages of return to play...

1. Solo Hitting
2. Partner Drills
3. Lessons
4. Modified Game Play
5. Regular Game Play

To learn how to have an effective return to play in any of these areas please contact Coach Jeff to set up a consultation.

## COMING THIS FALL...

The Junior program has been updated to include new programming. This is all possible due to the introduction of a new line of colour coded squash balls, each with a unique bounce rate, designed to promote longer rallies, greater strike success rate and increased improvement for today's youth.

### NEW PROGRAMS

<b>TINY TOTS - EZ squash</b>	<b>ages 3-4</b>
<b>RED BALL - Mini Squash</b>	<b>ages 5-6</b>
<b>ORANGE BALL - Mini Squash</b>	<b>ages 6-9</b>
<b>GREEN BALL - Mini Squash</b>	<b>ages 9+</b>

Complete program detail and a new squash Pathway will be introduced in the Fall Program Guide.

## ADULT PROGRAMS

Returning this fall will be our popular Thursty Squash League plus new leagues to capture players looking for partners after a long layoff. Look for a dedicated Ladies League on Tuesday plus an expanded Doubles Night on Wednesday which will include the introduction of Squash57, a racquetball/squash hybrid game that has been quickly growing in popularity in England and now comes to Canada.

## SQUASH/PICKLEBALL YOUTH CAMPS

### 8-14 yrs

These camps are open to youth ages 8-14 years old and are multi-racquet camps. Participants will spend time playing squash (indoors) and pickleball on the outdoor courts. Racquets can be supplied upon request. Please bring a water bottle and snacks. Lunch can be brought or purchased.

### Registration deadline for all camps:

#### Monday July 5

Cancellations must be made by email to squash@hollyburn.org.

**Refund Policy:** 50% after July 5 registration deadline. NO Refund >48hr prior to camp start date.

### Full Day Registration:

**Week 1 - July 12-15 (Mon-Thu)**

**Week 2 - July 19-22 (Mon-Thu)**

**Week 3 - July 26-29 (Mon-Thu)**

**9:30am–2:30pm**

**\$250**

## My local...

When on court I support **Manta Sport**. A Kamloops based manufacturer of pickleball and squash gear.

When off court you'll find me enjoying a craft beer from East Van's **Strange Fellows Brewing** and relaxing on craft furniture made by **Blue Ridge WoodWorks** in North Van.



# TENNIS



Alex Korch  
Tennis Director  
akorch@hollyburn.org

## Staying Healthy and Supporting Local

Dear Members,

I thought I'd take this opportunity to discuss a few things that have kept me healthy and feeling good through the last year and what my go to local picks are for supporting local. I've been taking a few supplements throughout the pandemic that I think have contributed to my overall health and well being. Here are my top picks.

### A Good Quality Multi Vitamin

No matter how healthy you eat you are always going to be short on a few vitamins and minerals. I take a male specific one daily.



### Tart Cherry Juice

I wish I knew about this one years ago. A good night's sleep is super important for immune health and your overall well being. Tart cherries are naturally rich in melatonin which is a hormone responsible for sleepiness. Along with a good night sleep I've also noticed less joint pain and an increase in recovery time after athletic activities. There are many other benefits and a lot of literature out there.

[Learn More](#)



### Immune Booster Tincture

I've also been taking a daily immune booster which I think has been helping me stay healthy. It's loaded with lots of powerful immune strengthening herbs like astragalus. Doesn't taste amazing but I guess that's how you know it's good for you!

[Learn More](#)



I always try to support local shops vs buying on Amazon so my go to store is Victoria's Health on Lonsdale. All the above supplements you can buy there. You also get a free smoothie if you spend more than \$60 which is a nice perk. My go to smoothie is usually the choco loco!

I also don't eat meat very often but when I do I always buy at Two Rivers Specialty Meats in North Vancouver. Your body uses a lot of energy to digest red meat so it's something I eat in moderation. If your body is working overtime breaking down meat every day, it's taking energy away from fighting off germs and bugs that may be attacking your immune system. This can be even more detrimental if your meat is pumped full of steroids and antibiotics. I always prefer buying local meat and knowing where it comes from. Your local butcher will be able to tell you exactly where the meat you are buying is coming from, if its grass fed etc. vs the large grocery stores that might have no idea. It's good peace of mind.

Regarding overall fitness I prefer to mix up my routine a lot. My body feels a lot better if I'm mixing up my activities. If I'm playing too much tennis my hips and joints take a beating. If I'm on the bike too much my neck and shoulders tighten up. If I run too much I get knee pain. I like to switch things up. Mix in a strength session a couple times a week if you're only playing tennis. Or spend some time on the yoga mat a couple times a week to re align your body. From a mental standpoint if you're always doing the same activity it's easy to get bored and burn out. This can also hinder those gains you want to continuously make. I always like to look forward to my next bike ride or tennis session and not feel like I'm forcing myself to get out there.

I hope my exercise routine and local picks inspire some of you to make some changes, help you stay motivated, and keep you healthy!



# HCC High Performance Tennis Program

Dear Members,

I wanted to take this opportunity to introduce our new High-Performance Tennis Director and go over some of our goals and visions for the future of our High-Performance Program.

Please welcome Neil Scantlebury! Neil is a Tennis Canada Certified High-Performance Coach 3. He has over 15 years of experience coaching players of all ages and ability levels. Neil has managed tennis programs at some of the best clubs in the country and is arguably one of the best high-performance coaches in the country. He was a National level player in the United Kingdom, followed by a Tennis Scholarship in the US. Neil is passionate about developing high performance athletes and has some great ideas and goals for the future of our program here at HCC.

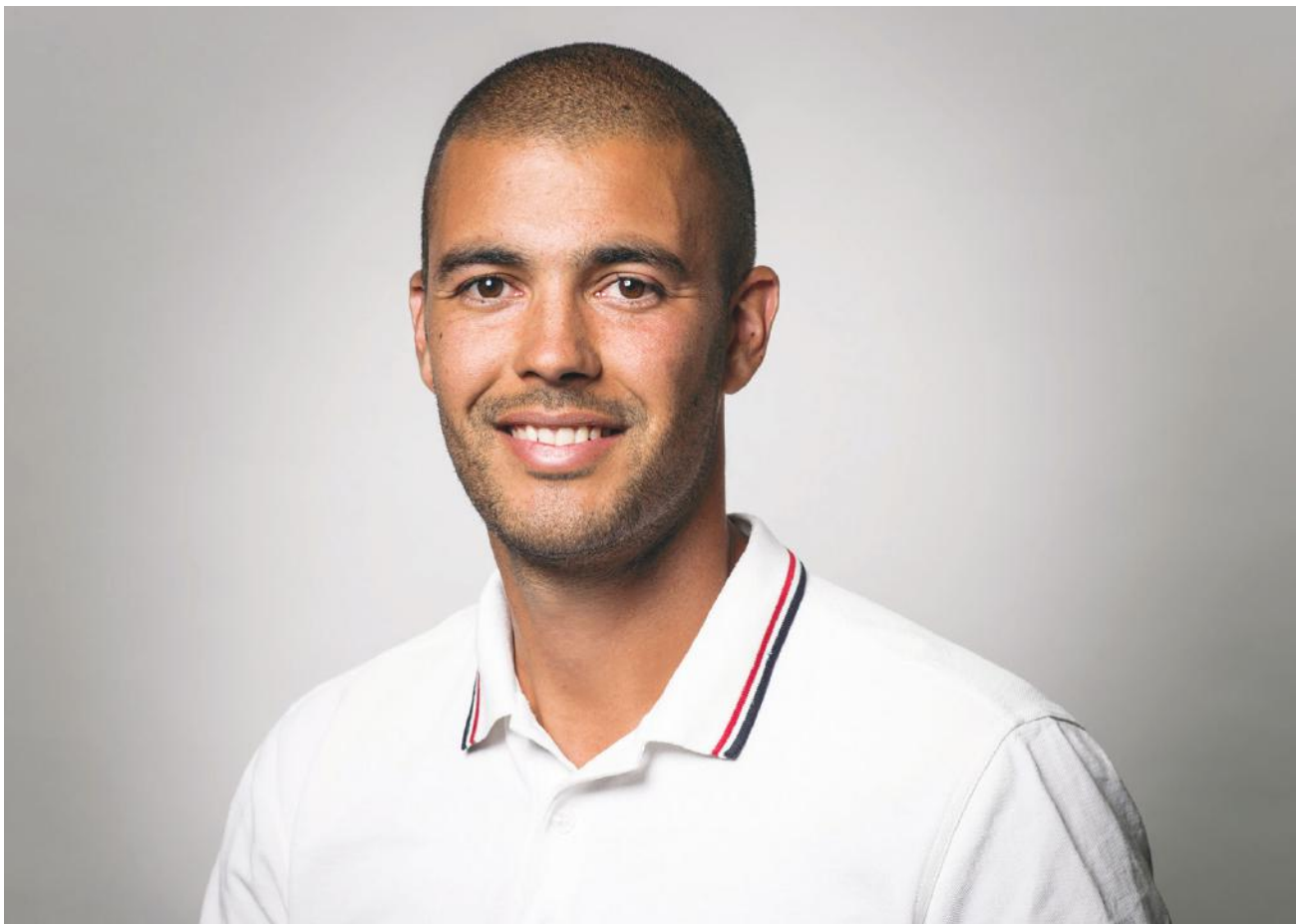
Goal of Program – to produce more provincial/National level players and potentially have one of our juniors come through the program and compete at our very own Odlum Brown.

Our plan is to streamline the program and give the players that have the commitment, athletic ability, and the right encouragement from their parents, more

focus and attention. We will have to raise the level of commitment from both players and parents and offer more on and off court training.

We also want to prioritize educating parents on how to raise and nurture a high-performance athlete. Tennis is a very unique, independent sport with no help from team mates or coaches when competing. To become a successful tennis player, independence and self discipline has to be encouraged at a young age. With the help from parents this can be followed through in day to day life, not just on the courts. High Performance Athletes learn a great deal of life lessons along their journey in sports. How to win, how to lose, how to deal with adversity, and how-to problem solve when things aren't going their way. If athletes make the commitment to pursue their dreams but fail to make it at a professional level, they will still be fully equipped with the tools they need to succeed in the real world.

Hollyburn Country Club has one of the best facilities in North America. We have 25 courts (3 different surfaces), separate performance fitness spaces and highly qualified passionate coaches. We have all the tools to develop high performance tennis players. It's time to utilize all these tools and have our kids achieve their dreams!!!



# String Patterns

In today's game, string patterns are the most changed part on a tennis racquet. Racquet manufacturers have always studied string patterns to see how they affect a racquet during play. A "string pattern" refers to the number of main (up and down) strings and the number of cross (side to side) strings. The most common patterns around are 18 x 20, 16 x 19, 16 x 20 and 16 x 18. The string pattern usually cannot be changed, but there are a few exceptions. You will hear the terms "dense pattern" and "open pattern" quite often. A dense pattern refers to very small spaces between the strings, while an open pattern has more separation between the strings. There are many different combinations that companies have explored, but below are some of the most popular options you will find.

## 18 x 20 String Patterns

Let's start off by going over the two most common string patterns in the game today! First up is the 18 x 20 string pattern. This pattern means there are 18 mains (vertical) and 20 crosses (horizontal) which gives the player more control and better string durability. This string pattern is denser enabling you to hit more strings on impact which provides a much more stable shot. 18 x 20's have been around for a while since it provides flat hitting players better directional control on the court; however, it does not produce quite as much spin as other string patterns. This string pattern has become less prevalent than it used to be. Pros used to need the 18 x 20 pattern to control natural gut strings, but now different string materials can give control even with a pretty open pattern. Generally tensions are lower in a denser pattern because there are more strings to deflect.

## 16 x 19 String Patterns

16 x 19 is the most popular stringing pattern used today in racquets. This pattern is a little more open than the 18 x 20 giving players that extra spin and power needed for a fast paced game. Many players like the 16 x 19 pattern a little more due to its increase in power and feel for the ball at impact. This allows players to effortlessly hit the ball deep in the court and keep their opponent back. However, the drawbacks with this pattern are the tension control and string durability. Players that use this pattern will more frequently break strings or need to restring the racquet due loss in tension.

## 16 x 18 String Patterns

The 16 x 18 pattern will have similarities to the 16 x 19 string pattern, but give you a little more power and spin. Due to the fewer cross strings, the pattern becomes more open allowing the ball to flex in the string bed and stay on the strings longer. Players are able to hit the ball deeper in the court with heavier spin without having to worry about control. However, this pattern causes strings to lose tension and durability faster resulting in more frequent restrings. Racquets with this pattern will be denser in the sweet spot and open up more towards the outer edges.



## 16 x 20 String Patterns

Between the 16 x 19 and the 18 x 20, comes the 16 x 20 pattern which has similarities to the two most popular string patterns. Due to the fewer mains the string can snap back well, and the dense crosses allow for more stable shots. Although it does not produce quite as much spin as other patterns, the 16 x 20 will not suffer from a huge lack of power. Racquets with this pattern will be denser in the sweet spot and open up more towards the outer edges.

## Open String Patterns

Next, we have the open string patterns which all provide greater spin and power to the player. These patterns come in a variety of combinations and have continued to be a presence today. Some sample combinations are: 14 x 18, 16 x 16, 18 x 16, 16 x 15, and 18 x 17. The popular Wilson Spin effect racquets, with 16 x 15, 18 x 16, and 18 x 17 string patterns, have found up to a 200 RPM increase on the ball. As a result, the strings have 3.3 times more movement and 69% more "snap back," or recoiling of the strings before the ball leaves. This translates to more power and better feel on the ball, along with added comfort as the impact may feel softer. Nevertheless, strings will tend to break more frequently on these patterns and lose control due to the constant movement during hitting.

Remember, string patterns are just as important as the frame itself. If you want more power and spin, then switch to a more open string pattern. Don't be afraid to test racquets out to see if a more open or a denser string pattern is right for your game.



# CHILDCARE



**Alison Lea**  
Childcare & Youth Manager  
alea@hollyburn.org



**Sami Tajbakhsh**  
Childcare Supervisor  
stajbakhsh@hollyburn.org

## CLOSURES

**Thu Jul 1 – Canada Day**  
**Mon Aug 2 – BC Day**  
**Mon Sept 6 – Labour Day**

## E-NEWSLETTER



Check out our Club's weekly E-Newsletter for any updates in Childcare or HollyVille!



## Birthdays

Stay tuned to the E-Newsletter for exciting news about Birthday Parties!

## DROP-IN PROGRAMS

### HOLLYVILLE REGISTERED DROP-IN

**3 mos–7 yrs**

HollyVille Childminding is now registration-based for you to conveniently book your spot in GameTime. Bookings are a minimum of 15 minutes, and a maximum of 2 hours a day. When booked into HollyVille, a parent or guardian MUST be on-site and available.

### CHILDCARE FEE INCREASE

Please note, for September 1, 2021, our drop-in fees for HollyVille will increase from \$2/15 minutes to \$2.50/15 minutes.

### HOLLYVILLE HOURS

**June, July, & August**

**Mon-Wed 8:45am-4:00pm**  
**Thu & Fri 8:45am-8:00pm**  
**Sat & Sun 8:45am-4:00pm**

*\*subject to change. Review tab on GameTime.*

## SUMMER TURF

All House Rules Apply. Subject to change. Children 3 years and under with an adult or guardian.

### SUPERVISED BOUNCY CASTLE DROP-IN

**Fri, July 9–Fri, Aug 20**  
**3:30pm–7pm**

**Sat, July 10–Sat, Aug 21**  
**9am–12pm**

### SUPERVISED TURF TIME DROP-IN

**Sat, July 10–Sat, Aug 21**  
**4pm–8pm**

### UNSUPERVISED TURF TIME

Sign out equipment at Member Services.  
**Sun, July 11–Sun, Aug 22**  
**9am–8pm**

## SUMMER CAMPS

### MINI SCHOLARS CAMP

**2–5 yrs**

Join us this summer for a jam-packed week of activities including arts and crafts, outside time, athletics, sensory activities, and games on the turf! Each week of camp, we will have a fun theme that ties together our activities. Registration in both sessions is permitted. \*Single day camp option may be available. Inquiries to stajbakhsh@hollyburn.org.

**Jul 5–9**

**Jul 12–16**

**Jul 19–23**

**Jul 26–30**

**\*Aug 3–6**

**Aug 9–13**

**Aug 16–20**

**Aug 23–27**

**Disney & Pixar**

**Mini Scientists**

**Mini Engineers**

**Mini Chefs**

**Olympics ft. Sportball**

**Mini Pirates**

**Mini Performers**

**Adventure Week**

**Mon–Fri**

**9am–11am | 11am–1pm**

**Studio | \$135 per session**

**\*4 day \$108**

*Camps do not count towards HollyVille 2 hour max for daily childcare.*

## SPORTBALL MINI'S MULTI-SPORT

**3–5yrs**

If your goal is to keep your child moving, you're in luck because Sportball has you covered! To keep things interesting and challenging, both the sport and the drill combinations are switched up periodically. Our goal is to build your child's confidence, competence and Physical Literacy. Each registrant will get their own Sportball equipment to take home—costs included. Minimum of 6 children, maximum of 8. \*Registration minimums must be reached ten days out of program start date for this camp to run.

**Aug 30 - Sept 3**

**Mon–Fri | 9am–10:30am**

**Turf | \$140**



# *Mini Scholars* **GRAD 2021**

The Hollyburn Childcare Department would like to congratulate our 2021 Mini Scholars Graduates!  
Congrats to our under 3's moving up to our over 3's class. Congrats to our over 3's heading into kindergarten.



Aria



Audrey



Troy



Mason



Enzo



Truman

# 5 Best Playgrounds in North and West Vancouver



## 1. Moodyville

This is one of the best and most complete playgrounds in the North Shore. It has something for everyone no matter the age.... grownups too! I'm not sure if I was more excited to be there than my kid but this playground is just the epitome of fun.



## 2. Ambleside

Ambleside playground sits in the middle of the expansive Ambleside park in West Vancouver. The playground got a facelift in 2018, and follows the same type of West Coast natural style that you can also enjoy at Dunderave and John Lawson Park.



## 3. John Lawson

This is a beautiful playground in a beautiful oceanside setting. It has something for everyone; from the youngest toddlers to the more adventurous climbers.



## 4. Panorama

The main destination of any visit to Deep Cove (aside from Honey's Doughnuts!) is Panorama Park, with its stunning view of the cove and Indian Arm, multiple adjacent trails through mature trees and over babbling creeks, and ample lawn for picnicking and sunbathing. For older kids, the playground is a stunner.



## 5. Dudley Place

Dudley Place, near Edgemont Village, allows children to discover their imagination with its creative design, learning activities, and interactive games. Dudley Place is the place to be! A must-see park near Edgemont Village, it is shaped like a village itself and in a quiet community.

Park	Moodyville Park	Ambleside Park	John Lawson Park	Panorama Park	Dudley Place Playground	<b>Honourable Mention</b> Inter River Park	<b>Honourable Mention</b> Mahon Park Playground
Area	City of North Vancouver	District of West Vancouver	District of West Vancouver	District of North Vancouver	District of North Vancouver	District of North Vancouver	City of North Vancouver
Big Draw	Natural playground equipment	The Boatshed Ambleside Café Restaurant	Spray Park	Deep Cove Kayak Centre	Whimsical, imaginative playground equipment	Bike pump track	Adjacent turf field and walking track
Washroom Facilities	Yes	Yes	Yes	Yes	No	Yes	Yes
Not the Greatest	Parking can be difficult	Shade can be hard to find	Busy on weekends	Parking can be difficult	Street parking only	Best for 5 years+	Busy on hot, sunny days



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## CLOSURES

Thu Jul 1 – Canada Day  
Mon Aug 2 – BC Day  
Mon Sept 6 – Labour Day

## E-NEWSLETTER



Check out our Club's weekly E-Newsletter for any updates in Youth!

## Birthdays

Stay tuned to the E-Newsletter for exciting news about Birthday Parties!

## SUMMER TURF

All House Rules Apply. Subject to change. Children 3 years and under with an adult or guardian.

### SUPERVISED BOUNCY CASTLE DROP-IN

Fri, July 9–Fri, Aug 20  
3:30pm–7pm

Sat, July 10–Sat, Aug 21  
9am–12pm

### SUPERVISED TURF TIME DROP-IN

Sat, July 10–Sat, Aug 21  
4pm–8pm

### UNSUPERVISED TURF TIME

Sign out equipment at Member Services.  
Sun, July 11–Sun, Aug 22  
9am–8pm



## SUMMER CAMPS

### YOUTH COMBO CAMP

6–12yrs

#### HALF DAY OPTIONS

Jul 5-9	Jul 12-16
Jul 19-23	Jul 26-30
*Aug 3-6	Aug 9-13
Aug 16-20	Aug 23-27

Mon–Fri | 9am–12pm  
Turf | \$235 | \*4 day \$188

#### FULL DAY OPTIONS

July 5-9	July 12-16
July 19-23	July 26-30
*Aug 3-6	Aug 9-13
Aug 16-20	Aug 23-27

Mon–Fri | 9am–3pm  
Turf  
\$345 | \*4 day \$276

### SOCCER SKILLS CAMP

6–8 yrs

Jul 26-20 | Mon–Fri | 1pm–3pm  
Turf | \$200

Aug 23-27 | Mon–Fri | 1pm–3pm  
Turf | \$200

### SPORTBALL MULTI-SPORT CAMP

6–8 yrs

\*Registration minimums must be reached ten days out of program start date for this camp to run.

Aug 3-6 | Tue–Fri  
1pm-3pm | Turf | \$152

Aug 30-Sept 3 | Mon–Fri  
10:30am–12:30pm | Turf | \$190

### BETWEEN CAMP CARE

6–12 yrs  
July 5-9                      July 12-16  
July 19-23                    July 26-30  
\*Aug 3-6                      Aug 9-13  
Aug 16-20                    Aug 23-27

Mon–Fri | 12pm-1pm  
Outside Basketball Court  
\$100 | \*4 Day \$85

## Congratulations to our 2021 Graduating Youth Leaders!

Joeli | Studying Medical Sciences  
Katie | Studying Psychology  
Avery | Studying Childcare  
Jess | Studying Political Sciences



# Best Local Spots for that Instagrammable Moment!

hollyburncountryclub



Whytecliff Park at 7102 Marine Dr, West Vancouver

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Capilano Suspension Bridge at 3735 Capilano Rd, North Vancouver

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Fun Alley at Lonsdale Ave and West 1st St, North Vancouver (in between Buddha-Full and Lift Breakfast Bakery)

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#kitswings at 1817 West 4th Ave, Vancouver

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La Casa Gelato's pink wall at 1033 Venables St, Vancouver

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Alley Oop at 688 Hastings St, Vancouver





## BC Registered Shiatsu Therapist



Welcome to our  
Wellness team  
Registered Shiatsu  
therapist  
Anika Wildeis.

Anika received her shiatsu training at Windsong College of Healing Arts, Port Alberni and the Canadian Shiatsu College, North Vancouver. She practices Integrated Shiatsu Therapy – an integration of neuro-muscular & meridian style Shiatsu, Reflexology techniques and Mind-Body Processing

Anika creates a relaxing experience & safe space for healing to unfold. She brings heart-centred presence and a deep listening to the client's body into her sessions. Each treatment is uniquely designed for the individual's needs, and no two sessions are the same. She listens intently to understand her client's treatment goals



### What happens during a session?

Treatments are given in a safe, comfortable environment, which promotes relaxation. The therapist will use a low massage table, or occasionally a massage chair. You'll remain fully clothed and no oils are used. During the treatment, you will be laying face down and face up. Pressure is applied with the palms, thumbs & fingers and adjusted to your body type and condition. Some gentle stretches, rotations, and rubbing are also incorporated into this full body treatment.

### Some benefits of Shiatsu include:

- relieves tension
- relieves stress
- improves digestion
- improves sleep
- promotes menstrual regularity and comfort
- relieves headaches
- relieves back pain
- strengthens immune system
- improves energy level
- relieves post-traumatic stress
- re-trains the body-mind to relax

Anika is here at the club on Tuesday's booking can be made via game time or by calling 604-913-4563.

Registered Shiatsu Therapy is covered by some extended benefit plans. I recommend that you confirm your coverage plan.



# WEST of 50



Julie Flynn  
West of 50 Organizer  
jflynn@hollyburn.org

## Canada Quiz

Answer as many questions as you can, on your own, then have fun researching the questions you don't know.

1. How many oceans border Canada?
2. The Pitcher plant, found in the marshlands of Canada is carnivorous. True or False?
3. What is the name of Nova Scotia's provincial flower?
4. Can you name Canada's smallest province?
5. Canada has two landlocked provinces, can you name them?
6. Canada newest territory is...
7. What is the name of the Canadian National Park which was the first to be accepted as a World Heritage site in 1979?
8. What is the oldest walled city in North America?
9. In which Canadian province was the film 'Anne of Green Gables' filmed?
10. Canada got its name from the Iroquois word 'Kanata'. What does it mean?
11. Which famous Canadian songwriter sings 'Heart of Gold'?
12. How many times has Canada hosted the Olympics?
13. Who discovered Newfoundland hundreds of years before Columbus?
14. What is the name of the world-famous sweetener made in Canada?
15. Where does the name "Montreal" comes from?

Answers: 1. Three oceans: Pacific, Atlantic and Arctic. 2. True, 3. Mayflower, 4. Prince Edward Island, 5. Alberta & Saskatchewan, 6. Nunavut, 7. Nahanni National Park, 8. Quebec City, 9. Newfoundland, 10. Village, 11. Neil Young, 12. 3 times: 1976, 1988 and 2010, 13. The Vikings, 14. Maple Syrup, 15. Montreal is a variant of the French words 'Mont Royal'

## Canadian Fun Facts



Canada's shoreline is the longest in the world at 151,600 miles. If a person were to walk its length at 20 km per day, it would take 33 years to complete it.



The world's largest dinosaur graveyard was uncovered in 2010, in the town of Hilda in northern Alberta. The site, which is 2.3 kilometres in area, contains thousands of bones belonging to a horned dinosaur called the Centrosaurus.



The longest street in the world is in Ontario; Yonge Street is 1,896 kilometres or 1178 miles. It starts at Lake Ontario and goes on until it reaches the border of Minnesota. Most of Yonge Street is best known today as Highway 11



Canada is the 2nd largest country in the world, after Russia.



# WOMEN'S CLUB



Julie Flynn  
Women's Club Organizer  
jflynn@hollyburn.org

## Pack Your Snacks Like a Pro *with Kristin Ames!*

Do you struggle to find healthy, high protein snacks? It's almost impossible when you're away from home – with most available options loaded with sugar and fat, and light on the protein. In this 1-hour workshop you will learn how to make 3 simple recipes that are easy to prepare at home or take with you if you're heading out for the day. I'll also share some tips for options that don't require a recipe at all – easy for those days when you're pressed for time. At the end of the workshop, you will have access to a downloadable a copy of the recipes featured, including a shopping list, and itemized list of all items mentioned in the workshop, along with where-to-buy sources.

Kristin is a lifelong resident of the North Shore, currently living in the Northlands area of North Vancouver and spends much of her time outside hiking and biking the nearby trails. Kristin's long-time interest in sports nutrition motivated her transition to a career in the fitness industry. She is a Precision Nutrition Level 1 Coach, and Certified Personal Trainer and Health Coach with the American Council on Exercise. She works part-time as a trainer at Hollyburn and runs her own online nutrition and fitness coaching company.

**Wednesday July 28th**

**11:00am -12:00pm**

**Free - Via Zoom**

**RSVP Julie [jflynn@hollyburn.org](mailto:jflynn@hollyburn.org) to register.**





HOLLYBURN  
COUNTRY CLUB