

# THE VIEW

SPECTACULAR  
VIEWS OF  
DOWNTOWN  
VANCOUVER

## Hollyburn Weddings

EXECUTIVE  
CHEF BRINGS  
A WORLD OF  
EXPERIENCE  
AND WEST  
COAST FLAIR

BREATHTAKING  
PANORAMIC  
VIEWS

TAKE YOUR  
EVENT TO THE  
NEXT LEVEL



SUMMER 2022

DATES AVAILABLE

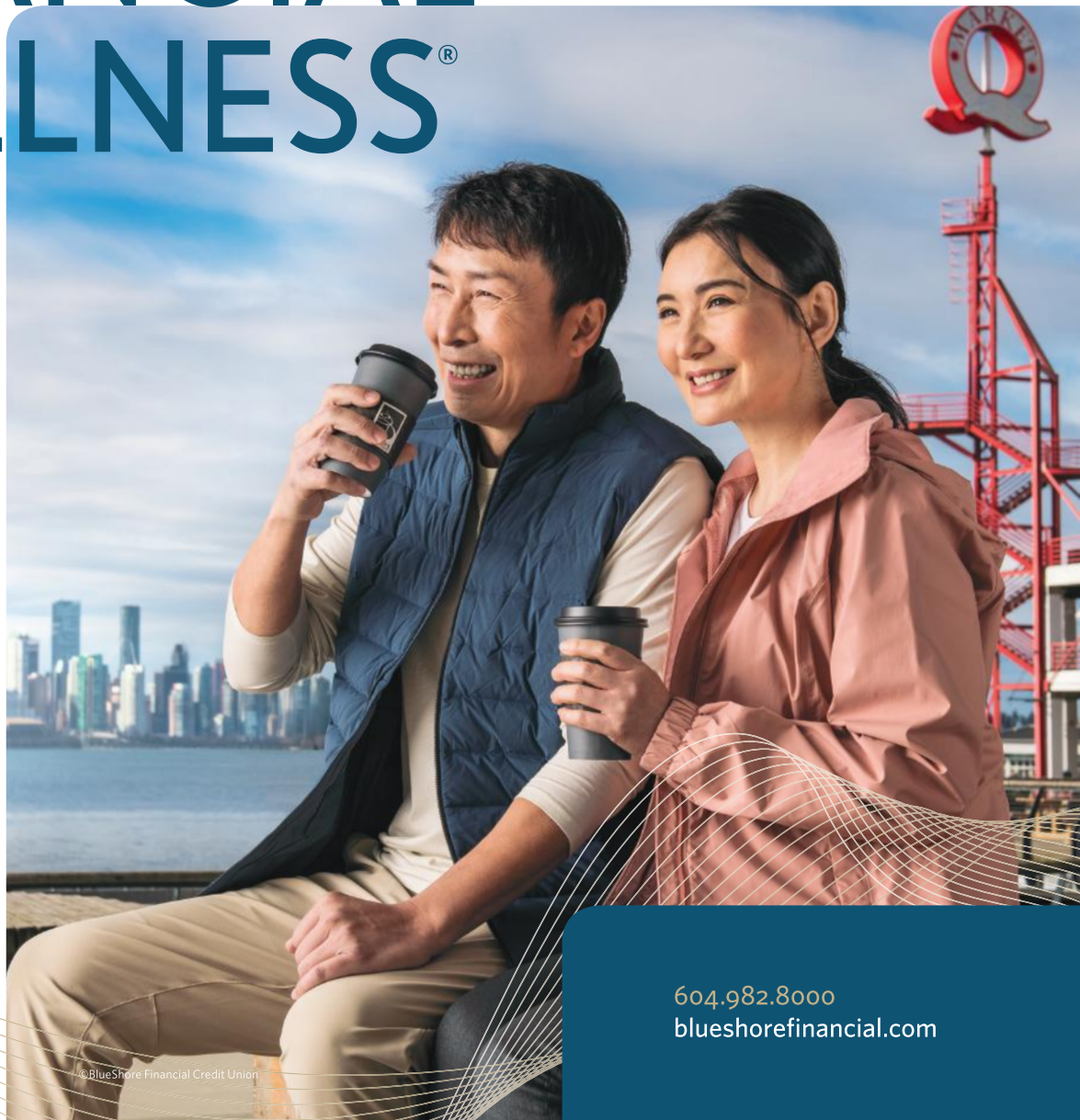




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*Past President*

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Matt Bradshaw

Paul Conibear

Anna Day

Darrin DeCosta

Guy Elliott

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

### *What is a status?*

There are several status options you can define yourself with: Family, Couple, Single, Social or Non-Resident. If you need help finding out what your best options is please contact James Darling at JDarling@hollyburn.org.



### *Members FAQ*

#### **How do I register for programming?:**

Jessica Katzin: 604.913.4518

#### **Is there a Senior Associate status?:**

James Darling: 604.913.4507

#### **My Hollyburn App doesn't work:**

Member Services: 604.922.0161

#### **I don't receive Club communication via email:**

James Darling: 604.913.4507

#### **I am traveling and would like to find out if there is a reciprocal Club:**

Member Services: 604.922.0161

#### **My parents would like to become Members:**

Carolyn Devlin: 604.913.4517

#### **My kids are going back to school and will not be using the Club:**

James Darling: 604.913.4507

#### **How do I register for private swim classes?:**

Callum Glass: 604.913.4574

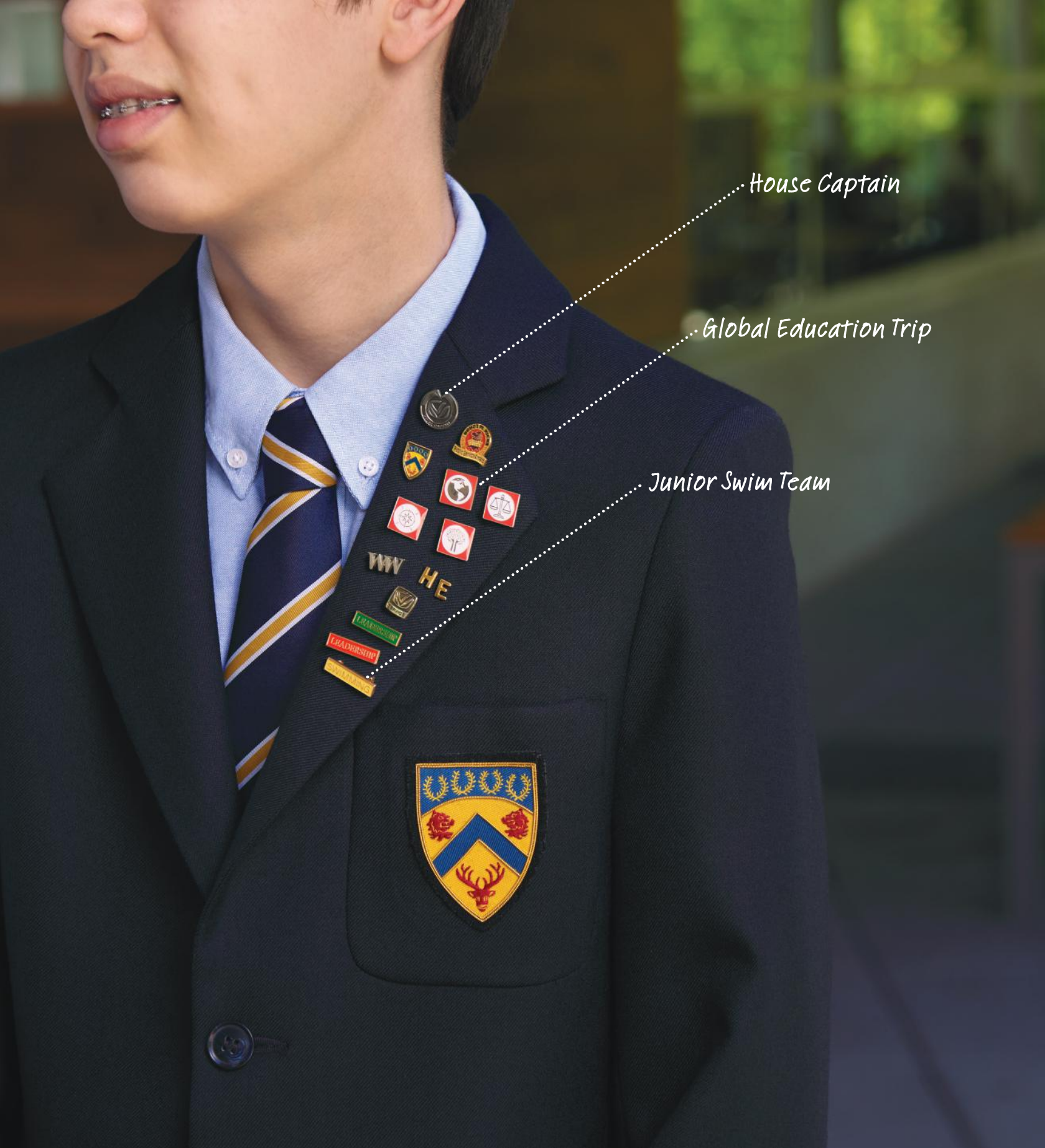
### *Reminders*

#### **Reminder for Tennis Bags/Sporting Equipment in Bistro/Dining**

A reminder that sporting equipment (bags, rackets, etc.) may not be brought into the Bistro, Panorama Ridge Restaurant and the Bar and Grill. Kindly store your equipment and bags elsewhere prior to entering these spaces. You are welcome to drop your bags near the open coat closet near member services at anytime. Thank you.







*House Captain*

*Global Education Trip*

*Junior Swim Team*

**Inspiring and supporting young people for meaningful lives.** We invite you to join us for an upcoming Admissions event to learn more about our Four Strands of Academics, Arts, Athletics and Community Service. For information regarding admission for all grades and our financial assistance program for Gr. 6–12 students, visit [collingwood.org/admissions](http://collingwood.org/admissions).



**COLLINGWOOD  
SCHOOL**

**ADMISSIONS CALENDAR:**



SEPT-NOV  
Connect over Coffee Events



WEEK OF OCT 4  
Virtual Open House Events



DEC 1  
Application Deadline

## S E P T E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7 POOL SHUTDOWN	8 FIGURE SKATING FALL SEASON BEGINS	9 SPORTS BOUTIQUE TENT SALE 12pm-6pm	10 SPORTS BOUTIQUE TENT SALE 11am-5pm	11 HOLLYGRAS GameTime  SPORTS BOUTIQUE TENT SALE 11am-5pm
12	13	14	15	16 MEN'S GOLF WRAP UP BANQUET golf@hollyburn.org	17	18
19	20 CHAD WARREN TENNIS TOURNAMENT Sept 20-24	21 CHAD WARREN MIXED DOUBLES TENNIS TOURNAMENT Sept 20-24	22 WEST OF 50 ART CLASSES jflynn@hollyburn.org  FREE SPEAKERS SERIES ESTATE PLANNING jflynn@hollyburn.org	23 CHAD WARREN MIXED DOUBLES TENNIS TOURNAMENT Sept 20-24	24 CHAD WARREN MIXED DOUBLES TENNIS TOURNAMENT Sept 20-24	25
26	27 POOL REOPEN  SWIM TEAM TRYOUTS bhutton@hollyburn.org	28 SWIM TEAM TRY-OUTS bhutton@hollyburn.org	29 WEST OF 50 ART CLASSES jflynn@hollyburn.org  SWIM TEAM TRY-OUTS bhutton@hollyburn.org	30 MEN'S HOCKEY WRAP UP BANQUET hockey@hollyburn.org		

## O C T O B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 BRONZE STAR cglass@hollyburn.org
3 BRONZE STAR cglass@hollyburn.org	4	5	6 WEST OF 50 ART CLASSES jflynn@hollyburn.org	7	8	9
10	11	12	13	14 DUPLICATE BRIDGE SHEILA ROBERTSON TROPHY PAIRS bridge@hollyburn.org	15 BRONZE MEDALLION cglass@hollyburn.org	16 FALL FEST GameTime  BRONZE MEDALLION & RED CROSS STAY SAFE cglass@hollyburn.org
17 BRONZE MEDALLION cglass@hollyburn.org	18	19	20 WEST OF 50 SPEAKER jflynn@hollyburn.org	21 DRIVE-IN MOVIE specialevents@hollyburn.org	22	23 SWIM TEAM TIME TRIAL bhutton@hollyburn.org
24	25	26	27	28	29	30
31						



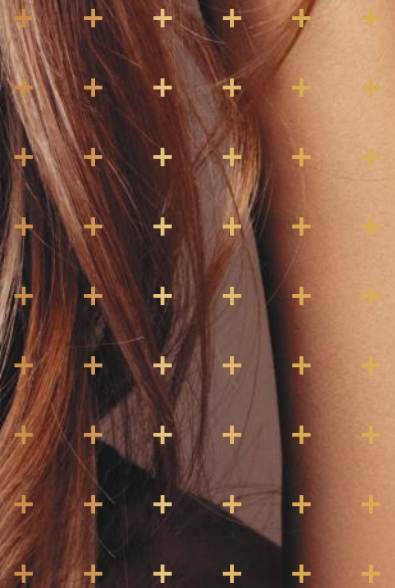
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HOLLYBURN  
COUNTRY CLUB

# fall Fest

SAT, OCTOBER 16

12:00PM-4:00PM



Our Fall Fest brings all of our favourite fall things for the whole family!  
Join us in the lower parking lots from 12-4pm and enjoy:

**FARMERS MARKET | YOUTH MARKET | ART SHOW**  
**BEER GARDEN | PUMPKIN PATCH | BBQ COOKOUT**  
**HOT CIDER & BEVERAGES**

**FREE FOR MEMBERS & GUESTS!**  
**RSVP ON GAMETIME**





# Interim CEO'S Message

Kathryn Cowden / *Interim CEO*

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

Hello Hollyburn Community,

Another September is upon us, too quickly as usual. What a summer it was with record breaking heat and a (unfortunately short) reprieve from COVID protocols. September is great for those of us who love routine, shopping for comfy fall clothes, the start of programming and seeing familiar faces back at the Club.

I personally am looking forward to September as I am coming back from maternity leave and stepping into my new role as Interim CEO at the Club. I am very honoured to have been selected and hired by the Board of Directors to take on this role and I look forward to working on behalf of you, the Membership, to continue to make Hollyburn great.

I am a familiar face to many of you as I have worked at the Club for over 10 years, my most recent role being Chief Experience Officer. My humble Hollyburn story began working in the Sports Boutique part-time. Over the years, I have worked in almost all facets of the Club and can confidently say that I know how Hollyburn operates on all levels. I think we can all agree that my tenure at Hollyburn is a good indication that I thoroughly enjoy working at the Club!

My experience at Hollyburn has given me great perspective as I have seen the Club grow, thrive and work through challenges. From working with Club committees, onboarding new Members, taking reservations for the Father Daughter Ball (probably the most daunting of tasks!) to working with the Board of Directors developing the Club's strategic plan, I know what it takes to deliver a first-class and memorable Member experience.

Coming into my new role, I will also be tapping into my newly acquired mom/parent skills. Talk about a crash course in parenting! Needless to say, I have a new perspective that will undoubtedly allow me to strengthen our offerings and services for our Hollyburn community.

My primary goal as Interim CEO is to work with the Board of Directors to help realign and strengthen our Hollyburn community. To reach this goal, I need your help. Your feedback will be crucial to understand the current level of Member satisfaction and where we need to improve. If you have any feedback on how we can improve the Hollyburn experience please email me directly at [Kcowden@hollyburn.org](mailto:Kcowden@hollyburn.org) or use the "You Speak, We Listen" feature on the Hollyburn App.

To those of you who I have not met, I look forward to meeting you and hearing your Hollyburn story.

*K Cowden*

## *New Full & Intermediate Member Applicants*

1. Senior Intermediate Membership  
Gordon Walter 8/1 Retired
2. Full Membership  
Cary Pinkowski 8/1 Portfolio Manager Canaccord Genuity  
Ekaterina Kuzina
3. Full Membership  
Alison Li 8/5 Homemaker  
Gavin Yao Banker
4. Full Membership  
Christian Skogen 8/10 Finance Trez Capital  
Amy Wong
5. Full Membership  
Bill Randall 8/13 Executive Vice President Cushman & Wakefield  
Lisa Carver Senior Advisor Life Sciences BC
6. Full Membership  
Gurpreet Johal 8/16 Surgeon Dr. Gurpreet Johal Inc  
Sarah Dosanjh Family Physician
7. Full Membership  
Heather Beil 8/17 Insurance Underwriter  
Warren Beil Lawyer Maverick Metals Inc.
8. Full Membership  
Amir Reihani 8/20 CEO Welwyn Capital Corp  
Sonia Beyzaei Interior Designer 34F
9. Full Membership  
Nancy Lee 8/25 Investor
10. Full Membership  
Carrie Liu 8/25 Financial Advisor Citistar Financial Services Ltd.  
Benson Pan Investment Management Perfectsun Investment Mgmt Ltd.
11. Full Membership  
Behnam Eshragh 8/26 Self Employed Investor, Trades
12. Senior Intermediate Membership  
Fred Kwan 8/26 Self-Employed (Vehicle Sales) Weymouth Enterprises INC  
Denise Kwan Self-Employed (Vehicle Sales) Weymouth Enterprises INC
13. Intermediate Membership  
Mia Claman 8/27 Clothing Store Owner Jody's Maison





# Board Chair Message

Nancy Chapman / *Board Chair*

board@hollyburn.org

September signals all sorts of new beginnings for me – new classes, new friends and fresh notebooks, to name a few. And while my school days are far behind me, this September brings Hollyburn a new Board and a new (interim) CEO and new opportunities for all of us.

Although the Board typically takes the summer months off, this year we've been working diligently since our June AGM on several fronts.

## Club Governance

At our August Board meeting, the Board of Directors elected the following to serve as officers.

- **Chris Johnston, Secretary**
- **Doug Holman, Treasurer**
- **Diane Kennedy, Vice-President**
- **Nancy Chapman, Chair**

I would like to thank the Board for their support and all my fellow volunteer directors for their ongoing commitment and service to Hollyburn.

Governance is one of the key standing committee of the Board. Hollyburn's bylaws have evolved and been edited many times over Hollyburn's 60 plus year history. Regular bylaw reviews are important as they specify how Hollyburn must function as well as the roles and responsibilities of its officers. Our most recent bylaw review took place when BC's Societies Act changed in 2017. This year, the Governance Committee has been tasked with conducting an in-depth review to ensure the Club's bylaws continue to be in keeping with how our Club operates today. We will be working with governance consultants to advise us on best practices for a non-profit, member-funded society. Once the Governance Committee makes their recommendations to the Board, and the Board approves them, the Board will then present the recommendations to the membership for a vote, likely at the next AGM.

## Rezoning the "Lower Lands"

As you may know, the Club's current land use contract (LUC) will expire in 2024. For the last several years, our Long-Range Planning (LRP) Committee has been charged with analyzing the various options for rezoning the Club's lower lands. The LRP Committee and the Board, with expert assistance, have studied different zoning options, and concluded that rezoning to maintain the lower lands as "Club Use" is the best option at this time. Alternative zoning options were contemplated but the tax burden of alternative zoning was prohibitively expensive. It is important to note that rezoning the lower lands for Club Use now does not preclude us from applying for different zoning uses in the future.

This rezoning application must be completed and awarded by the City of West Vancouver by June 2022, so expect to see more communication on this process later this month.

## Will There Be a Plan 2022?

Prior to the start of COVID-19, the Board and Management had reviewed Member feedback on the failed Plan 2020 vote and were planning to start the Member engagement process. We've learned a lot since that vote and have updated the features of Design Element 1 to reflect these learnings:

- Increasing the size and improving the workflow of the upper and lower kitchens to increase food quality and improve serving times,
- Modernizing the look and increasing the capacity of the Panorama Grill, including creating distinct family and adult-only sections,
- Adding much-needed Youth/Family facilities for our youngest Members, as children under 12 now account for nearly 15% of our Members.

We are now ready to get Member feedback on the revised plans this coming fall. Once Members have had a chance to provide input, the design can be finalized, and another special membership vote will be called, hopefully by spring of 2022. Keep in mind that with permitting requirements of the District of West Vancouver, it will likely be another 18 months after a positive vote before the first shovel hits the ground. At this point, we're looking at early 2024 for a completed construction project. We will also be looking for Members to join us on the Construction Steering Committee when it is ready to be established.

## A Fourth Wave of COVID-19

Operationally, COVID-19 continues to be a challenge, and after eighteen months we're bracing ourselves for yet another wave. The Board and Management rely on recommendations from Hollyburn's COVID-19 Committee and mandates set forth by the government and local health authorities to guide our decision making around the Club's COVID-19 protocols. The latest Provincial Health Order (PHO) has, in large part, mandated how Hollyburn will navigate the next few months. Our primary goal is the safety of all Members and staff. Getting a shot to protect yourselves and those around you from COVID-19 is both a social responsibility and the quickest way to get all of our lives back to normal. We ask that everyone do what they can to keep Hollyburn open and everyone safe.

I hope you've all had a fantastic summer and are ready for new schedules, sweater weather and pumpkin-spiced everything. Good luck with all the new beginnings this September brings you.

See you around the Club!

Warmly,

## In Loving Memory

**Barbara Green**  
*Member Since 1960*

**Robert "Bob" Watson**  
*Member Since 1984*



# What's Happening at Hollyburn?



## Events Update

All Special Events are dependent on the Provincial Health Order. All events are tentative and Hollyburn will follow the direction of Vancouver Coastal Health to ensure the safety of our Members and staff. We will keep Members updated about the status of any events at the Club via email.



## Intermediate Membership *Limited Time Offer*

Born 1982-1991? You could qualify for the Intermediate Membership and for a limited time, we are offering to pay off the entrance fee in 5 years instead of 2 and 4 years. Same discounted entrance fee, but you get more time to pay it off whilst enjoying the advantage of being part of Hollyburn Country Club.



## HollyGras

We are happy to announce that our Member Appreciation Day: HollyGras is back! Mark your calendars: Sat, Sept 11 from 10am-2pm. Chef Paul has planned for several food stations, games, entertainment and so much more! Members only event, no guests permitted. RSVP on GameTime



## Fall Fest & Farmers Market

On Saturday, October 16th, Hollyburn is hosting our Fall Fest & Farmers Market! Hosted outdoors in our lower parking lot, come enjoy all of your favourite Fall things like a farmers market, art show, pumpkin patch, bbq cookout and more! RSVP on GameTime today under "Classes" and search for: Fall Fest. Free to all Members, Member Guests permitted.



## Children's Birthday Party *Now Available*

Book your child's next Birthday at Hollyburn and give them an experience they won't forget! Fill out your Birthday Party Inquiry Form today.

**BOOK TODAY**



## Halloween Drive-In Movie

It is getting spooky! Cuddle up in your car and watch a family friendly Halloween movie under the stars. Thursday, Oct 21st. RSVP: specialevents@hollyburn.org



## Thanksgiving Dinner

### *At the Club:*

Thanksgiving Family Platters  
Sunday, October 10th from 12pm onwards  
RSVP: restaurant@hollyburn.org

### *At Home:*

Curbside Thanksgiving Dinner  
Sunday October 10th and Monday October 11th  
pick-up 10am-3pm  
RSVP: curbside@hollyburn.org

**RSVP for your reservation or curbside pack by  
Wednesday, October 6th!**

## Welcome Our New Members

**Andrew Williams**

**Kary Cuthill**

*Referred by: Jody Claman*

**Donald Kayne**

**Nick Luksha**

*Referred by: Amanda Walker*

**Latika Prasad**

**Pierre Archambault**

**Matthew Gow**

*Referred by: Darryl Jones*

**Michael Sider**

**Greg Boland**

*Referred By: John Thiessen*

**Brad Bay**

**Winnie Cheung**

**Nancy Sowden**

**Joshua Simpson**

**Andre Guillemette**

*Referred By: Justin Mitchell*

**Jessica Ma**

**Robert Mackay**

*Referred by: Craig Thompson*

**Hans Gustavson**

**Nancy Sander**

**Farhad Rahnema**



# Athletic Director Message

Kate Marshall / Athletic Director

kmarshall@hollyburn.org

## What's Happening *in Athletics?*

### SWIM TEAM

**Hurricanes Swim Team Tryouts:**  
Mon-Wed Sept 27-29, 5pm-6pm

**Hurricanes Swim Team Time Trial:**  
Sat, Oct 23, 3pm-7pm

### MINI-KARATE

The Mini-Karate program provides an introduction to Hollyburn Karate for kids 3-5 years old. In this class, you will meet Sensei Peter and learn about our Dojo. This class is beneficial for those considering participating in Little Ninjas. Classes are offered three times in the fall, September 27, October 25 and November 22 between 11am-1pm. For inquired contact Sensei Peter at karate@hollyburn.org

## *New to Hollyburn* **esports**

Esports has been adopted by a number of secondary and post-secondary schools, with some facilities offering varsity programs and associated scholarships. This program is designed to teach youth all the basic requirements of entering the world of esports by learning everything there is to know, from the tactics it takes to win, to the concepts behind content creation and personal branding. The program will also teach participants the basics of safety and privacy while interacting with the online world. Contact Devin at dmorrison@hollyburn.org to find out more.

### CHILDREN'S BIRTHDAY PARTY

#### *Now Available*

Book your child's next Birthday at Hollyburn and give them an experience they won't forget! Fill out your Birthday Party Inquiry Form today.

**BOOK TODAY**

## **VIRTUAL<sup>ES</sup> SPORTS** LOUNGE

### YOUTH IN THE VSL

On Mondays, our Youth Leaders will be helping set up the simulators for you and your friends. Challenge each other to soccer, football, hockey, golf, zombie dodgeball and more! \$5 per day of play. Register on GameTime or email aholmes@hollyburn.org (5 spots available per simulator).

## *Facility Updates*

### POOL SHUTDOWN

The pool will be closed from September 7-26 for its annual maintenance shutdown. The pool will re-open on Monday, September 27 for members use and programs.



### TENNIS BUBBLES

The lower bubble is scheduled to go up Thursday, September 30.



Hollyburn Esports Lounge



# NEW TO HOLLYBURN esports

*A new and exciting program aimed at encouraging youth to approach video games with a holistic mindset.*

## NEW AGE GROUPS

8-12 YRS + 13-17 YRS



The popularity of esports continues to grow year after year and Hollyburn wants to be a part of that growth by giving youth the opportunity to learn and adapt to the ever-growing world of gaming. Competitive gaming has become a multi-billion dollar industry and is projected to continue to grow exponentially. Esports has been adopted by a number of secondary and post-secondary schools, with some facilities offering varsity programs and associated scholarships.

### INTRO TO ESPORTS

8-12 YRS & 13-17 YRS

The Intro to Esports program is a multi-week opportunity to learn all about esports. Hollyburn has partnered with The Gaming Stadium to bring this brand new opportunity to the Club. The program will focus on improving skills in-game as well as physical and mental acuity and wellness out of game.

**SEPT 14-DEC 16**

**PROGRAM: TUE & THU, 3:30PM-5PM | FREE PLAY: SAT, 12PM-1PM**

**\$490 | ESPORTS LOUNGE | REGISTER ON GAMETIME**

*(Old Billiards Room)*



*Give Thanks!*

OCTOBER 10<sup>TH</sup> & 11<sup>TH</sup>

# THANKSGIVING DINNER

*Two Ways to Dine*

*At the Club*

**FAMILY PLATTERS**

Sun, Oct 10th | 12pm onwards

RSVP: [restaurant@hollyburn.org](mailto:restaurant@hollyburn.org)

*At Home*

**CURBSIDE DINNER**

Sun, Oct 10th & Mon, Oct 11th

Pick-up 10am-3pm

RSVP: [curbside@hollyburn.org](mailto:curbside@hollyburn.org)

*Rsyp for your reservation or curbside pack by*

WEDNESDAY, OCTOBER 6<sup>TH</sup>



HOLLYBURN  
COUNTRY CLUB

# Revenue and Expenses

For the three months ended June 30, 2021 and 2020

	June 30, 2021 Actual	June 30, 2021 Budget	June 30, 2020 Actual
<b>Revenue:</b>			
Members' dues	\$ 1,968,525	\$ 1,973,100	\$ 1,870,540
Food and beverage	449,149	408,000	176,849
Recreational programs	1,004,554	778,700	266,487
Sports boutique	137,095	89,200	36,180
Operating	61,112	33,000	2,276
Miscellaneous	64,163	65,500	30,625
Canada Emergency Wage Subsidy	326,301	284,975	1,180,849
	4,010,899	3,632,475	3,563,806
<b>Expenses:</b>			
Food and beverage	704,881	728,970	676,097
Recreational programs	864,939	706,955	457,662
Sports boutique	138,136	118,965	83,890
Operating	2,265,047	2,164,820	1,949,228
	3,973,003	3,719,710	3,166,877
	37,896	(87,235)	396,929
Interest income, net of income taxes	-	-	244
<b>Excess (deficiency) of revenue over expenses before undernoted items</b>	<b>37,896</b>	<b>(87,235)</b>	<b>397,173</b>
<b>Other revenue (expenses):</b>			
Entrance fee revenue	1,646,169	570,000	559,813
Amortization	(580,009)	(585,000)	(609,429)
Interest expense	(30,896)	(31,325)	(52,243)
Long-range planning	(15,354)	(27,500)	-
	1,019,910	(73,825)	(101,859)
<b>Excess of revenue over expenses</b>	<b>\$ 1,057,806</b>	<b>\$ (161,060)</b>	<b>\$ 295,314</b>

## Food and Beverage

	June 30, 2021 Actual	June 30, 2021 Budget	June 30, 2020 Actual
<b>Sales</b>			
Food	\$ 289,646	\$ 278,000	\$ 125,877
Beverage	159,503	130,000	50,972
Other	-	-	-
	449,149	408,000	176,849
<b>Cost of sales:</b>			
Food	126,543	109,900	51,589
Beverage	90,523	59,100	22,228
	217,066	169,000	73,817
Gross contribution	232,083	239,000	103,032
<b>Direct expenses:</b>			
Salaries, wages and benefits	447,300	500,820	570,494
Miscellaneous	40,515	59,150	31,786
	487,815	559,970	602,280
	(255,732)	(320,970)	(499,248)
Canada Emergency Wage Subsidy	79,189	78,905	348,811
<b>Operating gain (loss)</b>	<b>\$ (176,543)</b>	<b>\$ (242,065)</b>	<b>\$ (150,437)</b>





# HOLLYGRAS

Member Appreciation Day

SEPT 11

*Join us for a fun day at your Club!*

Chef Paul will showcase several food stations, live entertainment, games and more!

Member Guest not permitted. Every Member must register on GameTime and will receive 2 food tickets. More food tickets available for \$7, email [CDevlin@hollyburn.org](mailto:CDevlin@hollyburn.org).

**FREE  
FOR ALL  
MEMBERS**

10AM - 2PM | LOWER PARKING LOT

RSVP REQUIRED: GAMETIME

  
**HOLLYBURN**  
COUNTRY CLUB



# Weddings

## AT HOLLYBURN

There are so many things we are looking forward to but most of all: Weddings! After quite a lengthy time in hiatus, we have opened up our availability for wedding bookings. 2022 summer dates are booking up very quickly—so make sure you secure your date sooner than later!

While so much is still uncertain, it's natural to have a million "what if" questions about the future. But don't shy away and be excited—because you should! This is the moment you've been waiting for, and while there might be some uncertainties right now, your family and friends are going to be so excited to celebrate you on your big day. We suggest keeping few things in mind:

### Consider a Smaller Guest Count

A smaller guest list allows for more flexibility. If you already have a large guest count, go through it again and highlight your must-haves. In case you have to cut due to regulations, you are already prepared.

### Be Flexible

Beside flexibility on your guest list, be flexible with your date. Many of you have that favorite season in mind for the wedding but perhaps those dates are already booked up. Keep an open mind about another date!

### Remember to Celebrate You

The goal of a wedding is to celebrate you, the couple; and your love story with your loved ones and families. So yes, we encourage you to plan, to continue to be inspired and seek out inspiration. We are here to support you with all of that so don't be shy! Reach out to our catering department at [catering@hollyburn.org](mailto:catering@hollyburn.org) and we will be more than delighted to book your special day at Hollyburn Country Club.

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

[www.hollyburncatering.com](http://www.hollyburncatering.com)







# Chef PAUL'S

FEATURED MENU PAIRING



## *Canadian Burrata*

spiced vegetable caponata, focaccia 

*Pairs well with David Hill Pinot Noir - Willamette Valley, Oregon*

Burrata, a creamy delicate cheese, would typically be paired with a lighter white wine to balance their gentle flavours. Hollyburn's Canadian Burrata however, is served with a spiced vegetable caponata and requires a wine with a bit more earth and depth. Pairing this dish with a light red, like the David Hill Pinot Noir, compliments the vibrant antipasti, while still letting the Burrata be the highlight! This pairing is best enjoyed with a great friend at one of our Patio fire tables on a September evening.



## FEATURED ARTIST

# Kevin "FREAKSHOW" O'Quinn



Freakshow is the moniker of filmmaker and Street Pop artist Kevin O'Quinn.

He begins the creative process by preparing his surface with multiple layers of vintage magazine paper in order to define the edges and delineate the background planes of color. He then alternates layers of paint and vintage paper ephemera, sanding away portions of the layers as he works, revealing the desired portions of under painting with the overall intention to provide the viewer with a muted window into the pieces past.

Freakshow's art depicts subversive & nostalgic plays on icons of the past and present, using a wide range of techniques and mediums including vintage collage, acrylic and aerosol paint, diamond dust and resin.

### ARTISTIC APPROACH

Freakshow is the nickname of filmmaker and Street Pop artist Kevin O'Quinn, who begins the creative process by preparing its surface with several layers of vintage magazine paper to define the edges and outline the background color planes. He then alternates layers of paint and ephemeral vintage papers, sanding down parts of the layers as he works, revealing the desired parts of the underpaint with the overall intention of providing the viewer with a muted window. on pieces from the past. The art of Freakshow depicts subversive and nostalgic plays on icons of the past and present, using a wide range of techniques and mediums including vintage collage, acrylic and spray paint, dust diamond and resin.

View Kevin's work on Instagram @mrkevinoquinn and around the Club.





## FEATURED ATHLETE

# Rylan Hastings

**Age:** 17   **Sport:** Tennis

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

10 years

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

Winning the Newport Beach California Men's Open.

**What would be your ultimate achievement?**

Playing on a NCAA Division 1 tennis team

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

Jannik Sinner

**Do you have any good luck rituals or superstitions?**

On the court, I have to have one water bottle on each side of the bench and an electrolyte bottle in the middle.

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

Focus on what it could be, not what it could have been.

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

I draw my inspiration from my coaches who sacrifice their time and energy every day to coach me and push me to be the best I can be.

**What is your favourite pre-game meal?**

Grilled chicken sandwich with a salad.

**What are three essential items in your sports bag?** Towel, rackets and shoes.

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

I've always wanted to do something involving business.

**Do you still want to be what you mentioned in the last question, or do you have another vision?** I am still very interested in business, more specifically marketing and advertising.

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

I love going to the beach and playing spike ball, I also enjoy other racket sports like ping pong and pickleball.

**What tournament/challenge would you like to participate in?** I

would love to compete in the NCAA Championship.

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

Every year I looked forward to the Hollyburn Classic tennis tournament as people from all over the province come to compete and we were able to show our beautiful club.

**What do you want to be remembered for when you outgrow your sport at Hollyburn?** I would like to be remembered for my hard work, positive attitude and drive to always get better.





THE SPORTS BOUTIQUE

# Back to School with PIXIE MOOD

## Fashion with Compassion

This Canadian cruelty-free brand has a mission to create runway-inspired handbags made without any animal by-products. Their line of modern, sophisticated vegan leather styles is proof that accessories can be trendy, functional and socially responsible, all at the same time.



# 25% off

*All Pixie Mood Bags  
and Accessories*

SEPT 1 - 15







# Under the Tent SIDEWALK SALE

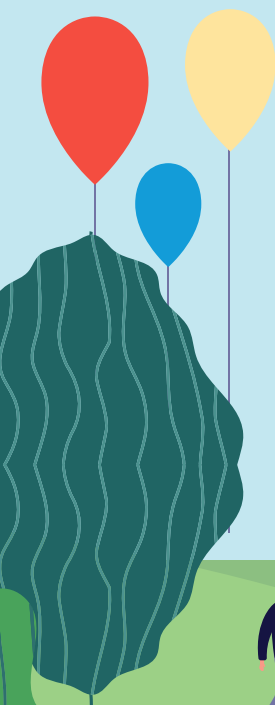
SEPT 9<sup>TH</sup>-11<sup>TH</sup>  
Thur: 12PM - 6PM  
Fri & Sat: 11AM - 5pm

Join us under the tents for our  
**Crazy Clothing Clear Out,**  
in the member parking lot



## UP TO 80% OFF

Women's, Men's & Children's apparel!





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.

"Can we highlight photos of our tennis juniors in The View? Many of our junior players have been training at camps and attending tournaments all summer yet last month's View highlighted mainly adult events and photos."

*We appreciate the feedback and we will highlight more juniors in our next View. Please also send us any photos you take from the tournaments as we can highlight those as well.*

"Would be great if there were paper straws available in the Bar & Grill."

*Thank you for your note. Paper straws are available in the Bar & Grill. Please ask a member of the Food and Beverage team. They will be happy to provide you with one!*



"Any chance of trimming the hedges in front of the outdoor seating area on the Bistro Patio? It would be nice to watch tennis and enjoy the view."

*Thank you for your feedback! The hedger we use to trim the hedges has been in the shop for repair. We hope to have these hedges trimmed by the end of the week.*

"Our server, Hope, took very good care of us!"

*Thank you for taking the time to submit staff recognition. We are happy to hear that Hope took very good care of you. We will ensure that she gets your kudos!*

"There are numerous broken score stands on the tennis courts. Just hoping that maybe they could be outfitted with new ones."

*Thank you for bringing this to our attention. We have discussed within our team and we will be upgrading the score stands in the coming weeks!*

"Is it possible to re-evaluate the start times of tennis and swimming so that children who enjoy participating in both sports, can do both easily?"

*Thank you for your feedback, it is very valuable to us. We will send your feedback to our Department Heads in swimming and tennis so that they can review and discuss. The departments do meet and try their very best to coordinate the scheduling of lesson times across all programs and age groups. We are consistently re-evaluating to create the best Member experience possible.*

"Why do we have an Acting President?"

*Thank you for your question. Typically, at the first Board meeting immediately following the AGM, if the President is at the end of his/her term, he/she steps down and becomes ex-officio. The Board elects the next President for the coming year. Since we had 10 new Directors join the Board this year, it was agreed to delay the election of the new President until the August Board meeting to give everyone more time to get to know the new Directors better. When Carol Fraser completed her two-year term and stepped down as President in June, the Vice President of last year's Board became Acting President until the election takes place in August.*



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

# Insta-Moments

hollyburncountryclub

**hollyburncountryclub**  
 Clear skies, full courts, can't lose!  
 #hollyburnpickleball #aclubforlife

hollyburncountryclub

**hollyburncountryclub**  
 Badminton Summer Camps are moving at high speed!  
 #hollyburnbadminton #hollyburnhawks #aclubforlife

hollyburncountryclub

**hollyburncountryclub**  
 Hollyburn Olympic Connection: Madison Mailey! A huge congratulations to Hollyburn Member Madison and the incredible Canadian Women's Eight Rowing Team who took GOLD in Tokyo! We are bursting with pride for all of Team Canada.

hollyburncountryclub

**hollyburncountryclub**  
 When it's almost Friday. A great photo from our Ladies Underground Doubles Ladder!  
 #hollyburntennis #aclubforlife



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

Follow us on Instagram @hollyburncountryclub



# AQUATICS



Callum Glass  
Aquatic Coordinator  
cglass@hollyburn.org



Patrick Rea  
Aquatic Supervisor  
prea@hollyburn.org

## 8 Reasons Why You Should Swim

Swimming offers a wide variety of backed up health benefits. You can swim at any age, it's also a great exercise for whatever activity level you're at. Hollyburn is home to a wide range of swimmers, and everyone is in the pool for a different purpose.

### 1 ANYONE CAN SWIM!

You can swim at any age, Hollyburn has swimmers from 3 months old to up to 93 years. Pools across the globe host leisure swimmers, recreational, athletes, rehabilitators, pregnant, elderly.

### 2 LOW COST ACTIVITY

Swimming has a low upfront cost, all you really need is a swimsuit and water. Lane bookings and Leisure pool bookings at the Club are free.

### 3 HIGH CALORIC BURN

Weight and stroke dependent calorie burn is estimated to be between 400-1000 calories per hour.

Strokes Calorie Burn @ 150lbs:breast stroke 60/10 minutes, back stroke 80/10minutes, freestyle 100/10 minus, fly 150/10 minutes.

### 4 FULL BODY WORKOUT

Swimming works your entire body; helping underdeveloped muscles catch up. The greatest improvements are noticed in your core, hips, and body stabilizers.

### 5 LOW IMPACT

Great resistance without having to put stress or weight on joints. It's good to push yourself, but it's also important to prevent injuries; if you're feeling like a workout

### 6 INJURY RECOVERY

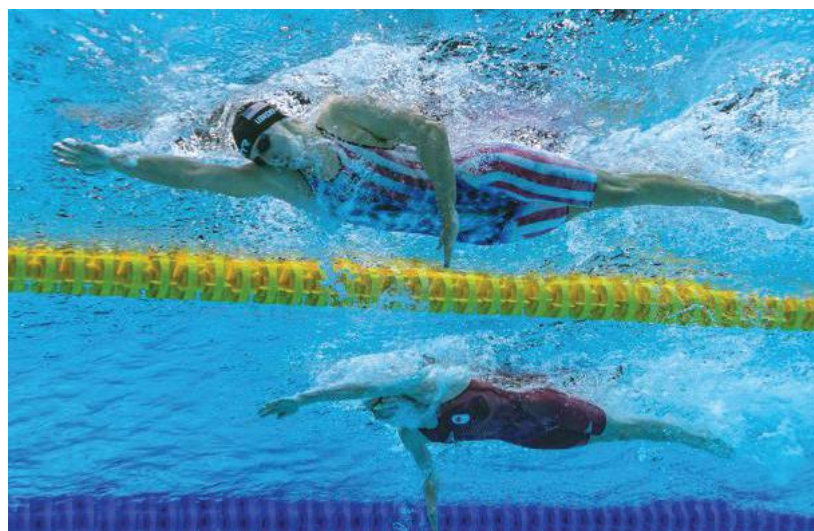
Swimming lets you use, move, and rehabilitate an injury without antagonizing it.

### 7 LUNG VOLUME

Aerobic exercise, heart rate and lung efficiency are increased. Swimming requires controlled breathing which trains and forces your muscles into an efficient state.

### 8 SLEEP IMPROVEMENT

Give your senses a break, swimming is a great way to wind down and relax.





# SWIM TEAM



Brad Hutton  
Head Coach  
bhutton@hollyburn.org

The Hollyburn Hurricanes really had an amazing 2020-2021 Season despite all of the challenges throughout the year! A big congratulations to all of our swimmers who made huge improvements training and racing all season. The year was especially hard on our older swimmers who are used to racing against other clubs in the province and country. They were so resilient as the results from our in-house time trials continued to get faster throughout the season despite having to race more against the clock and not getting that extra boost from new competition. The competitive swimmers kept each other motivated throughout the year and it will be so exciting to have them bonding more with our pre-competitive groups this year!

A big congratulations to our swimmers who competed in the SwimBC Virtual Divisional Championships and SwimBC Virtual Provincial Championships! At the Divisional Championships our team was represented by Henry Brewster, Claire DeCoteau, Saige Fiorvento, Ashton Govier, Stella Harris, Olivia Jakeman, Brooke Johannson, Nicole Jones, Alessandra McCready, Natalie Yu, Atria Zehtab and Marcus Zhou. Henry had an amazing meet finishing first in the 200m Butterfly and 50m Freestyle, second in the 200m Freestyle, 100m Freestyle and 50m Breaststroke, and third in the 400m Freestyle. Claire and Stella finished second and third in the 100m Breaststroke, while Claire added another second in the 200m Breaststroke. Atria had the fastest 50m Butterfly and second fastest 100m Butterfly!

At the Provincial Championships, we were represented by Henry Brewster, Claire DeCoteau, Josh DeCoteau, Tristan Govier, Stella Harris, Jessica Strong and Rafael Wang! Tristan had an outstanding meet after just turning 15 and moving up into the 15-17 age group for the first time. He



raced to a top finish in the 100m Butterfly, second place finishes in the 50m Backstroke, 100m and 200m Freestyle and third overall in the 50m Butterfly and 100m Backstroke. Jessica was super impressive finishing second in the 50m Breaststroke, 100m Breaststroke and the 50m Backstroke, as well as third in the 50m Butterfly and 200m Breaststroke. It will be so exciting when we are on deck with the top teams in the province this season since our team made such a big leap forward with new qualifiers at both the Divisional and Provincial levels.

We are back in the water as soon as the pool opens on September 27! We will hold tryouts for any interested swimmers on September 27-29. For more information please contact Brad at bhutton@hollyburn.org.







# JOIN THE SWIM TEAM



## Swimmers of All Ages

Have Fun

Learn

Be Part of a Team

Improve Fitness

Increase Confidence

Make Friends



**JOIN TODAY!**

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



HOLLYBURN  
COUNTRY CLUB



# BADMINTON



Julia Chen  
Badminton Professional  
badminton@hollyburn.org

## JUNIOR PROGRAMS

Our junior program registration is ongoing: you are welcome to join anytime during Sept 13–Dec 11 throughout the fall session.

## QUESTIONS?

Got questions for registration and programs? Please email [badminton@hollyburn.org](mailto:badminton@hollyburn.org)

## BADMINTON OPEN HOUSE

Calling all racquet players to join our badminton Open House and you will be surprised how much fun and workout you will get from playing badminton.

**Tue, Sept 22**

**7:30pm–9:30pm**

## NEW ADULT GROUP LESSONS

**Tue & Thu 11:00am–12:00pm**

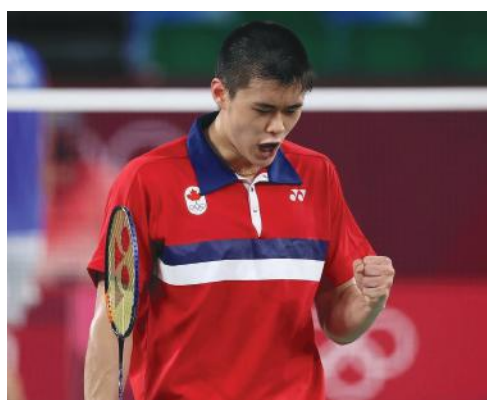
Registration: [badminton@hollyburn.org](mailto:badminton@hollyburn.org)

## Fun Summer Camps 2021





# Team Canada at Tokyo Summer Olympics



# BRIDGE



Stephen Beaton  
Bridge Professional  
bridge@hollyburn.org

## SUPERVISED PLAY

A short "Tip of the Day", chosen to satisfy the interests of the group, is followed by play of hands from a Hollyburn duplicate game. During the play, anyone can ask for advice on how to bid or play a hand. This game is ideal for anyone who wants to enjoy the fun of playing bridge while learning how to play the game better. A complimentary coffee is included. Come alone or with a partner and we'll fit you into our group. No game on Dec 28

*Start date subject to removal of all COVID-19 restrictions*

**Sept 14–Dec 21**

**Tue | 10:00am–12:00pm | Creekside**

**Instructor: Stephen Beaton \$7**

## SOCIAL PLAY

Members who want to get together for an afternoon of social bridge are welcome to come to the dining room on Tuesday afternoon and use the bridge tables and supplies set up for their convenience. No game on Dec 28.

*Start date subject to removal of all COVID-19 restrictions*

**Sept 14–Dec 21**

**Tue 1:00pm–3:00pm | Dining Room**

**No Charge**

## OPEN DUPLICATE GAME

The Monday evening duplicate bridge game is sanctioned by the American Contract Bridge League and is not restricted to Hollyburn Club Members. The coffee station includes complimentary coffee, tea and cookies. Those without a partner can be accommodated if it does not create a half table. No game on Oct 11 or Dec 27.

*Start date subject to removal of all COVID-19 restrictions*

**Sept 13–Dec 25**

**Mon | 6:30pm–9:30pm | Creekside**

**Drop-in: \$8 (Hollyburn Members); \$10 (guests)**

**Director: Stephen Beaton**

## INVITATIONAL DUPLICATE GAME

The Thursday morning duplicate bridge game is sanctioned by the American Contract Bridge League. It is restricted to members of the Hollyburn Country Club and their invited guests, and to members of other private clubs. The coffee station includes complimentary coffee, tea and muffins. No game on Dec 23.

*Start date subject to removal of all COVID-19 restrictions*

**Sept 16–Oct 28**

**Thu | 9:30am–1:00pm | Creekside**

**Drop-in: \$8 (Hollyburn Members); \$10 (guests)**

**Director: Stephen Beaton**

## Bridge Club News

### SPECIAL DUPLICATE GAMES

Celebrate the return to bridge in the Creekside room.

#### "Welcome Back" Club Championships:

8 weeks between Sept & Dec

#### "Super Welcome Back" Upgraded Club Championships:

2 weeks, Sep–Dec And more events are planned!

Sheila Robertson Trophy Pairs, 9:30am Thu Oct 14

And more events are planned! Details TBA.

*Visit [www.bridgeclubnews.ca](http://www.bridgeclubnews.ca) for complete bridge results and news.*







## PROGRAM REGISTRATION

Esports program registration is ongoing. Members have until September 7th to register for our 14 week program.

The Intro to Esports program is a multi-week opportunity to learn all about esports as well as incorporate an athletic component into the world of gaming. Hollyburn has partnered with The Gaming Stadium to bring this exciting new opportunity to the Club. The program will focus on improving skills in-game as well as physical and mental acuity and wellness out of the game.

Esports experts on-site will teach the mechanics and strategy of multiple games with a focus on both individual improvement and teamwork. The group will also spend time each session with a personal trainer learning and practicing techniques for physical and mental wellbeing in a gym style environment.

This class runs Tuesday and Thursday from 3:30pm - 5:00pm with an extra free play day on Saturdays from 12:00pm - 1:00pm.

## ROCKET LEAGUE 3V3 TOURNAMENT

Thank you to everyone who joined us for our 3V3 Rocket League tournament! We had numerous members play against each other in a virtual 3V3 battle. The matches were thrilling to watch. Congratulations to Rocco Vertone and his team for taking first place and taking home the Nintendo Switch! Keep your eyes out for more tournaments in the future.

## ESPORTS TOURNAMENTS

We would love to hear feedback from members on what kind of games and tournaments you would like to see and compete in. Please forward thoughts and ideas to dmorrison@hollyburn.org.



# FIGURE SKATING



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



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

Our summer figure skating camp was a great success. We had a total of 31 skaters participating over the five weeks. At the end of each week, our camps always ended with a “Friday Fun Day” as all skaters performed their own individual solos and also a group routine complete with costumes and props. These routines were created entirely by the skaters with no help from the coaches. Very impressive!

The day started in the morning with a warm-up. On some days, it was JOGA (Joanne’s yoga on ice) and on other days, the warm-up was led elegantly by Diane. This was followed by skating skills and spins practices. During the lunch breaks, the girls showed their creative side drawing and colouring murals with a prescribed theme for prizes at the end of the week. Some real talent! The afternoon session was all jumps and solo practices preparing for the performance on Friday.

We also ran one week of Learn to Skate camps from Aug 2 to 6 with 13 young skaters attending. We were very lucky to have Marija Cvetkovic and Amanda Yang as assistant coaches for the entire week.



Our junior athlete of the year, Marija Cvetkovic, reached a major milestone in August. She passed her Gold Level Skating Skills Test with Honours. Congratulations to Marija!



*Summer Camp 2021*



*Friday Fun Day!*

Lots of fun and hard work! Now we’re starting our fall season of skating which we expect it back to the way it has been in the past with many competitions and testing sessions.

Looking forward to another excellent season, which is also Joanne Sloman’s 40th year at Hollyburn Country Club. She was hired on Sept 1, 1981! Time really flies!







Effective September 7th

## Fitness Centre Hours

<b>MON-THU</b>	5:30am–10:00pm
<b>FRI</b>	5:30am–9:00pm
<b>SAT &amp; SUN</b>	6:30am–9:00pm
<b>HOLIDAYS</b>	6:30am–9:00pm

**FITNESS DESK:** 604.913.4563

### FITNESS AT HOLLYBURN

Whether you are looking for a Group Fitness Class, Pilates Classes, Private Pilates Instruction, Personal Training or all the equipment needed for your best workout, your Fitness Centre has it all!

### FITNESS CENTRE ETTIQUETTE

The Fitness Centre is always a hive of activity with members utilizing their favorite machines and classes. We share machines, bands, weights and cardio equipment. It is expected that everyone is aware and understands the essentials of daily gym etiquette. These rules are the same general rules of life: clean up after yourself, share when necessary and don't be obnoxious. Here is a basic overview:

- If you are sick, please do not come to Hollyburn.
- Mandatory cleaning of equipment after use using spray bottle and towel provided or single use wipes.
- Respect personal space
- 30min max on cardio equipment
- Be aware if a member is waiting for their turn with machines and equipment.
- If you are super setting, please allow any waiting members to work in
- Do not reserve your 'space' by placing a towel or bottle on a machine for later
- No phone calls on the gym floor
- Please turn your phone ringer off
- Do not sit on any machine
- Return all equipment to it's original spot, including mats, weights, bands, etc.
- Use cubbies and lockers provided for all your personal belongings. Please do not bring bags, jackets, purses, etc., onto the weight room/studio floor
- If you are attending a group class, please do not be late. This is extremely disruptive to not only the instructor, but to the other members in class as well.

### HCC CLASS PASSES

We offer unlimited monthly passes for all our Group Classes located in both Peak Studio and Studio 94 (the Dojo). Please let one of the Fitness Consultants know that you are interested in a monthly pass and we will get you signed up. Once you are signed, we will continue to issue you a monthly pass until you reach out to us to cancel it. As many classes as your hearts' desire!

#### ULTIMATE PASS (UP)

**Monthly: \$110**

**Drop-in: \$18**

#### LIGHT ULTIMATE PASS (LUP)

**Monthly: \$75**

**Drop-in: \$18**

#### STUDENT ULTIMATE PASS (SUP)

**Monthly: \$75**

**Drop-in: \$18**

### LIGHT CLASSES

We offer a variety of classes a week that are 'Light' classes designed for anyone, including our seniors, looking for a lighter workout. These classes are listed as (Light) on our MindBody schedule.

### WEST OF 50 AND WEST OF 75

Please refer to the West of 50 section.

## CLASS DESCRIPTIONS

### ALL ROUNDER

A full body workout alternating between upper and lower body exercises using light weights combined with cardio. Balancing exercises with core stability on the mat and finish with a nice stretch and a relaxation component.

### BAREFOOT TRX FUSION

In this class you be barefoot, you will use the TRX like you never thought possible. Alternating between strength and cardio blocks this workout is sure to burn calories long after your workout is complete.

### BARRE BOOTCAMP (LIGHT)

Take ballet inspired moves to the next level with our challenging Barre Bootcamp. This class adds weights and equipment for a powerful total-body sculpting, stretching and lengthening.

### BOOTY FUSION

This class is a no-shoes workout focusing on the glutes, hamstrings and quads, with a little sweat and no tears. Guaranteed to give you a workout you'll feel the next day. All levels welcome.

### CARDIO CONDITIONING

An intense 45min heart pumping, sweat drenched session consisting of cardio with bikes, rowers, weights and heavy balls. Continuous movement to great music! HR monitors optional.



### CIRCUIT & STRETCH (LIGHT)

Start your day with energy! After a simple workout, move through fun and challenging circuits: no coordination required! We will target every muscle in your body and finish with an extended stretch and relax... Ready for your day!

### FOREVER FIT (LIGHT)

Come out for positive support, safe low-impact aerobics, music and fun! This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun.

### FUNTASTIC FRIDAYS (LIGHT)

End your week with a fun-filled hour of weights, cardio and stretch, always fun and always fresh!

### HARD HIIT

High Intensity training intervals consisting of total body cardio, strength and mobility exercises. All levels welcome.

### MAT PILATES

Pilates on the mat, all levels welcome.

### PERSONAL POWER CIRCUIT

PPC is just that! Each participant will work at their own personal power level. Variety of equipment will be used. All levels Welcome!

### POWER STEP

Choreographed class on a bench with weights and awesome music! All levels.

### POWER YOGA

Enjoy a challenging workout while practicing a continuous flow of postures to create internal heat and develop strength, concentration, and core-stability. Be prepared to sweat and stretch. This class is appropriate for active beginners through to advanced students. Modified versions of more challenging postures will always be given.

### SPIN

This class is perfect for every spinner! From the beginner or the advanced cyclist. Be guided through the workout using gears, cadence, watts, heart rate training and zones. This class incorporates strength, interval training and recovery.

### SPIN BOOTCAMP

A fun-filled 60min class consisting of 40-45min of spin, followed by 15-20min of core/ab work, finished off with stretches worthy of the work done.

### STEP-O-RAMA

A blast from the past with a new twist! Fun step class with intervals of weights for upper and lower body...super fun & super sweaty!

### SWEAT, STRETCH & FOAM ROLL (LIGHT)

Perfect for your midweek 'medicinal' session! A little sweat, a little stretch and little foam roll.

### TOTAL BODY

Just like the name says, a workout for your total body! All levels class using weights, bands, barre and more...guaranteed to work you from the top to the bottom.

### WOMEN'S BODY SCULPT (WBS)

Designed for work out enthusiasts who would like to see results! This class captures it all: cardio, weight/strength training, balance, core and stretching held in the HPC.

### YOGA

Perfect for all level of Yogis; the flexible, the inflexible; or if you just want to go at your own pace. Be guided in yoga poses and posture, learn how to take them to the next level, ease into power flow moves, focus on alignment & breathing and gain flexibility at a comfortable pace.

### SENIORS

Please see the Seniors' program section, West of 50 for class descriptions.

## SPECIALTY CLASSES

### SPIN & STRETCH CLASS FOR MEN'S HOCKEY

Join the Spin & Stretch Class offered specifically to our Hollyburn Men's Hockey group and reconnect. Make this season your best one yet! Work on your cardio and increase your flexibility to help you get an edge on your competition!

**Tue | 7:00pm–8:00pm**  
**\$18 per class**

### SUPER STRETCH (Pilates Reformer)

This is a 75 min stretch class for those looking to increase their flexibility, improve athletic performance and overall health and wellness. You will leave feeling taller, more relaxed and more prepared for sport. This class uses specialized Pilates equipment. Participants should be free of any significant injuries or physical restrictions and be able to bare weight on their hands and knees.

Eryn Krieger, MA, MBA, BCRPA Personal Trainer (Corrective Exercise Specialist), a STOTT Pilates Mat & Equipment Instructor Low Pressure Fitness Teacher Yoga Teacher 500 E-RYT PnF Stretch Therapist.

**Tue | 6:30pm–7:45pm**

**Pacific Studio | \$23 a class**

### GOOD MORNING GROUP

This bi-weekly class will focus on aligning and grounding your body and mind. In our busy modern world, we use a constant output of sympathetic nervous system energy. By tuning into our breath and the subtle movements of our bodies, we will focus on activating our parasympathetic nervous system, therefore reducing cortisol levels and quieting the mind. We will work on strengthening the foundations of our bodies - from the arches of your feet to the top of your spine. Mobility, flexibility, core and body weight strengthening and breath work will be the main focus.

Megan Thom has an RMT Diploma, is a BCRPA Certified PT and a Pink Ribbon Certification - Post Operative Breast Cancer Physical Rehabilitation.

**Tue & Thu | 6:00am–6:55am**

**Studio 94 | \$18 a class**

Any questions contact Shelley directly at sgrisbrook@hollyburn.org

*Cancellation must be done MORE than 2hrs before start of class to avoid a \$18 fee, and a firm \$25 no-show fee will be applied if you do not show up.*

## PERSONAL TRAINING

As of August 1st, Personal Trainers have been back on the Fitness Centre floors after 16 months of training clients in High Performance Centre only. Great to see all the smiling, sweaty faces again! Personal Training is for everyone whether your goal is to run a Marathon, ride the Fondo or generally tighten up your fitness regime.

### PERSONAL TRAINING RATES

**One on One \$85/hour**  
**Training in Partners \$55/hour\***  
**Small Group (3–5) \$37.50/hour\***

*\*Price per person*

If you are interested in learning more about our Personal Training please contact Shelley at sgrisbrook@hollyburn.org or Oscar at oobst@hollyburn.org.



# PILATES AT HOLLYBURN

## PILATES PRIVATE TRAINING

We have a team of six pilates teachers with a varied background in both pilates and personal training. Members we train range from active rehabilitation (pre and post-op) to elite athletic conditioning. We use a variety of pilates equipment in our beautiful Pacific Pilates studio located on the lower level of the Fitness Centre. Some of the specializations our teachers have include the following:

- Active rehab/sport injury/enhancement
- Intensive back care
- Neurological active rehab  
*(Parkinson's, concussions, MS, etc.)*
- Joint Replacement
- Prenatal and Postnatal
- Low pressure fitness  
*(Abdominal Hernia, Pelvic Floor Health, Urinary Incontinence)*
- Stretch Therapy
- Yoga
- Postural Assessment & Breath
- Mobility

<b>Private</b>	<b>\$85</b>
<b>Semi-private</b>	<b>\$110</b> (\$55 per person)
<b>Small Group</b>	<b>\$40 per person</b> (3 min, 5 max)
<b>Active Rehab Pilates</b>	<b>\$95</b>

Please check out our Pilates Personal Trainer bios along the entrance hall to the Fitness Centre and make your private pilates appointment today!

## How it works?

Pilates is a progressive system of body alignment and performance. You start with a private and then you develop a plan with your teacher to either continue privately or ladder into one of our registered pilates classes.

## Private, semi-private and small group sessions

Maximize your individualized training needs and we recommend coordinating our efforts with other manual therapists that you may be working with including physiotherapists.

## Group Pilates Classes

You must have at least one private lesson, or previous equipment experience before you sign into a group class. All of our Group Pilates Classes can be found on the MindBody site. As our reformer and chair classes are kept at small numbers, there is a strict 24hr cancellation policy. Please contact Shelley directly if you are interested in doing a drop-in or if you would just like to test out a class.

For more information, please email Shelley Grisbrook at [sgrisbrook@hollyburn.org](mailto:sgrisbrook@hollyburn.org) or contact the Fitness Centre 604-913-4563.

## GROUP PILATES PRICES

<b>Drop-in:</b>	<b>\$23</b>
<b>10x Pass:</b>	<b>\$210</b>
<b>20x Pass:</b>	<b>\$400</b>

## CLASS DESCRIPTIONS

### PILATES LEVEL 1

A beginner to Intermediate level of class. It is recommended that students have taken at least 1-5 privates prior to enrolling in this class. This class will incorporate moderate challenge and choreography.

### PILATES LEVEL 2

An intermediate to advanced level of class. It is recommended that students have taken at least one full session of Pilates Level 1 prior to enrolling in this class, or be preapproved by one of our instructors. This class will appeal to students looking for more of a physically demanding practice.

### PILATES LEVEL 3

An advanced level of class. It is recommended that students have taken at least one full session of Pilates Level 2 prior to enrolling in this class, or be preapproved by one of our instructors. This class will appeal to students looking for a more physically demanding practice with more advanced choreography.

### PILATES RESTORE & PILATES ACTIVE REHAB

Designed for students that require more alignment-based teaching that caters to back and joint care. This is a perfect class for those that require individual modifications and slower controlled movement. As these are very specialized classes, we do not offer on the MindBody schedule but are happy to coordinate an appropriate instructor for you.



# GOLF

## GOLF IN THE **VIRTUAL<sup>VR</sup>SPORTS** LOUNGE

We are excited to introduce our Hollyburn Golf Professional, Oliver Tubb, to the membership. Oliver will be offering private, semi-private and group golf lessons in our VSL (formally Club lounge). Whether you are brand new to the game of golf, or looking to shave a few points off your game to hit that goal of shooting under 80, booking in with Oliver will be a great way to improve your game.

### ABOUT OLIVER

Oliver was born in Scotland and raised in Eastern Ontario, he was first introduced to the game of golf at nine years old. This was on a short course, which doubled as a sheep pasture, in the small village of Dunecht.



After moving to Canada in 1993, he became an accomplished junior, then amateur competitor. He grew up in Stirling, Ontario before attending the University of Guelph, attaining a Bachelors of Landscape Architecture (B.L.A.) degree in 2004. At the time, the varsity golf team played at Cutten Fields, an historic Stanley Thompson (and Chick Evans) golf course. In 2005, Oliver turned professional with the intention of competing against the worlds best. He has played on many international tours, and has visited lots of the worlds top golf destinations, clubs and courses, along with countless others not-so-well known. In 2013 he joined the PGA of Canada and has since achieved Class A membership. He has taught 1000's of lessons and coach concepts, techniques and strategies which are common sense and easy to understand, all designed to improve your golf game on-the-course.

*"Golf is a wonderful game, with many lifelong benefits and I take pride in helping clients young or older, skilled or newer by helping them understand their unique pathway to improvement, and providing assistance and encouragement along the way."*



Oliver continues to compete regularly and is annually ranked as one of Canada's top professional golfers and while he doesn't compete as much as he used to, he still love the thrill of competition and am continually working to improve.

### **Book your private lesson now!**

To book your private lesson with Oliver, email [golfpro@hollyburn.org](mailto:golfpro@hollyburn.org).



# VSL<sup>TM</sup> GOLF

## LESSONS

This fall we will be offering golf lessons in the VSL with our Golf Professional Oliver Tubb. Whether you are new to golf or an experienced golfer, Oliver will provide tailored lessons to improve your skills and get you ready for the 2022 outdoor season. We are excited to be able to provide a space for Members to practice their golf game all year round! Contact [golf@hollyburn.org](mailto:golf@hollyburn.org) for inquiries.

### FIRST LESSON:

**New Golfer Introductory First Lesson**  
60 min    \$120

### PRIVATE & SEMI PRIVATE

*\*prices are per person, one simulator*

**Adult Member Private Lesson (18+ yrs)**  
45 min    \$100

**Junior Member Private Lesson (10-18 yrs)**  
45 min    \$85

**Adult Member Semi Private Lesson (18+ yrs)**  
45 min    \$65\*

**Junior Member Semi Private Lesson (10-18 yrs)**  
45 min    \$55\*

### GROUP LESSONS (both simulators):

**Adult Member Small Group Lesson**

*(min 3 people required)*

45 min    \$75\*

**Adult Member & Guest Small Group Coaching**

*(min 4 people required)*

60 min    \$75\*

### OTHER OFFERINGS

**Member Club Fitting**

60 min    (TBD)

**Off Site Nine Hole On Course Playing Lessons**

2.5 hrs    (TBD)

**Off Site Short Game or Putting lesson**

60 min    (TBD)

**Corporate Event Bookings**

(TBD)

*\*All details TBD*

## VSL LESSON FAQ

### What to expect from golf instruction at Hollyburn:

When you have a lesson at the VSL, you can expect premium golf instruction, customized to your unique golf ability and needs. Your instructor will help ensure that you understand correct golf swing concepts, along with the fundamental athletic set up and movement needed to create solid contact. You will be tasked with fun challenges and practice drills to help you acquire skill and improve.

### The golf simulators:

Located upstairs in the VSL, we have two multi-sport simulators. You can play a round on one of the many virtual courses, or practice your skills at the driving range. The simulator captures data from both your swing and the golf ball, providing an accurate playing and practice experience. This data collected includes your swing speed, ball speed, carry distance, total distance, shot dispersion, club path and face relationship, which your instructor will help you understand so you can build confidence and improve your game.

### How many golfers can attend a lesson:

Lessons are available privately, semi-privately and in small groups, using one or both simulators.

### How long are the lessons:

Your initial lesson is 60 minutes, and subsequent lessons are 45 minutes.

### How do I book a lesson:

Please book your lesson with member services or online via the Gametime booking system

### Which days of the week are lessons available:

Availability may change week to week, but generally speaking lessons will be available at various times Monday to Friday.

### I have never played golf before, can I still take a lesson:

Absolutely, a lesson is a great way to get started, and your instructor will help you build confidence and ensure you start golf the right way.

### I don't have clubs, can I still take a lesson:

Yes, we have men's, ladies and junior sized clubs for you to use during lessons and simulator bookings in the VSL. Your instructor will discuss golf equipment and sizing for you, and to your options for purchasing.

### Do you offer on-course playing lessons:

Yes, talk with your instructor to schedule an on-course lessons at golf courses throughout the region, both in private and semi-private formats. Additional fees apply.

### Do you offer short game and putting lessons:

Yes, short game and putting lessons are taught both in the VSL, or can be scheduled at a nearby golf course.

### I am an accomplished player, will lessons in the simulator help my game:

To get the most from your instruction experience, bring your questions and observations from your play on the course. The simulator experience provides accurate feedback and precise data to help you and your instructor develop an improvement plan.



# HOCKEY



Adam Hayduk  
Hockey Director  
hockey@hollyburn.org



Andrea Benac  
Hockey Coordinator  
hockey@hollyburn.org

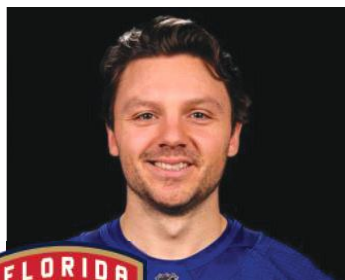
## Alumni Updates



**TREVOR OISHI**  
**NW HAWKS U15 AAA TEAM**  
Congratulations to Huskies alum Trevor Oishi for being selected to the Zone North West Hawks U15 AAA team. Trevor also played for the U15 Hawks as a first-year player last season. Good luck to all the Huskies alumni in contention for the Zone NW Hawks U17 and U18 AAA teams. Those rosters will be finalized later in September



**COOPER CONNELL**  
**NCAA DIVISION 1 PROGRAM AT BENTLEY**  
Congratulations to Huskies alum Cooper Connell who will start his freshman season with the NCAA Division 1 Bentley University Falcons. Cooper split the 2020/21 season between the Coquitlam Express (BCHL) and the Grand Prairie Storm (AJHL)



**SAM REINHART**  
**JOINS FLORIDA PANTHERS**  
One of the Huskies alum will be wearing a new jersey with the 2021/22 season. Sam Reinhart was traded this summer from the Buffalo Sabers to the Florida Panthers. Best of luck to Sam with his new team!

Morgan Rielly and Alex Kerfoot will be returning to the Toronto Maple Leafs. A few more Huskies alumni will be looking to crack their respective NHL Clubs out of training camp: Angus Crookshank with the Ottawa Senators and Jake Christiansen with the Columbus Blue Jackets.



**JACKSON CRESSEY**  
**READING ROYALS (ECHL)**  
The Reading Royals, proud affiliate of the Philadelphia Flyers, signed 25-year-old forward Jackson Cressey to an ECHL standard player contract. This is Cressey's second professional contract signed in North America. Jackson signed with the Royals before the 2020-21 season and his rights were retained by the team after the ECHL's North Division bowed out of the shortened campaign. He travelled to Sweden to play for Tyninge SoSS in HockeyEttan, the third tier in the country. He scored 6 goals and 7 assists in 14 games before adding 5 more points in the relegation round of the postseason. Jackson played for Princeton University for four seasons and was named alternate captain in his senior year, 2019-20. He consistently scored and assisted for the Princeton Tigers and was close to a point-per-game player by his graduation with 32 goals and 84 assists (116 points) in 132 games. He was named to the 2017 ECAC All-Rookie Team in 2017 and won the ECAC Championship in 2018.



**MARK PEARCE**  
**HOLLYBURN'S ASSISTANT REFEREE-IN-CHIEF WINS TOP HONOUR**  
Congratulations to Hollyburn's assistant referee-in-chief Mark Pearce on being recognized by BC Hockey their "Official of the Year." Mark had a great 2020/21 season. He was selected to referee at the World Junior Championships held in Edmonton, AB and later officiated in the WHL once the league resumed play. Mark, who is a Level 6 HCOP certified official, also played junior hockey in the KIJHL before he turned his efforts to officiating. We are lucky to have Mark and Michael Bean work with our young on-ice officials! Congrats Mark!



## Hollyburn Selected Host Site of 2022 BC Hockey U15 Tier 2 Championships

Hollyburn Country Club has been selected by BC Hockey and PCAHA to host the 2022 BC Hockey U15 Tier 2 Championships this coming March.

The last two Championships that Hollyburn was selected to host (2017/18 Bantam Tier 2 Championships and the 2018/19 Pee Wee Tier 2 Championships) certainly set the bar for other host venues. The sponsorship and support from the Hollyburn community certainly turned these events into lifetime memories for all participants.

The Hollyburn Huskies Bantam team (coached by Mike Allen, Steve Allen, and Sean Smith) captured the Gold medal in 2017/18 in dramatic fashion with an overtime goal by Max Mobius. The Huskies Pee Wee team followed-up winning the bronze medal on home ice, also in dramatic fashion, when Deacon Drummond set up Connor Pankratz to bet Kelowna in overtime at the 2018/19 BC Hockey Pee Wee Tier 2 Championships.

These experiences are made possible by all of our great sponsors. If you'd like to find out how you can help with the 2022 BC Hockey U15 Tier 2 Championships while taking advantage of some great exposure, please email Adam Hayduk at [ahayduk@hollyburn.org](mailto:ahayduk@hollyburn.org).

## MEN'S HOCKEY REGISTRATION Now Open

We are excited to welcome all new and returning players to join our Men's Hockey league. Players 19+ can now register at [MENS.HOLLYBURNHOCKEY.COM](http://MENS.HOLLYBURNHOCKEY.COM) for the 2021-22 season. See you on the ice soon!

### RETURNING PLAYERS:

Register before Sept 15	\$150
Register after Sept 15	\$250

### NEW PLAYERS:

Register before Sept 15	\$225
Register after Sept 15	\$325

## Huskies Player Taps Quantum Speed for a School Project

Hi! My name is Harlowe. I'm 10, attend Mulgrave School and played on the Atom A2 Huskies (Go Huskies!) here at Hollyburn last season. I was the only girl on my team, and I have been several times before.



I've been doing a lot of research for a project I recently finished in school called PYPX Exhibition. My topic, 'Gender Inequality' specifically in terms of the sport of hockey.

I recently did an interview about women's rights in sports with Vanessa Hettinger, Co-Owner & General Manager of Quantum Speed. I talked to her a lot about what it was like to be the Skate Coach to the Edmonton Oil Kings and how the men treated her as a female coach in a male-dominated sport. One of the most interesting facts we discussed was how men are paid far more than women in the

sport of hockey because more people support men's hockey and more people go to the men's games than the women's games.

When Vanessa and I discussed this topic, she told me a lot of things I never knew before. It was interesting to hear from an expert about her early struggles playing on boys' teams to becoming one of only two recognized Master Skating Coaches with Hockey Canada.

Vanessa and other female sports leaders and players are trying to change things for future generations.

Hollyburn Country Club, Hollyburn Hockey and Coach Adam were a big help to me when I was working on my project.

They have been helping me a lot through my past years playing hockey, too. If it wasn't for my coaches and their support and encouragement I wouldn't be where I am today.

I know that a lot of my friends and teammates will be reading this, so I also want to thank them for encouraging me.

And last of all, I know a few other girls that have also been playing on the boys' teams and I would like to say that they are doing very well and will be amazing in the future.

*By Harlowe Stewart*



# KARATE



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

Sensei Peter is a Karate Canada 6th Degree Black Belt, International Competitor, BC Winter Games Head Coach and a Karate BC Provincial Coach. He won Double Gold Medalist at Wado Kai World Championships and the North American Masters. He has competed and trained in Asia, Europe and North America over a 40 year career studying and teaching Martial Arts.

Web: [www.hollyburn.org](http://www.hollyburn.org)  
Phone: 604.913.4575  
Email: [karate@hollyburn.org](mailto:karate@hollyburn.org)  
or [jkatzin@hollyburn.org](mailto:jkatzin@hollyburn.org)

## MISSION STATEMENT

To build on the success of the Hollyburn Black Belt Karate Program through communication, member engagement, and the promotion of fun, fitness, and good sportsmanship.

### *“A Confident Child is an Unstoppable Child”*

Our Award Winning Program continues to grow in size every year and is proven to enhance endurance, physical and mental strength, flexibility, speed, coordination and balance in everyone! Martial Arts are not only fun to learn, but also creates a strong sense of well-being in ones skill set.

Little Ninjas & Karate at Hollyburn encompass competitive & non-competitive elements. Our Team helps our students forge a solid foundation for real world situations in a safe and fun atmosphere for every student. Whether they want to pass their Black Belt or be a National Champion. Training with our internationally renowned Sensei & 6th Degree Black Belt Peter Stoddart in The Dojo will put them on the right path.

### **Social Development**

Youngsters will have positive interaction with other children of their own age through team games and personal goals.

### **Discipline**

Our activities strongly encourage discipline within the class, at home and in school. Children learn to set a good example while building strong leadership skills.

### **Life Skills**

Classes develop a child's basic motor skills, building coordination, balance, and control as well as providing plenty of mental and physical problem solving challenges.

### **Focus & Attention**

We ensure children work on their ability to goal set and enhance their focus in a dynamic and exciting Martial Arts.

## MINI-KARATE

### 3–5 yrs

The Mini-Karate program provides an introduction to Hollyburn Karate. In this class, you will meet Sensei Peter and learn about our Dojo. This class is beneficial for those considering participating in Little Ninjas.

**Mon (Sept 27, Oct 25, Nov 22)**

**11:00am–11:30am | 11:30am–12:00pm**

**12:00pm–12:30pm | 12:30pm–1:00pm**

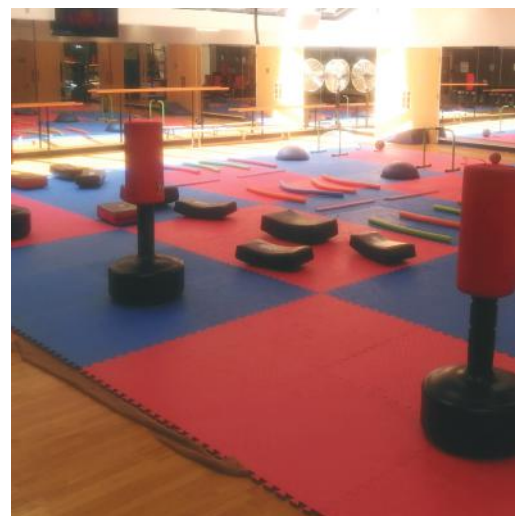
**Regular price: \$12/session**

**Mini–Athletic price: \$10/session**





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LITTLE NINJAS 4-6 years 3:45pm-4:30pm	LITTLE NINJAS 4-6 years 3:45pm-4:30pm	LITTLE NINJAS 4-6 years 3:45pm-4:30pm	LITTLE NINJAS 4-6 years 3:45pm-4:30pm	LITTLE NINJAS 4-6 years 3:45pm-4:30pm
LITTLE NINJAS 4-6 years 4:45pm-5:30pm	COLOUR, BROWN & BLACK BELT 4:45pm-5:45pm	COLOUR, BROWN & BLACK BELT 4:45pm-5:45pm	COLOUR, BROWN & BLACK BELT 4:45pm-5:45pm	COLOUR, BROWN & BLACK BELT 4:45pm-5:45pm
COLOUR, BROWN & BLACK BELT 6pm-7pm	BROWN & BLACK BELTS 6pm-7pm	ADULT KARATE 6pm-7pm	BROWN & BLACK BELTS 6pm-7pm	





## Gift of Music

Every year our goal is to do better and to offer quality music lessons knowing that gift of learning how to play music instrument is one of the best gifts you can give to your child. Music helps kids to focus, to use and develop 'mathematical' side of brain as well as the creative one. Practicing daily teaches discipline, and concerts, festivals and exams give sense of accomplishment.

Here are some answers to the most frequent questions:

### 1 When is the best time to start music lessons?

It really depends on instrument: piano age 5 and up, drums and voice 6 and up, guitar 8 and up. The best time is when child shows interest, can focus for 30 minutes, knows a little bit to read, and is committed to practice.

### 2 Do I need an instrument?

Yes! You don't have to buy an instrument to start but you can rent one for the first few months or one year until you are sure you want to continue to play. Full size keyboard with weighted keys or real piano are best option for piano students, while drums can be electric ones instead of the real drum set. Guitar has many choices and sizes and the best is to seek an advice from the teacher.

### 3 How often to practice?

Ah that! Without regular practicing there will be no improvement. We expect beginners to practice 3 times a week and practicing should be increased in duration every year. We also know that students don't remember always to practice so help from parents is welcomed and expected. Sometimes, teachers can make a practicing schedule. From my own experience early morning practice before school is great way to wake up brain for math!

### 4 What about adult music lessons?

We offer lessons for all instruments and voice and encourage adults to take advantage of 'pay-as-you-go' basis to fit their schedule. There are so many scientific studies available now about benefits of playing instrument from prevention of dementia and Alzheimer's, developing muscle memory, and helping adults with trauma and depression. Every day music is part of our life, adding learning an instrument to play, reading notes, and enjoyment in creativity is the best therapy.

### 5 What music lessons are offered at the Club?

We offer piano, drums, guitar, bass guitar, ukulele and voice lessons with highly qualified teachers. We are always striving for quality and not the quantity of our lessons. While we work with Royal Conservatory of Music syllabus, our lessons are adapted to each student by their interest, creativity and ability. Our main goal is enjoyment and not competition.

### 6 How to register?

Our program runs from September till June. There is no need to re-register again in winter or spring. Send us an email and let us know what instrument you want, what age is the student and do they have previous experience, and we will do our best to accommodate you.



*Ari Pappajohn*



*Emily Pappajohn*



# PICKLEBALL



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

This past summer over 700 members of all ages were actively using our 4 outdoor courts. This usage number climbs even higher as we see a growing number of guests on court. As we transition back indoor this fall and winter we will have reduced access as the gym is a shared space. A variety of options for play have been set up from traditional member court bookings to Social Play (previously known as Drop In) to organized group play, lessons and clinics plus youth programming. Please take a moment to familiarize yourself with the indoor schedule available online under the "GYM" tab. The outdoor courts, found under the "Pickleball" tab will remain available for member bookings from dawn to dusk and as long as the weather permits.

## QUESTIONS?

Please direct all inquiries regarding programming, league play and any other general squash related questions to [pickleball@hollyburn.org](mailto:pickleball@hollyburn.org)

## THIRD SHOT DROP OR THIRD SHOT DRIVE?

This is a question that every player debates each and every they step on court to play. Should I play the more traditional Third Shot Drop, also known to be the most difficult shot to play, and allow myself time to approach the net or should I add pace

to the ball and play a Third Shot Drive and challenge my opponent with a fast moving ball?

They both have their place in the game and who you are playing will greatly determine which shot you choose.

Before you step on court and ask your self over and over "What Third Shot should I play this rally?", instead ask yourself this question, "Can my opponent handle my fast paced third shot?" If the answer is yes then a drop is best to play. This will mostly take place at the higher levels of play as more experienced players can handle pace more effectively. If the answer is no, a fast paced ball is then the choice for your third shot as it will likely induce a miss hit or overhit ball for which you can capitalize on. At the end of the day you'll need to be able to hit both effectively so take a moment to assess your opponent and choose your Third Shot wisely.

## LARGE GROUP / BIRTHDAY PARTIES / CORPORATE BOOKINGS

Private group bookings are available for events such as birthday parties and corporate events on both indoor and outdoor courts. Paddle and ball packages are also available for rent while a coach can be on hand to organize players and provide rules info when needed.

Contact the pickleball office for available times and prices.

## SOCIAL EVENTS AND MINI TOURNAMENTS

Each month a social event or mini Tournament may be organized. There are various formats that can be used with the goal of creating a fun, inclusive event for members to socialize while enjoying all that the sport of pickleball has to offer. Check the clubs weekly e-blast for updates.

## COURT ETIQUETTE

When entering or exiting the the outdoor courts please ensure the outer courts have stopped play so that you can pass safely to and from the inner courts. When entering the gym please ensure you enter from the access door at court 3, it is marked from the hallway. Exiting may occur from the outer doors at the East and West ends of the gym.

At no time should you ever pass behind a court engaged in rally play even if players are all at the net. You never know when they may turn to chase a ball or move back to play defensively.

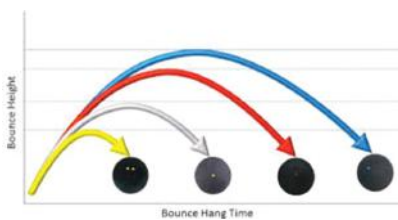
"BALL IN" - This is a very common phrase. It is used to notify other courts that a foreign ball has entered the court. Upon hearing this players should freeze to ensure player safety. Do not run onto another court to chase your ball. Simply STOP and replay the rally. IF a ball rolls behind players and is in no way affecting play please allow play to continue and do NOT yell "Ball In". This is a judgement call and often is always better to air on the side of safety.





## Which Squash Ball is Right for You?

Did you know there are a variety of squash balls? Some with more hang time which will bounce multiple times while some have less hang time and require warming up. Playing with the correct ball will speed your ability to learn and improve your skills. This is true for players at all levels. Beginners should use a high bounce ball to lengthen rallies and increase learning opportunities while more experienced players can develop advanced racquet skills when playing with a faster moving ball. Purchase the ball that is right for you from the Sports Boutique.



## JUNIOR DEVELOPMENT PROGRAM

Registration is ongoing through the fall term which kicks off on Sept 13. This year we will focus development using a new series of balls designed to optimize learning at all levels of development. The colour coded balls; Red, Orange and Green have varying bounces and speed and make learning fun and enjoyable at all levels.

### TINY TOTS

3-4 yrs  
Tue | 10:30am-11:10am  
Thu | 11:00am-11:40am

### JUNIOR RED BALL

5-6 yrs  
Mon & Wed | 3:30pm-4:15pm  
Sun | 9:00am-9:45am

### JUNIOR ORANGE BALL

6-9 yrs  
Mon & Wed | 4:15pm-5:00pm  
Sun | 10:00am-10:45am

### JUNIOR GREEN BALL

9-16 yrs  
Mon & Wed | 5:00pm-6:00pm  
Sun | 11:00am-12:00pm

## ADULT PROGRAMS

A range of programs from beginner clinics to private session training to competitive league play in both singles and doubles are back at Hollyburn this fall. Whether you are a new player or a seasoned vet the squash program welcomes players of all ages and abilities. Please refer to the Fall Program guide for all details.

### QUESTIONS?

Please direct all inquiries regarding programming, league play and any other general squash related questions to [squash@hollyburn.org](mailto:squash@hollyburn.org)

### THURSTY SINGLES LEAGUE

Our Thursty Squash League will kick off on October 7. Players of all levels are invited to register. This in-house, member only league, is your best opportunity to challenge your skills against others in a friendly, yet competitive atmosphere. Players are placed into groups of like skilled player with new cycles every 5-6 weeks.

This fall registration takes place online so be sure to reserve your sport early and start practicing.

### VANCOUVER DOUBLES SQUASH LEAGUE

Kicking off in early October with matches at HOL, VRC, VLT and EVE! It's time to get back on court and start practicing.







# TENNIS



Alex Korch  
Tennis Director  
akorch@hollyburn.org

## Back to the Basics

It's easy to over analyze things when you're out on court. Sometimes we think about so much that it's easy to forget about some of the basics that can make us better tennis players. I'd like to take this opportunity to go over a few of those basics that are easily forgotten when in the heat of the moment.

### IMPACT POINT

How often you strike the ball with a correct impact point really defines what level of player you are. A 5.0 level player is hitting that impact point almost every time. A 2.0 player, not very often. 3 things I always look for.

### WAIST HIGH

It's important to make a quick decision whether you are moving forward or backing up to achieve this. Sometimes it makes more sense to move forward on a high deep ball to achieve a waist high impact point by taking the ball on the rise. It's a bit more difficult to time but it is easier than backing up and having to hit the ball above your head or running into the back wall waiting for the ball to drop.

### SPACE FROM YOUR BODY

I've always found that if on impact you can maintain a minimum distance between your elbow and your body of about 2 tennis balls (forehand), this gives you the freedom to swing freely and maintain a longer hitting zone. If the ball gets too far away from your body this isn't good either. Ideally you should have a slight bend in your arm on impact vs a straight arm with a locked elbow.

### EARLY IMPACT

Contacting the ball out in front of your body is the most important out of the above. There will be times when you get jammed or have to make impact above or below your waist. If you have a late impact point (beside or behind your body) it will make things a lot more difficult while hitting the ball. A good opponent will be hitting a combination of low slices and heavy high arcing balls to challenge you. If you can maintain an earlier contact point when receiving these balls, you greatly increase your chances of executing a solid shot.

## ATHLETICISM AND BALANCE

When you watch a high-performance player they rarely look off balance. Even when on the run or in trouble they still maintain a balanced look while hitting the ball. Below are a couple simple things to think about that can help you stay more balanced and athletic.



### ATHLETIC READY POSITION

A lot of players hear, "get in your ready position," without understanding what an athletic ready position really means. I like to describe this to my students as being one head lower than if you were standing straight up. This should allow you to have a wider base than shoulder width with a good amount of knee bend. A lot of players go too wide with their base. Too wide and it can be awkward to be explosive from your split step. You should feel balanced and ready to pounce, not stuck.

### FINISH YOUR SHOT

A lot of players focus so much on recovering in time that they forget to finish the shot they are hitting. When in a baseline rally you will have time to recover. Spend that extra half second finishing the shot you are hitting vs rushing out of the shot too soon causing a loss of balance and a short hitting zone.

### STILL HEAD

Pay attention to your head when you are contacting the ball. Your head should be still when you make contact. Any movement or lifting of your head can cause you to frame or mishit the ball. The sweet spot on our racquet is quite small. Let's make it easier to hit that sweet spot by keeping our head still on impact.

Hopefully the tips above will help some of you get back to the basics. It's very easy to lose sight of the simple fundamentals when we are out on court. If you feel overwhelmed while out on court, keep things simple and try not to over complicate the process. Feel free to contact me with any clarification on these tips.

Alex Korch  
Director of Tennis







▲  
*HCC high performance camps were a hit this Summer! Coaches and players worked extremely hard and made some great progress this Summer. The future is bright for our young tennis athletes.*



*Congrats to Jeremy Bell the winner of the men's singles grass court championships.*



*Summer Clash 2021 Trophy*



*The 6th annual Summer Clash event was a great success this year. Competition gets tougher every year and there was some great tennis played. Paula Evans and Paul Fenny from NSWC took down Ann and Cam Hunter in the final. Thanks to Chris Browne and Giselle Portenier for putting on the event.*





*Mateus & Darius Stuart squared off for the Summer Hotshots Competitive Compass Tournament #1. Congratulations Mateus on your win!*



*Men's Grass Court Doubles Champions: Neil Kelly & Chris Chan*



*Niko Panagiotopoulos was the champion at the tennis bc event in Abbotsford. He won the final 6-4 6-1! Congrats Niko.*



*Asher Littman and Lucas Johnson getting fired up before their matches at the U12 tennis bc event in Abbotsford.*



*Matin Shokrani & Lucas Johnson contested the final of the Summer Pro Hotshots Tournament #1. Congratulations Matin on the 8-2 win!*



# CHILDCARE



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



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

## CLOSURES

**Mon, Sept 6** Labour Day  
**Thu, Sept 30** National Day for Truth and Reconciliation  
**Mon, Oct 11** Thanksgiving  
**Thu, Nov 11** Remembrance Day

## E-NEWSLETTER



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

## Have you seen our Baby Haven?

Previously the Junior Lounge, this space has been converted into a room where new parents can feel a bit of calm in the busyness of our facility. Designed for families with children under 5 years old, the room is outfitted with a baby change table, sensory toys for toddlers, and comfortable chairs for breastfeeding or to just relax.

## FAMILY FUN NIGHT

**Fri, Nov 26 | 5:00pm–8:00pm**  
free for all to attend

## PARENTS' NIGHT OUT

**Fri, Dec 17 | 4:30pm–7:30pm**  
\$30 per child ages 3-10

## 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. Please visit GameTime for the most up-to-date operating hours. Bookings are a minimum of 15 minutes, and a maximum of 2 hours a day. \*Dates and times subject to change.

## HollyVille Childcare Fee Increase

Please note, as of September 1, 2021, our drop-in fees for HollyVille have increased from \$2/15 minutes to \$2.50/15 minutes.

## UNSUPERVISED TURF TIME

**6+ yrs**

Sign out sports equipment from Member Services. \*Dates and times subject to change. Check Hollyburn.org > Facilities Schedules > Kids Activity Schedules for the most up-to-date offerings.

**Mon, Wed & Fri | 1:00pm–3:30pm**

## PARENT & TOT SUPERVISED DROP-IN (Parent Participation)

**4 mos–4 yrs**

Spend some time with your littlest family member on the turf and enjoy the cars, parachute, building blocks, and more. \*Dates and times subject to change.

**Starting Tue, Sept 14**

**Tue, Thu & Fri | 3:30pm–4:30pm**











Alison Lea  
Childcare &  
Youth Manager  
alea@hollyburn.org



Aleisha Holmes  
Youth Supervisor  
aholmes@hollyburn.org

## CLOSURES

Mon, Sept 6 Labour Day  
Thu, Sept 30 National Day for  
Truth and Reconciliation  
Mon, Oct 11 Thanksgiving  
Thu, Nov 11 Remembrance Day

## E-NEWSLETTER



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

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

## FAMILY FUN NIGHT

Fri, Nov 26 | 5:00pm–8:00pm  
free for all to attend

## PARENTS' NIGHT OUT

Fri, Dec 17 | 4:30pm–7:30pm  
\$30 per child ages 3-10

## DROP-IN PROGRAMS

### YOUTH LOUNGE

**6+ yrs**  
Hang out in the Youth Lounge afterschool and shoot some hoops on the Pop-A-Shot, play a round of foosball, or challenge your friends to a game on the Xbox. \*Dates and times subject to change.

**Mon–Wed & Fri | 3:30pm–8:00pm**  
**Thu | 6:00pm–8:00pm | Movie Night**  
Youth Lounge | Free / Drop-in

### YOUTH MOVIE NIGHT

Enjoy a movie alongside your friends! Feel free to bring down your dinner and dive in to a movie screening, chosen by your votes!

**Every Thursday**  
**6:00pm–8:00pm**  
Youth Lounge

## UNSUPERVISED TURF TIME

**6+ yrs**  
Sign out sports equipment from Member Services. \*Dates and times subject to change. Check Hollyburn.org > Facilities Schedules > Kids Activity Schedules for the most up-to-date offerings.

**Mon, Wed & Fri | 1:00pm–3:30pm**

## YOUTH SUPERVISED TURF TIME

**All Ages**  
Ready to burn off some energy after a long day of school? Join our youth leaders on the turf for sports and more! Children 3 years and under must be with a parent or guardian. Maximum of 20 children at one time. \*Dates and times subject to change.

**Mon & Wed | 5:30pm–8:00pm**  
**Tue, Thu & Fri | 4:30pm–8:00pm**  
Turf | Free / Drop-in

## TEEN DROP-IN SPORTS

**13–18 yrs**  
Socialize with your friends and play basketball, soccer, or just chill out. No supervision, follow Club rules and policies. Sign out sports equipment from Member Services. \*Dates and times subject to change.

**Fri | 8:00pm–9:00pm**  
Turf | Free | Drop-in




BOUNCY CASTLES    TURF GAMES    VIRTUAL SPORTS LOUNGE    POOL PARTY

# Birthday Parties

Celebrate your child's birthday at Hollyburn!  
 Birthday party inquiry form: [www.hollyburn.org](http://www.hollyburn.org)

**HCC Youth**




**VSL**

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## YOUTH IN THE VSL

**ON MONDAYS, OUR YOUTH LEADERS WILL HELP SET UP THE SIMULATOR FOR YOU AND YOUR FRIENDS - CHALLENGE EACH OTHER TO SOCCER, FOOTBALL, HOCKEY, GOLF, ZOMBIE DODGEBALL AND MORE!**

**\$5 PER DAY OF PLAY  
 REGISTER ON GAMETIME OR EMAIL  
 AHOLMES@HOLLYBURN.ORG.  
 (LIMITED SPOTS PER SIMULATOR)**



**HCC Youth**

# VIRTUAL SPORTS LOUNGE

Join your friends and challenge each other to see who can hit the farthest, shoot the best shot, or dodge those zombies! Each month, we will open up the bookings for our supervised Youth in the VSL time every Monday (ie. September 6th we will open the dates Sept 13, 20 and 27. September 27th we will open the dates for October, and so on.) \*There are only 5 spots available on each simulator. Register for your spot in GameTime, under the Classes tab, and selecting Youth.

**North Sim | 3:00pm–5:00pm  
 South Sim | 3:30pm–5:30pm  
 \$5 per day of play**



# WELLNESS



Julie Flynn  
Wellness Coordinator  
jflynn@hollyburn.org

## Less Stress & More Energy with Shiatsu Therapy & Self-Care Practice

Words by Anika Wildeis Registered  
Shiatsu Therapist



In our modern world, life has become ever more fast paced and is increasingly complex, in a word, stressful. Stress has become a “buzz word” and shows up everywhere. It seems to us that stress is all around us, but stress actually happens within the body and mind, not outside of us! Any event or thought that makes us feel frustrated, angry, fearful or nervous can create stress. Stress is created by our perception of the event—it's not the event itself. The stress response happens in the body. Our sympathetic nervous system gets activated when we perceive danger. Our heart rate speeds up, our breath becomes shallow and fast, our muscles tense, and we can't think “clearly”. This “fight or flight” response helped our ancestors fend off tigers. In our modern

world it's not the tigers, but things like traffic jams, an argument with our spouse, demands at work, or worries. Our nervous system doesn't know the difference between a real or perceived threat. An “overactive” sympathetic nervous system becomes a problem. When our body mobilizes most of its energy towards “fight or flight” it pulls energy away from digestion, vital regenerative body functions, clear thought, and the ability for emotional regulation. From muscle tension to headaches, from irritable bowel syndrome to insomnia, from heart disease to anxiety, the steady rise in stress-related illness reflects our challenge to manage our stress response. Stress also puts a strain on our relationships, work performance, creativity and our ability to experience joy. Luckily though, we also have the restorative parasympathetic nervous system—our “calm mode”—to counteract the stress response. It's also referred to as the “rest & digest” mode for good reason. The body is relaxed, the mind calm and we breathe deep and slow. When this part of our nervous system is active, the body has its energy available for digestive/metabolic functions, detoxification, cell regeneration and healing! We have access to our creativity, and feel emotionally balanced.

### HOW TO ACCESS OUR “CALM MODE”

**We want to free up tension from body and mind.** Remember, tension is held in the body when we experience chronic stress. In the mind, this tension manifests as repetitive/overactive thinking. It takes a lot of energy to “hold” that tension. Once it's freed up, energy becomes available for the restorative functions of the body-mind and its innate healing capacity.

We want to deepen our breathing. As a reminder, when we're stressed out, the breath becomes quick and shallow. If you've ever paid attention to your breath when you're feeling anxious or stressed, there's a good chance you noticed that you were breathing rapidly and tensed up your shoulders. By breathing deeply and fully, we send a direct message to our nervous system that we are ok, and we can shift into “calm” mode.

### HERE ARE SOME TIPS:

- **Practice deep full breathing** by placing your hands on your low abdomen. Slowly breath in through the nose counting 1, 2, 3, 4, 5 (feel your abdomen rise), and exhale through the nose counting 1, 2, 3, 4, 5 (feel your abdomen move back towards the spine). Repeat for 2-3 minutes and take a moment to notice how you feel.
- **Receive regular bodywork** for the release of chronic held tension.
- **Stretch and move your body.** Great practices are Yoga and/or QiGong.
- **Spend time in nature.** Take in the colours, sounds & smells all around you. Feel the air and warm sun on your skin. “Breathe in” the healing energy of nature! Engaging in our senses returns us to the present moment. And in the present moment we can find “calm”.

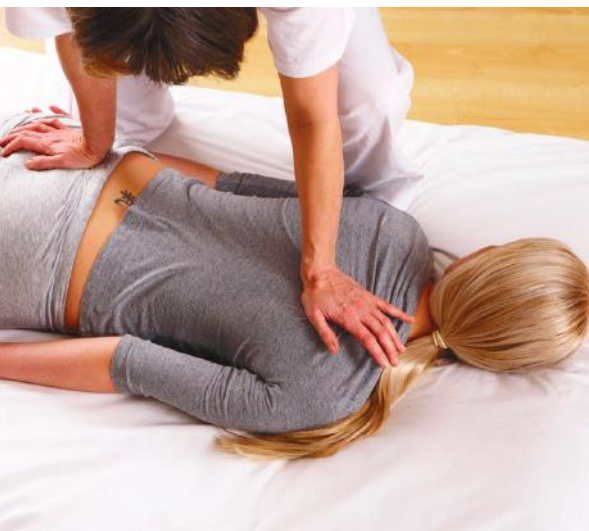
### What makes Shiatsu such an excellent choice for Body-Mind Stress Release & Increased Energy?

Shiatsu is a therapeutic pressure point treatment that is uniquely effective at supporting the regulatory functions of our body & mind through its positive effect on the nervous system. This holistic treatment disperses chronic tension that manifests in the body. As a very relaxing and grounding treatment it invites us to quiet our minds, breathe deeply and come into our bodies. When we direct our awareness to our bodies responses to a treatment, we invite the restorative functions of our nervous system to support our innate healing ability. Your shiatsu therapist can also support you with self-care practices.

For more information on how Shiatsu massage is preformed check out the link below.

#### What is Shiatsu Therapy?

Anika is here at the Club on Tuesdays. Booking can be made via Gametime or by calling the fitness desk at 604-913-4563





## The Business of Financial Survival During Grief

Moving forward after a loss is understandably difficult. When you're ready to start thinking about financial decisions and adjustments, you'll probably have questions. Join this event for widows and widowers, "Suddenly Single: Managing Your Finances", to transition into this new phase of life.

There are big decisions to be made, and you may be wondering where to begin. It's very likely you might feel unprepared and overwhelmed.

It is common to have lots of tough questions after losing your spouse. You might wonder:

- How will I take care of my family without my partner?
- How do I pay my bills?
- Do I need to get a job?
- What do I do with my spouse's retirement plans?
- Is it smart to combine registered retirement accounts (RRSPs, RRIFs, TFSAs - Tax Free Savings Accounts)?
- Am I entitled to part of my spouse's pension?
- What happens with government benefits?
- What do I do for health insurance?
- When it comes to taxes, what do I file first?
- To whom do I reach out for help?
- Who do I trust?
- Which government and financial institutions do I need to notify, and when?
- And how do I manage these responsibilities when I can barely get out of bed in the morning?

Today's tax and financial landscape is more complicated than ever before. All too often, this complexity leads to decisions that can derail a lifetime's worth of work and careful planning.

This session covers many of the financial and planning topics that arise and accompany the next chapter of life.

**Wed, Oct 20**  
**12:00pm–1:00pm**  
**Free for members & member guests**  
**Live via zoom**  
**RSVP required [jflynn@hollyburn.org](mailto:jflynn@hollyburn.org)**  
**or call 604-9134559 to receive your zoom Link**

## Learn to Paint Flowers

Art classes with Lauren Morris

Learn how to paint florals in Acrylics. Lauren will guide you through a step by step process where you will learn the techniques of painting a floral in your own unique style.

### About Lauren

Lauren was born in Cape Town, South Africa and moved to Vancouver in 2000. She worked in Cape Town as a Graphic Designer before moving on to pursue the Fine Arts. She studied at the Corcoran School of Art in Washington D.C. and the Emily Carr University of Art and Design in Vancouver.

Painting predominantly in acrylics, Lauren hopes to inspire thought and to evoke the viewers emotions through Visual imagery. For the past six years she has participated in the "Vancouver East side Culture Crawl" as well as "Artists in Our Midst, Art Vancouver and Vancouver Interior Design Show

Lauren's other exhibits include, three group shows as well as a Solo show at the "Sidney and Gertrude Zack Gallery", a duo show at the "Amelia Douglas Gallery" and a Solo show at the "Jericho Arts Centre". She now specializes in commissions and teaches Art Workshops for adults.

**Wed, Sept 22, 29 & Oct 6**

**11:00am–1:00pm**

**\$40 per class | Creekside & Committee Rooms**

**Sign up via Gametime or email [jflynn@hollyburn.org](mailto:jflynn@hollyburn.org).**

*(Please note class cost does not include art supplies)*





# SPEAKER SERIES



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

## Estate Planning

Please join Dave Smithers and Sean Oliver for an exclusive event on Estate Planning.



IG Wealth Management invites you to an in-depth seminar on estate planning. At this complimentary event, we'll share expert insights and strategies for a well-structured plan to help create certainty for your future.

### We will discuss:

- The importance of a properly drafted will and other critical components of an estate plan
- Key considerations and strategies for various family situations
- How to plan ahead and minimize the impact of tax on your financial legacy

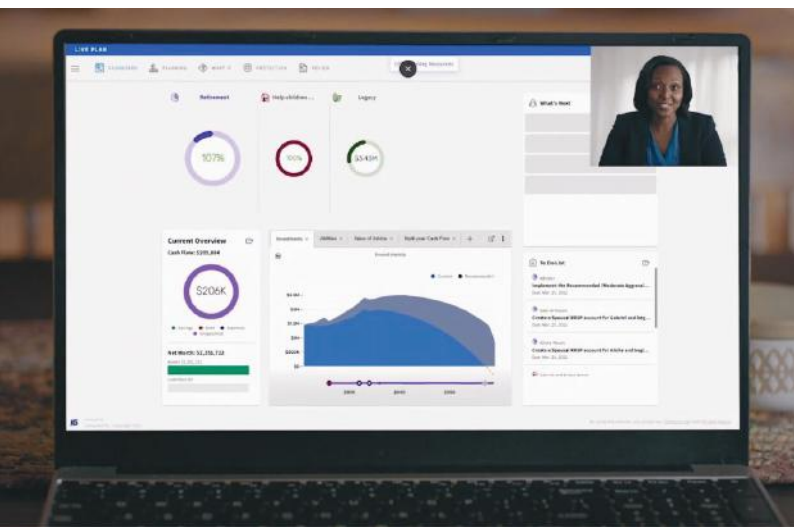
Wed, Sept 22  
Creekside 1 | 5:30pm–6:30pm  
Free for members & member guests  
RSVP required [jflynn@hollyburn.org](mailto:jflynn@hollyburn.org)  
or call 604-9134559 to save your seat.  
Complementary wine & cheese will be offered.



**Sean Oliver**  
Consultant & Division  
Director



**Dave Smithers**  
Consultant



# WOMEN'S CLUB



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

## Hormone Give-and-Take

*Weight loss, Anti-aging  
and Optimal health*

Join Sarah Wulkan a discussion around hormones. Learn individualized, natural, long lasting ways to lose weight and defy aging.



Sarah was a personal trainer for years before becoming a Naturopathic Physician. She trained many women who would work out hard and eat incredibly healthy foods yet could not lose the weight they wanted to. Now, as a naturopathic doctor she has a better understanding how an imbalance of our hormones can result in multiple symptoms including difficulty losing weight as well as causing sleep and mood disturbances, fatigue or thinning hair and skin.

**Tue, Oct 19**  
**6:00pm–7:00pm**  
**Creekside I**  
**Free for members & member guests**  
**RSVP Jflynn@hollyburn.org**







HOLLYBURN  
COUNTRY CLUB