



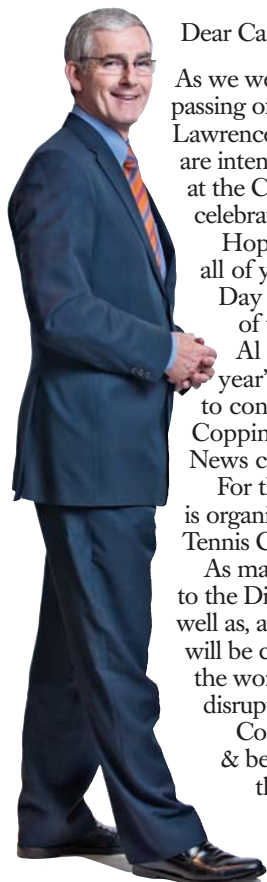
Cambridge Club
TORONTO

Cambridge Monthly News

Sheraton Centre • 416.862.1077 • thecambridgeclub.com • Cambridge Group of Clubs

MANAGER'S CORNER

by Clive Caldwell



Dear Cambridge Club Member,

As we were going to print, we had learned about the sudden tragic passing of one of the founders of the Cambridge Club, Mr. Jack Lawrence. Details about his funeral are still not available and we are intending on having a celebration of his life, after his funeral, at the Cambridge Club. Details of his funeral arrangements & the celebration of his life will be made available as quickly as we can.

Hope you're having a nice soggy summer. I wanted to thank all of you who came out for our Annual Cambridge Club Golf Day at the Coppinwood Golf Club, which turned out to be one of the finest days of the year. In particular I wanted to thank

Al Scott and Dylan Caldwell for the organization of this year's event, and of course it would be remiss of me not to congratulate Dylan, who had his second 82 in a row at Coppinwood! The list of winners are mentioned in Al's Fitness News column.

For those of you who play Tennis, our Annual Tennis Day, which is organized by Jamie Bentley, will be held at the Toronto Lawn and Tennis Club on Thursday August 6th.

As many of you are aware, we will be concluding the renovations to the Dining Room by renovating the bar and back bar areas, as well as, adding a new table & lighting to the Wine Cellar area. This will be completed by the Bentley Cup in late November. Most of the work will be completed off site, so there should be minimal disruption for you.

Come the New Year, we are going to begin a very modest food & beverage minimum of \$75 per quarter. I have been reviewing this idea for a long time and feel that it is appropriate that we expect members to use the Food & Beverage department of this club. This is done throughout the industry and for those of you who have not taken advantage of the Food & Beverage department thus far, I hope this encourages you

to do so. As we get closer to the New Year, I will send a letter to all members, giving specific details of this new minimum.

And finally, we have a new couple of pieces of equipment in the gymnasium. If any of you need some help using this new equipment, please feel free to speak to our Personal Trainers who would be happy to assist you.

Hope you are having a great summer
Clive

Join the Run for Gilda's Club

Gilda's Club is getting ready to Run for Gilda's on September 27th. The 5K walk, run, 1/2 marathon and marathon are part of Scotiabank Toronto Waterfront Marathon's Charity Challenge. This event and the foundation itself provides support for children, women and men living with cancer who attend Gilda's Club workshops, support groups, lectures and camps.

In order to help ensure that every child touched by cancer has the opportunity to attend Camp in the City, Gilda's Club is hoping to reach their goal of \$185,000 by running, donating and asking for pledge support. If you can't join the walk or run, then please consider making a [general donation](#) or [pledging someone](#) else, who will be running at www.gildasclubtoronto.org.

Thank you in advance for your continued support of Gilda's Club!



MEMBERSHIP

by Bill MacDonell

Well I'm back (I was gone the month of July in case you care), and need 8 new members to fill the Club. Let me know if you have anybody of interest. Looking forward to spending the rest of the summer close to the Club.

BILLY'S GREEN THOUGHT



In PEI they have clear blue bags instead of blue boxes. They also have street compost. We could learn from these Maritimers.

FRONT DESK

by Mayra Beloso

Sheraton Pool Passes are limited and many have not been returned. Please return them to the Front Desk as soon as possible. As a result of this, members must now leave identification when they borrow a pass. Thank you for your cooperation.

Please remember to sign in your guest(s) at the front desk. There is a charge of \$25 plus tax.

RECIPROCAL CORNER



Court House is located in Victoria Place, Bermuda's first 'Green Building' designed to the GOLD level of the US Green Building Council (USGBC) LEED Programme (Leadership in Environmental & Energy Design).

Bermuda's best squash courts and a fully equipped gym in a prime location. Plan for a game of squash, a workout or spin class when visiting Bermuda for business or pleasure.

Court House
31 Victoria Street
Hamilton HM 10 Bermuda
T 441-292-8357 www.courthouse.bm

CLUB DINING

by Zosia Lancaster

DINING ROOM HOURS: MONDAY - FRIDAY

- 7:00 am – 9:30 am Breakfast
- 12:00 pm – 2:30 pm Lunch (MDR & Sports Lounge)
- 4:00 pm – 9:00 pm Pub Menu (MDR)

WELCOME LISA CHIAROTTI

Welcome Lisa Chiarotti our new breakfast server to our Cambridge Food and Beverage Team.

BOOK YOUR PRIVATE FUNCTIONS AT THE CAMBRIDGE CLUB

Please contact Zosia Lancaster, Food and Beverage Manager, at dining@thecambridgeclub.com or 416-862-1077 ext. 117 for all Food and Beverage Inquiries.



HEALTH CLINIC NEWS

by Andrew Foster, Health Clinic Director

WELCOME KI-HUN LEE

Please join the Cambridge staff in welcoming our newest addition to the Health Clinic. Ki-Hun Lee comes to us originally from South Korea, with his specialty in Shiatsu. Ki-Hun trained for his Shiatsu and worked in the Tokyo Shiatsu Clinic. He graduated from Sutherland-Chan School of Massage Therapy with his diploma in 2003. Ki-Hun is presently taking the Osteopathic Training in the Canadian College of Osteopathy and also presently works at the Optimum Health Centre, Toronto Cricket Skating and Curling Club. Please visit him in our Clinic Wednesdays, Fridays and alternating week-ends. A perfect opportunity to experience massage and shiatsu in the same visit!

FITNESS NEWS

by Allan Scott

CAMBRIDGE CLUB GOLF DAY AT COPPINWOOD GOLF CLUB

Somehow we managed to have the best day of the summer for our fun day at this challenging golf course. 54 members and guests managed to bring the course to its knees, or the other way around.

The best Low Gross Players were Gary Cowan – 76; Bryan Baker – 79; Bob Furse – 79.

The best Low Net – Geno Della Rocca – 65; John Reilly – 65; Mike Gaddis – 67

The Best Low Gross Team: Steve Kaszas, Steve Lister, Gary Cowan, Bob Furse – 69

The Best Low Net Team: Don Goldman, Marty Richman, David Marks, Geno Della Rocca – 62



I would like to offer my thanks on behalf of all the players to the sponsors who helped make this a great day for everyone.

Tom's Place	All City Storage	BMO Nesbitt Burns
Steve Kaszas	James VII	Mitchell Sandham
Little Anthony's	Mediterra	Bar Mercurio
Creemore Springs	Lilly Pilly Wines	Horizon & Co.

THE CAMBRIDGE CLUB COMBINE

Test of strength, agility, power and endurance. Who will reign supreme?

35 and under	• Bench 80% body weight for Reps	• Vertical Jump
	• 300 yard Shuttle	• Agility Pro Shuttle
45 and under	• Bench 70% body weight for Reps	• Vertical Jump
	• 300 yard Shuttle	• Agility Pro Shuttle
55 and under	• Bench 60% body weight for Reps	• Vertical Jump
	• Submaximal VO2 test	• Agility Pro Shuttle
65 and under	• Bench 50% body weight for Reps	• Vertical Jump
	• Submaximal VO2 test	• Agility Pro Shuttle
65+	• Bench 40% body weight for Reps	• Vertical Jump
	• Submaximal VO2 test	• Body weight squat test

Date: Testing will begin first week of August and end in October
Cost: \$20.00 tax included. Winner will be declared Mr Cambridge. All proceeds will go to Mr Cambridge's charity. For registration or any additional information, contact Jonathan Koumaris at jkoumaris@thecambridgeclub.com

SQUASH

by Jamie Bentley

OVER 80's SQUASH DOUBLES AND HANDICAP SINGLES TOURNAMENT

August is a quiet month for squash, the Over 80's Squash Doubles Squash Tournament is under way, no clear cut favorites unless you're talking to Dave Parsons.

Be on the look out for Challenge Ladder and House League Registration. Please remember white clothing and non marking court shoes on the squash courts at all time.

RIDE TO CONQUER CANCER

by Matt Dickenson



Thanks for your support, I really appreciate it. Between that and two other post-event donations I surpassed my goal, raising a total of \$3000. Our team ended up #11 overall, raising a total of \$144,000.

