

ROCKtalk

The newsletter of the
London Curling Club

October 2016



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Welcome, reminders and club enhancements

A message from Dave Rush, president, London Curling Club

Whether you're a new or returning member, on behalf of the board of directors and staff of the London Curling Club, welcome. We hope you have a successful, enjoyable season and take part in all the activities the club has to offer.



Please introduce yourself to club manager Greg Lewis, your contact for any questions you may have about the club. Greg also manages our pro shop, which stocks all your curling needs.

Online registration and payment, added to our website last year by Peter Fewster and Greg Lewis, has been highly successful, making this year's membership process much easier. We've also added a convenient credit/debit card machine for registration and pro shop purchases.

Londoncurling.ca is your main source for club information including the club calendar, leagues, schedules, spares, member contact details, a colour version of this newsletter, plus staff and board of directors contact information.

Keeping our ice clean is an ongoing challenge that is everyone's responsibility. Your diligence using the boot cleaners at the main doors and leading to the ice surface will help our ice technicians maintain quality ice conditions.

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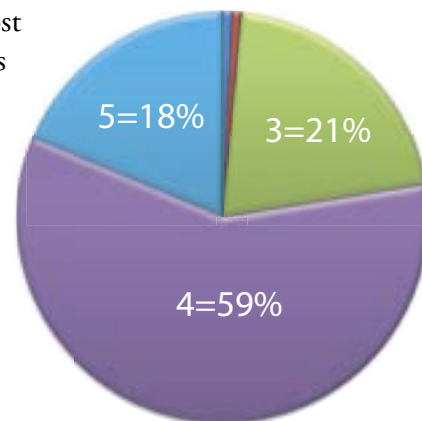
Club member survey results show overall satisfaction

Now all he has to do is win the lottery. Last season club manager Greg Lewis quizzed members about their feelings toward the club and its operations. His plan was to offer the Board a template for fixes and tweaks to enhance the overall member experience. Greg was happy that almost 80 per cent of respondents indicated an overall satisfaction rating between very good and excellent (four or five out of five).

About half of the club's membership took part in the survey and were most positive about communications between the club and the membership; the friendliness and capabilities of management and staff; the overall cleanliness of the clubhouse facilities, and operation of the bar. The condition of ice and rocks drew many comments. A specific concern which will surprise no one is that the sheets are too narrow. That's where that lottery win might be necessary. To fix that and other problems such as the coldness on the ice during January and February, could mean either a massive fundraising campaign to build a new club; or add insulation and a new roof which is under study by a board committee.

Head ice technician Kevin Breivik pointed out that some of the challenges posed by the rink's ice surface are created by the success of the club in promoting growth.

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- Since last season the club has made these upgrades:
- A “Welcome to the London Curling Club” sign on the west wall of the arena
 - A brine pump ‘add on’ variable frequency controller that will greatly reduce our electricity consumption
 - A new popcorn machine at the bar
 - An electronic entry system at the main doors
 - Repairs to north overhead door to stop moisture from entering and minor outside painting

Board members and staff want to help make your curling season successful and pleasant. Contact us with your comments and suggestions to improve our club.

Donate used shoes and brooms for juniors

Starting the season with new curling shoes or a new broom? Why not give your old shoes and broom to the London Curling Club junior/bantam program. Simply drop them off on rack above the coat rack to the right of the bar area.

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There are times when there are up to five games a day on certain sheets. All that activity is hard on the ice. Rock and ice maintenance means that the ice will straighten out at first. And Kevin said he has to be mindful about changing ice conditions if there are bonspiels coming up, or club championship rounds underway.

Both Kevin and Greg agree we can help improve conditions on the ice. Kevin points out that when major junior curling events take place at the club, he says the “ice can look cleaner when the curlers are leaving the ice than when they started. There’s not a fingerprint to be seen.” He said that’s the respect these curlers have for their game and the ice. If we notice someone kneeling on the ice after delivery, or remaining with a bare hand on the ice after the shot is delivered, we can all help by offering a gentle reminder.

CHANGES ARE COMING

For those in the survey who suggested more variety available to customers at the bar, Greg Lewis says change is on the way. The bar will be offering a featured ‘tall boy’ craft beer which will change every couple of weeks. Also for the wine lovers, the bar will double up, offering not one but two different choices each for red and white.

Some survey respondents asked about the possibility of using debit cards and/or adding an automatic teller machine (ATM) at the bar. Greg said it won’t happen this season but he foresees in the future debit cards may be accommodated. It’s a question of traffic flow, with most of the business coming in spurts at the end of draws. Taking more time to deal with a debit card would just add to long lines right now.

Greg said that for those respondents who asked about upgrades to the kitchen and washrooms, both those areas are being looked at by the board for possible future change.

Greg asks that members would realize that is exactly what they are, they are members not customers, and we are in this together. He would like more of the membership to become more involved in their club by helping out volunteering, coaching or joining committees, or just offering up ideas.

And of course, there’s always the lottery.

BY GEORGE CLARK

Sellery and Findlay win Spirit of Curling awards

Many curlers would say proper behaviour on the ice and respect for teammates and opponents are important.

Gord Sellery and Jinx Findlay, the 2015-16 winners of the Spirit of Curling awards exemplify these traits.

“I think it has to do with demeanor on the ice, making sure everyone is comfortable and enjoying it,” says Findlay. “I also think the Spirit of Curling award has to do with involvement in things that go on in the club, such as supporting the league you are in and supporting people that run these things.”

Jinx says the Ontario junior and bantam mixed curling finals that have been held at our club in the last few years provide a good example. “Those kids were having so much fun and were supportive of each other – and the parents stayed right out of it.”

To Sellery, a former club president, the Spirit of Curling is “to be supportive of others, especially new members. I was on the promotions committee doing things like that.” For Gord, it’s also about being respectful of your opponents, congratulating them when they make good shots, and joining them for the traditional post-game drink.

“I like socializing and I like the strategy,” Jinx says of why she curls. “I just like the skill of throwing the rock. It is so satisfying.”

Trash talk is common in many sports, but not in curling. Findlay is a former teacher who helps coach curling to elementary school pupils Wednesday mornings. Along with the game they learn about sportsmanship and respect. She knows non-curlers who watch curling on TV and enjoy it, partly because there are no fights.

Sellery started curling about 50 years ago at the Tam O’Shanter Curling Club in Agincourt, which has since burned down. An anaesthetist resident, he had just moved from Barrie to Agincourt. “It was a chance to meet people outside my profession. It was social and to a mild degree it was fitness,” he explained.

Gord moved to London in 1968 and had a long career as an anaesthetist here. Almost a half-century later, he is still throwing rocks and enjoying the “spirit of curling.”



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Women's daytime league 2015/16 winners and upcoming events

Subway event

The final seven-week event of the draw was sponsored by Subway (Western Road). With many members visiting warmer climates, 32 regular curlers and many spares participated. First place winners of a Subway gift card were (shown left to right) Judi Sofalvi, Mary Ellen Duggan, Joan Crosby and Sylvia Leuszler (skip).



Dianne McKenna (skip), Cheryl Adams, Mary Cross and Mary Blasl, finished second. After the final game, Subway provided lunch.

Nash event

48 curlers participated in this six-week event which ended on March 22 and was won by (shown left to right), Mary Blasl, Sue Lundy, Jeanette Walker and Marlene Benny (skip). In second place were Janet Stenson (skip), Jean



Cameron, Mary Lucas and Mary Stokley, while Marj Dudley (skip), Darlene ten Haaf, Pam Browne/Janice Elloway and Fay Weiler finished third. Thanks to Nash Jewellers for their 63-years of sponsoring this event and for their generous prizes.

Friday competitive League

The team that led the 2015/16 round robin was Marlene Benny (skip), Mary Lynne Patterson, Mary Lois Cooper and Linda Round. However, in the finals, (shown left to right), Jinx Findlay (skip), Jan Murray, Dayna Dann and Sandy



Ronson won A Flight and competed for the club championship. Marlene Benny's team took second in A Flight and Miolyka Steele (skip), Pam Harrison, Cindy Thomas and Deb Pullen took third place. Linda Bailey (skip), Cheryl Adams, Darlene ten Haaf and Joan Crosby led B Flight with Marj Dudley (skip), Sherry Chambers, Sue Lundy and Valerie Clark finishing second and Karen Lowry (skip), Penny Brown, Pat Bell and Gwen Steffler. finishing third. Thanks to the volunteer team led by Cathy Townsend who filled in as the sixth team in the final round, preventing a bye in B flight for the last eight games.

WDS closing meeting and luncheon

After a lunch catered by Chef's Hat, Pam Harrison chaired the meeting. Executive members for 2016/17 include: Marnie Dickout (past-chair), Pam Harrison (chair), Sylvia Leuszler (vice-chair), Jeanette Walker (secretary), Jinx Findlay (games coordinator), Sherry Chambers (assistant games coordinator) and Katie Ungar (photographer/historian), Sandra Fox (assistant photographer/historian), Karen Shearer (trophy), Dianne McKenna, Linda Peeling and Lise Tranmer (games committee) and Joan Cuthbert, Joan Dickie and Shirley Vaile (advisory committee).

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Chemistry key for men's club champions

Many competitive curlers dream of competing in the Brier but never make it there. Tim Lindsay's dream came true at the 2003 Brier in Halifax, where he threw lead rocks for Scott Henderson's Fort William Curling Club rink from Thunder Bay. They finished with a 5-6 won-loss record.

Lindsay (far left) skipped his London Curling Club rink of (left to right) third David Ross, second Bob McKinley and lead Bob Bourdeau to the men's club championship and the Miller league title this spring. Unsurprisingly, team chemistry works at both levels.



Lindsay says. "The reason team chemistry is so important in curling is that it takes consistent positive communication from all four players to play consistently over 75 per cent."

WOMEN'S DAYTIME LEAGUE ..CONT'D FROM PAGE 4

Upcoming events: WDS card party

The WDS Card Party will be held on Wednesday, Oct. 26 with a sandwich luncheon starting at 12:30 and card games at 1 p.m. Tickets are \$10 each or \$40 for a table of four, available from co-convenors Sue Ferguson and Judi Sofalvi starting on Oct. 5 at the WDS opening meeting.

Early bird bonspiel

Our annual "Jeanettes' Early Bird" bonspiel will be held on Wednesday, Nov. 9, sponsored by Joyce Hetherington "Jeanette and Company". Sign up on the sheet posted in the upstairs women's locker room.

His current team won the club championship with two new players, Ross and McKinley. "Bob Bourdeau and I have been playing together for a few years."

For Tim Lindsay, the most important elements in a successful team at any level are "commitment, continual communication, team chemistry and the ability to always have fun."

Women's club champions



Sue Lawrence's Business Women's league rink won the 2015-16 women's club championship, defeating Jinx Findlay's Friday competitive league team in the inter-league final. The team is, from left to right, lead Kirsti Nutt, second Deanna Dougan, skip Sue Lawrence and third Jamie Keltz.

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Congratulations to these 2015-16 league champs

League	Team members
Miller	Skip Tim Lindsay, David Ross, Bob McKinley, Bob Bourdeau
Thompson Social	Skip Stan Smith, John Crosby, Joan Crosby, Mike Cottam
Wednesday Open	Skip Mike Ramsay, Paul Reily, Greg Lewis, Dave Beckett
Friday Mixed	Skip Terry Walker, Robyn Walker, Jason Larocque, Lori-Ann Halpenny
Thames Valley	Skip Terry Walker, Jason Larocque, Paul Poole, Terry Nelson
Winexpert	Skip Ron McLennan, Bob Kerwin, Don Rawlings, Murray Turner, Bob Wakefield
Teasdale	Co-skips Dave Mann and David Ross, Dave Beckett, Bruce Thom, Gord Browne, Don Rawlings
Business Women's	Skip Sue Lawrence, Jamie Kelts, Deanna Dugan, Kirsti Nutt
Women's Daytime Competitive	Skip Jinx Findlay, Jan Murray, Dayna Dann, Sandy Ronson
Sweeney	Skip David Belford, John Fraser, Alex Ens, Neil Garnham
Rolling Stones	Skip Steve Eimer, Alex Drennan, Scott Kerr, Rick Hall

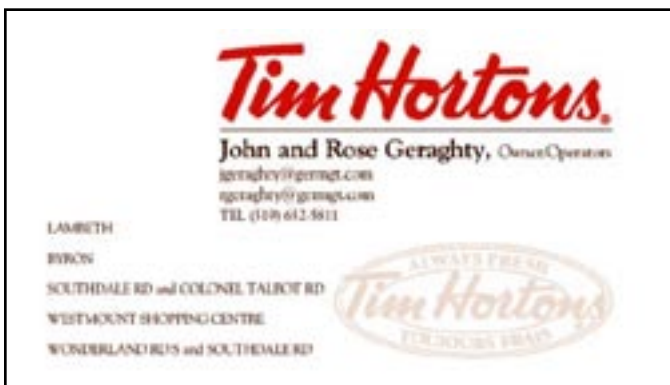


New billboards to attract new members

Between Aug. 22 and late September, our club has placed billboards in two London locations:

- Oxford Street near Talbot Street
- Adelaide Street north of Horton Street

It's just one part of the club's new member promotion plan which includes flyers at golf courses and sports clubs, mentions in local print media, representation at local wellness fairs and more.



Who's who in your curling club

Board of directors executive committee

President: Dave Rush
Vice president: Kevin MacDonald
Past president: Paul Pergau
Treasurer: Bruce Turner
Secretary: Fay Weiler
Executive member: Dave Weber

Portfolio directors

Advertising: Don Agnew
Leagues and OCA: Bruce Thom
Promotion: Marjorie Dudley
Member services: Joyce Hetherington
Skills and development: Pat Boothe

Club staff

Club manager: Greg Lewis
Office manager: Barb Colbourn
Head ice technician: Kevin Breivik
Ice assistants: Mark Phillips, Scott Breivik, Jason Laroque, Ward McKenzie, Stan Smith, Bruce Thom, Sara Westman, Tony Verberne
Bar coordinator: Les Sonier
Bar staff: Cailyn MacEachern, Katie McNaught, Jeff Lewis
Housekeeper: Kristen Venner

Website

Peter Fewster

ROCKtalk newsletter

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League convenors 2016-2017

Contact information available on londoncurling.ca

Miller: Derek McClary
Winexpert: Stan Smith
Thompson Social: Kerry Traynor, Randy Coleman
Learn to Curl: Dan Neeb, Melissa Neeb
Tuesday Evening Mixed: Peter Fewster
Wednesday Open: Stan Smith
Wednesday Mixed Social: Darlene ten Haaf
Rolling Stones: Kirk George
Sweeney: Don Whitred
Teasdale: Ron McLennan, Bob Kerwin
Business Women's: Marylu Fulkerson
Friday Mixed: Dawn Lewis
Women's Daytime Competitive: Pat Bell
Women's Daytime Social: Jan Murray
Men's Daytime Social: Michael Leisinger
Thames Valley: Mike Ernewein, Mike Ramsay
Sunday Mixed Social: Nancy King
Bantam/Juniors: Jennifer Cuddie, Tony Francolini
Little Rocks: Heather Bugler, Scott Bugler
Western Mixed: David Ferguson



London Curling Club

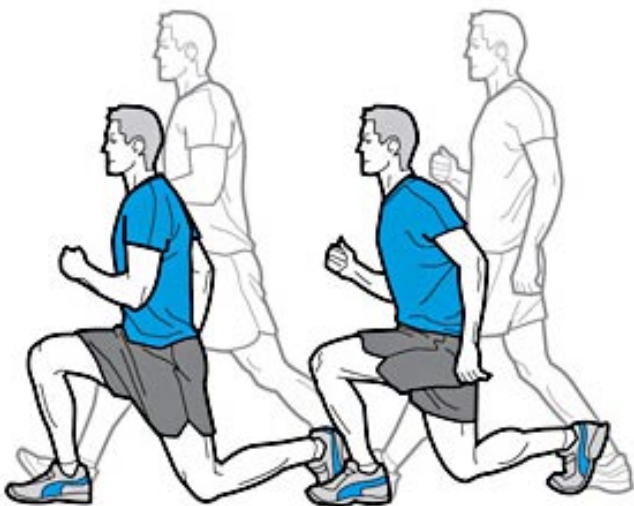
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Get fit: walking lunges for strength and balance

Before you get into your curling season, it's not too late to do a few simple exercises to help improve your delivery and your game.

Because of its similar position to the curling delivery, the walking lunge can help you build strength in your supporting leg, improve your balance, and eliminate imbalances in your body.

Start by taking a big step forward with one leg and start to get down on bended knee. When your back knee almost touches the floor, stand up and repeat the movement with the opposite leg. Try for 10 steps with each leg and progress from there. To build more strength, carry hand weights.



Coaching clinics off to a rocking start

The club's fall coaching clinics focus on novice curlers. On Oct. 1, we had a successful morning clinic introducing more than 20 people to the game and an afternoon clinic helping more than 40 members brush up on their skills. On Nov. 12, an evening clinic will continue to provide new curlers with a chance to try out the sport. Ask a friend to try us out in November. Look for updates on the website or bulletin board.

Sweeping moratorium on brush head technology

The results of the Curling Canada Sweeping Moratorium state that it does not extend to recreation play, club play or bonspiels that aren't part of the Canadian Team Ranking System. It suggests recreational players may use brush heads previously banned during the 2015-2016 season.

Other conclusions include:

- All players should revert to sweeping techniques used prior to the 2015-2016 season.
- You may sweep in any direction as long as you don't leave debris in front of the stone and the last brush stroke should be away from the path of the stone.
- Return to both sweepers on either or both sides of the delivered stone. Using two sweepers has been deemed better than only one for carrying draw shots further and holding take-outs straight.

It's hoped club players will gradually transition to compliant brush heads but they won't be immediately necessary for club play.

Club teams competing in Ontario Curling Association (OCA) sanctioned events should be fully aware of, and comply with, the requirement to use a World Curling Federation (WCF) approved brush head. A copy of the Sweeping Moratorium on Brush Head Technology memo will be posted on the main bulletin board.

