

ROCKtalk

The newsletter of the
London Curling Club
December 2016



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Women's junior squad advances to provincial championships

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Two teams score eight-enders in club play in the same week

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Can a few push-ups make you a stronger sweeper?

Ellwood takes break from gold firm CEO to throw granite

When Ted Ellwood steps off London Curling Club ice, he often checks his cell phone. A lot can happen in the gold business during a two-hour game and he has to keep on top of things. The president and CEO of Peloton Minerals Corporation, a mineral exploration company, says "It's guided by a board, management and technical team with a wealth of experience in mineral exploration and mining."



Peloton trades on the Canadian Securities Exchange under the trading symbol PMC. The company also recently listed in the U.S. because most of its projects are there and it's easier for U.S. investors to find them.

Careers in minerals extraction isn't new to Ellwood's family. Both of Ted's grandparents were prospectors in northern Manitoba. Ted grew up in Winnipeg, which explains his passion for curling.

Peloton Minerals Corporation is heading in a focused direction. That's to key on the exploration phase of the mining business cycle instead of covering all the bases from exploration through to development, mining and reclamation.

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Curling Canada introduces concussion protocols

In 2014, when Brad Gushue slipped and fell during Grand Slam of Curling's Masters event, a gasp ran through the crowd and his third Mark Nichols, grabbed his face in horror.

Many were similarly shocked when Gushue returned to the ice after being stitched up at a nearby hospital for the cut near his eye during his face-first fall. He now admits to dealing months later with fallout from a concussion he suffered but didn't realize at the time.



Curling falls aren't new. Think about running or sliding quickly on ice while trying to sweep a gliding 42-pound rock, stepping around or over other rocks as you approach the house. Now add the fact there are often other rocks whipping by on adjoining sheets, scattering every which way in collisions.

London Curling Club manager Greg Lewis says there have already been two or three on-ice falls this season, and estimates there are an average of nine to 12 annually. Former club manager Doug Petch remembers "a particularly nasty fall" a couple of years ago which ended one club member's curling career.

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“Our group has made discoveries and brought them into production in the past. But now we’d rather focus on just exploration, bring a project to a certain stage, and then sell it to a large company so they can take it from there.” says Ellwood.

“Junior companies such as ours look at the grass roots hypothesis and either prove them or disprove them. In a lot of ways we’re taking the risk away for the buyer. Major companies would rather buy from a junior that’s found something. They (major firms) are more oriented to actual mine operations.”

In Nevada, the big gold company is Newmont, which goes back to the beginning of the 20th century. “They’d be the biggest or second biggest gold company in the world. They have 30 mines in production,” says Ellwood. “They have all the talent anyone could need. If we were to bring it into production we’d have to recruit those individuals.”

Occasionally, major companies go too far in playing it safe by demanding more and more proof of the project’s potential. In not accepting some risk, they can end up paying the junior firm a higher price than necessary.

The process of finding gold is highly sophisticated, light years beyond how panning for gold was done during the Klondike gold rush of 1897 to 1899.

The process Ellwood’s company used on the Golden Trail property in Nevada involved flying a fixed-wing aircraft over the site and using hyper-spectral imaging to help determine what was there. “It uses light to determine the type of minerals on the surface. Every mineral gives off a different spectral (image). What we’re looking for is a certain style of alteration, a mineral that is highly altered by hydro-thermal fluid. Typically in Nevada there are these types of deposits.”

It’s this distinct form of alteration that Peloton looks for, then moves to the next phases of determining whether gold is present with geochemistry, prospecting, surface sampling and core drilling. Ellwood uses this data to seek investment funding and present to mining analysts.

If Nevada was a country it would be the world’s fifth largest gold producer, with many, very large gold deposits within limestone, a very soft rock to mine and crush. Once crushed, gold in Nevada is then largely extracted using an efficient cyanide leach process.

Peloton Minerals currently has four projects, two in Nevada, one in Montana and one near Rainy River, Ontario. “A project can go on for years. It’s somewhat dependent on the market and how available financing is,” says Ellwood. “We’re taking it from a grass-roots stage where we see it has strong geological potential, form a hypothesis and direct our exploration accordingly against that hypothesis.”

Evaluating the potential of a site isn’t cheap. “The Gold Trail project in Nevada is up to at least \$1.5 million that we have spent on it so far. That’s just surface sampling and geophysics. We’re drilling there now with a \$300,000 program. With success, the next drilling phase will probably be several million dollars.” says Ellwood. Then he offers a mining joke: “A lot of good projects have been ruined by drilling.”

BY BURT DOWSETT

This is the second of a series of stories on London Curling Club members with interesting jobs.

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A 10-year study of curling injuries at three Kingston, Ontario curling clubs published last year concluded that over 90 per cent of injuries were related to uncontrolled falls on the ice, a third of them head injuries including concussions. The study included a survey of injured curlers who supported the use of appropriate footwear as a key preventative strategy, but not for helmet wear. Even Brad Gushue has stated “there’s a stigma of wearing head protection and we have to make that go away.” Despite that acknowledgement TSN’s Bob Weeks says Gushue has said he’s not ready yet for a helmet or protective hat.

This summer, Curling Canada introduced new protocols to deal with concussions in CCA events. If an athlete falls during a game and a head injury is suspected, the athlete will be required to be examined by a physician and undergo tests to determine whether a concussion has occurred. If it has, the athlete will be required to undergo and pass a five-step testing process, each requiring a minimum of 24 hours, before being cleared by a physician to return to curling.

CCA guidelines also include a policy which strongly recommends using protective headgear, as well as grippers on both shoes (other than when delivering the rock) for youth curlers 12 and under (unless they have two years on-ice training), casual curlers (not in leagues) and curlers 65 and older.

Here in London, Western’s Schulich School of Medicine and Dentistry and its annual ‘See The Line’ event focused on concussion research, education and awareness. Schulich dean Dr. Michael Strong has said, “the more that people understand the grave consequences of concussion injuries, the more likely they are to remove themselves from play when they suspect they may have had a concussive event.”

Shulich neurologist and medical educator Dr. Shannon Venance is a curler and told TSN’s Bob Weeks that no curler intends to fall on the ice. But when they do, “broken bones will mend. You can’t fix a scrambled brain.” Venance told Weeks that wearing head protection on the ice has curiously been missing in curling but, in certain groups, it shouldn’t be.

BY GEORGE CLARK

New protective headgear in your pro shop

Curling falls happen, even to the pros. Head First protective headgear from Goldline is designed to reduce injury. The protective component is the same material used in bicycle helmets — expanded polystyrene (EPS). In the event of a fall, deceleration is managed as the EPS is crushed.

Now, in addition to the ball cap and headband styles we already carry, just in time for gift giving, your Pro Shop has added two new styles of Head First protective headgear:

- The Po’ Boy for women, available in black or grey
- The Toque for men, available in black or grey



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Women's daytime league "the Jeannette" and event one update

The annual early bird bonspiel called "the Jeanette", now in it's 14th year, was held on Nov. 9, 2016. Six teams from Tillsonburg, Ilderton, Aylmer and Highland, and six teams from London Curling Club competed. The theme was early morning.

The first place team from Ilderton Curling Club is shown below with event sponsor Joyce Hetherington (far left), Judy Oryniak (skip), Lou Ann Archer (vice), Becky Ostrom (second) and Janice Miller (lead).



In second place from Highland Curling Club was skip Ruth Alexander, vice Sue Aubin, second Gayle Gerge and lead Miolyka Steele.

The third place team from Ilderton Curling Club was skip Barbara Coulter, vice Laurie Bruvall, second Margueite Zavitz and lead Muriel Rampersad.

In fourth place from London Curling Club was skip Marj Dudley, vice Shanti Nichol, second Sherry Chambers and lead Sue Lundy.

Draws were made for the table centre pieces. Mary Dekay won the curling broom donated by the London Curling Club pro shop.

Thank you to:

- Draw master Fay Weiler
- Lynda Reesor, Sue Ferguson, Pam Harrison and Jeanette Walker who were the best helpers and made sure that everything ran smoothly
- The spare team of Jinx Findly, Jan Murray, Sandy Ronson and Sue Turner
- Jan and Sandy who helped set up for lunch
- Greg Lewis and Barb Colbourn for their patience

Event one closes

The first event of the WDS season concluded Nov. 22 after six weeks of curling on Tuesday afternoons.

Congratulation to the winning team of (left to right), Karen Jacobsen, Sue Lundy, Jean Cameron and Janet Legue (skip), who had six victories.



Second place was Cindy Thom (skip), Marnie Dickout, Sue Ferguson and Mary Blasl. Third place went to Karen Lowry (skip), Cheryl Adams, Marilyn VanBuskirk and Fay Weiler/Sherry Chambers. Honourable mentions to Marlene Benny's team of Linda Peeling, Guiti Massoumi and Joan Bancroft, and Janet Stenson's team of Darlene TenHaaf, Katie Ungar and Judy Sofalvi. Four teams finished with records of four wins and two losses!

Thanks to all who played in the event, to Lise Tranmer, score keeper, and Liz Oehm, co-convenor.

Fun Day – Joan Crosby

On Nov. 17, the daytime women's league held their second annual Fun Spiel.

Eighteen participants were divided into three person teams and given instructions on how to play and score. The format and positions played changed each end. There was a lot of thinking and different shot making required, all in the name of fun! Coffee, snacks and good conversation finished the morning fun.

Season's greetings and a warm way to help someone with cancer

A message from Dave Rush, president, London Curling Club

The holiday season is upon us and our thoughts turn to family and friends.

The London Curling Club board of directors extends warm wishes for a happy Christmas season and a prosperous New Year. May all your curling shots hit their mark!



This time of year, thoughts and prayers go out to those less fortunate than us. This is a season of giving and with that in mind I want to share something with you that I've recently become aware of. My cousin in Woodstock and our daughter in London are part of a group called "Victoria's Quilts Canada, comforting people with cancer". This is very rewarding for our family and comforting to those who receive a quilt. Bev and I recently sent a quilt request for a terminally-ill person and within 24 hours our daughter received a notice from Victoria's Quilts Canada to select and deliver a quilt to the recipient — it happens that fast.

To request a quilt for someone who has cancer and lives in Canada, visit victoriasquiltscanada.com.

The Woodstock/Oxford branch is the London area's headquarters and the request for quilts is booming. As a result, they need donations of fabric and cash, and quilts. They also need volunteers. Contact: vqwoodstock330@gmail.com

This is another way for you to reach out and touch someone anytime throughout the year.

Wednesday league note

Convenor Darlene Tenhaaf would like to remind curlers of this league which plays every Wednesday at 1 p.m. There's no obligation for this mixed, fun, social league. Teams are chosen from whomever drops by.

Women juniors advance

The London Curling Club women's junior team is enjoying a successful season, placing first in the Imperial Slam in St. Catharines and third in the KW Slam event. They advanced beyond the round robins at every event they've played in. Their performance has earned them a spot at the season-ending U21 OJCT Championship Spiel. On Nov. 20, they also won the regional qualification event in Tillsonburg to advance to the U21 Provincial Championships at the Russell Curling Club in Ottawa, Jan. 4 to 8, 2017, to be broadcast on Rogers TV.

The team is made up of Jennifer Cuddie (coach), Joanna Francolini (lead), Shelby Bailey, (second), Terri Weeks (vice) and Sabrina Anderson (skip).

The team thanks London Curling Club for cheering them on.



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Men and women both achieve eight-enders

On Monday, Nov. 28, during daytime men's play, the team of Murray Turner, Ron Riehl and John Hamilton celebrated taking eight in one end.



On Thursday, Nov. 24, the team of (left to right) Linda Bailey (skip), Nancy Fader, Joan Crosby and Marilyn Brown also scored eight in one end during their women's daytime section morning league game. Many well placed shots led to the final rock being drawn to the house for the eighth counter.

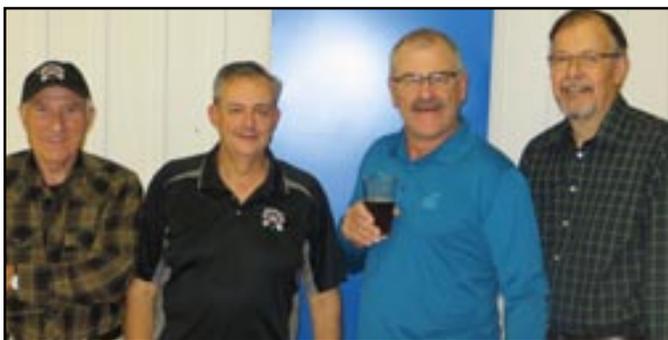


London Curling Club teams sweep both flights of the 33rd Sifton Classic

The annual Harry Sifton Classic Bonselpiel was held at London Curling Club on Nov. 29 and 30 with 88 curlers registered in two flights. After three games, the winners of the A flight were (left to right) Ron McLennan, Bob Kerwin, Terry Crawford and Bob Wakefield from London Curling Club. The McLennan team was also the overall winner of the bonselpiel and will receive the traditional engraved silver plates at the 2017 banquet.



The team of (left to right) Nick Sauter, Dave Beckett, Brian Piper and Garry Cruickshank, also of London Curling Club, won B flight.



The annual dinner was held Tuesday evening at the Mocha Shrine on Colborne Street. Following a long tradition the head table was piped in, then after a minute of silence to remember curlers who had passed on, piper Eileen Robertson played Amazing Grace.

The traditional dinner of salad, roast beef, roast potatoes, vegetables and chocolate tort along with red wine was enjoyed by all. Master of ceremonies Gord Browne kept order, while convenor Gord Sellery ran

the 50/50 draw, presenting the proceeds to the Larry Hartnett team who in turn donated some of the funds to support the Prostate Cancer Charity Bonselpiel.

Dave Rush, London Curling Club president, presented silver plates to the winners of the 2015 bonselpiel Doug Glass, Don Lahti, Steve Grey and Dick Bowman from Highland Curling Club. This team has won the Sifton Classic three times, but were denied their fourth win this year. They said they were “planning to use the plates as hub caps but will need to wait until 2017 to try to win the fourth one”.

Dave Rush then thanked the bonselpiel committee of Gord Sellery, Doug Petch, Don McKay, Al Starratt and Don Lowry for organizing such a fun-filled event.

Curling: the perfect way to spend Boxing Day

Just a reminder that oncc again this year, there's free curling for members and their families on Boxing Day at the London Curling Club.

For what has become a holiday tradition, two-hour time slots are available for you and your guests to either play a game against each other or against another family.

Please be sure that children wear a helmet. Sign-up sheets are posted by the bar.

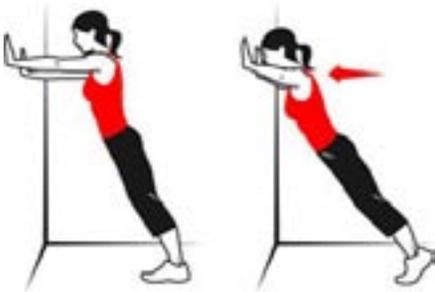
Merry Christmas and Happy New Year!



Strengthen shoulders and sweeping with push-ups

If you're a front-end player, you know sweeping can help your team make a variety of shots. For great sweeping, shoulder conditioning is important.

One of the best exercises for improving shoulder strength (and your core), is the push-up. And before you suggest you can't possibly do push-ups, here are a progression of push-up styles you can work up to.



1. Wall push-ups

If you haven't done push-ups in awhile, start here. Stand with your feet together, one or two feet from the wall, arms at shoulder height.

Tighten your core and bend your elbows until your head touches the wall. Straighten arms. Repeat. Once you can do 10, move to the next style.



2. Incline push-ups Stand in front of a table or set of stairs. Place arms near the edge, arms slightly wider than shoulders. Place feet together and tighten your core to keep your body

straight. Bend your elbows perpendicular to your body until your chest just touches the table or stair. Straighten arms. Repeat. Once you can do 10, move to the next style.

3. Knee push-ups Bend knees and raise your body off the floor by extending your arms. Keep your body

straight and knees bent. Lower your body to the floor by bending your arms. Push your body up until your arms are extended. Repeat. Once you can do 10, try it from your toes.



Inaugural meet and greet event highlights both sides of curling

There are two parts to curling — the game played on the ice and the social part after the last rock's been thrown. London Curling Club's Learn to Curl program does a good job of teaching the sport to newcomers. Now, the club's board of directors is addressing the social side.

In mid-November they held a "meet and greet" evening that included Learn to Curl members, coaches and the board of directors.

President Dave Rush says it is important to show new curlers that "there's more to the sport than just coming to curl." Curlers befriend other curlers and some develop long-term friendships. "They're new to the club and the sport," says director, Bruce Thom. "We want their feedback and what they think of the job we're doing."

"We want to retain new members," says member services director Joyce Hetherington, who Thom credits with the meet and greet idea. She was pleased with the inaugural event.

The on-ice portion of that night's two-hour Learn to Curl session was shortened by 20 minutes so participants could communicate with club directors after their monthly meeting and enjoy refreshments. Each director spoke of their responsibilities and fielded questions. When Katy Boychuk, who'd just finished her third night at Learn to Curl, suggested that young people such as herself could help with social media, promotion director Marjorie Dudley welcomed her offer.

There was no shortage of enthusiasm from the young curlers. Wendy Latimer excitedly told Thom that she had finally succeeded in throwing an out-turn. Previously, Bruce had tried to get her to throw that turn but she kept throwing only in-turns. Now her nickname, "One-turn Wendy," can be retired.

BY BURT DOWSETT