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Better curling may be all
about better balance

Leadership, organizing skills transfer from her career to curling

When London Curling Club member Pam Harrison advanced to a human resources management position at Ontario Hydro, she'd learned a variety of jobs on the way. She concluded many people make mistakes in career planning. "A lot of people spend more time planning their vacation than their career or retirement. Both need a lot of thought.



As a result, I found that some people were in the wrong jobs. A lot of people graduated from school, got a job, found they weren't happy and yet spent an entire career in that job. I hope more parents and schools help steer students to better choices."

Harrison suggests career seekers write down things they're good at and enjoy doing and find a job that has more of those things and less of the things they don't like. "Find something you love to do and you'll never have to work a day in your life", she counsels.

She advises retiring people to wait before accepting a retirement job or a volunteer position. "Say no for six months before you decide what you'd like to do and don't get drawn into something you aren't passionate about."

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Sesquicentennial? We've been there, done that.

This year Canadians will celebrate our country's 150th anniversary. The London Curling Club celebrated its sesquicentennial 20 years ago.

Even though it's not that long ago, it's hard to imagine that at the time, *The London Free Press* had a dedicated curling reporter. Steve Green's *Curling Notebook* was a regular feature.

On Nov. 12, 1997, Green noted many of the celebrations tied to London Curling Club's 150th anniversary. He also reported on several options being discussed by the London Curling Club about its future. Among them were building on the adjacent parking lot; adding an addition along the south wall; building a new club elsewhere in the city and "merging with the Ilderton Curling Club at a new facility."

A large part of the London Curling Club's 150th birthday was the 'Return and Remember' celebration, inviting people to visit the club as its extensively renovated lounge was officially opened. The facelift came via \$200,000 in fundraising.

Club manager Bob Zeisner was quoted in *The Free Press* as saying, "the renovations tell me the membership is confident we're going to stay here and operate for a long while." Twenty years later, that statement rings true.

London Curling Club also spent a lot of effort getting Londoners to recognize and take part in our celebrations. Among them was an outdoor curling exhibition at the ice rink at Victoria Park. Curlers garbed to reflect changes in curling wear through the years demonstrated curling on the park ice.

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When someone tells her they have problems in their job or personal life, Harrison asks “What are you going to do about it?” A common reply is that they can’t do anything. “If you keep doing what you’re doing you’re going to get more of what you’ve got. You have more control over your own life than you think.’ ”

Pam changed jobs a few times during her career, all within Ontario Hydro. “I was fortunate to be with a company that promoted further education and partially funded it.” When she graduated from Grade 12 in a secretarial program she was recruited by Ontario Hydro and started work in 1968 in the downtown Toronto head office.

“During my first 15 years, I worked in clerical, secretarial and supervisory capacities in an engineering division, the employment office and health and safety division. During that time, I decided I’d like a career in human resources but I needed to further my education to do so.”

Pam attended night school at York University for six years, completing a psychology degree in 1980. She was accepted into a human resources training program which involved two years of learning staffing, compensation and labour relations policies, practices

and procedures. In 1983, she was placed in a regional office in Barrie.

“I was able to work my way up to a position in human resources management.”

She transferred from Barrie to London in 1990, where she met her husband, Ed, nine years later. After Ontario Hydro was restructured in 1998, Pam worked for Hydro One, the largest electricity transmission and distribution utility, serving 1.3 million customers. Health, safety and environment were added to her responsibilities.

Her memories aren’t all happy. A supervisor in Red Lake was killed on the job when the helicopter he was in crashed. Other sad experiences involved employees who were seriously injured on the job.

Pam worked out of the London and Strathroy offices until 2000, when she retired, but she continued to be active and a leader in another pursuit, curling, which a friend introduced to her in Barrie.

“When I transferred to London in 1990, I was reintroduced to curling through Jack Wicks, former Ontario Hydro operations manager. He was an London Curling Club member and convened a jitney for regional office employees. I joined London Curling Club as a result and have been actively involved with the Business Women and Women’s Daytime Section.”

She has served as a member of the London Curling Club board of directors and convened the Curl for a Cure Bonspiel at London Curling Club for 11 years, helping raise more than \$350,000 for Breast Cancer Research at the London Regional Cancer Program. Pam received the Spirit of Curling Award in 2005 in recognition of her service at London Curling Club.

Pam believes her moves up the ladder at Ontario Hydro resulted from someone recognizing her leadership abilities and organizational skills. Her volunteer work at the London Curling Club confirms that belief.

BY BURT DOWSETT

This is the fourth in a series of stories about London Curling Club members with interesting jobs.

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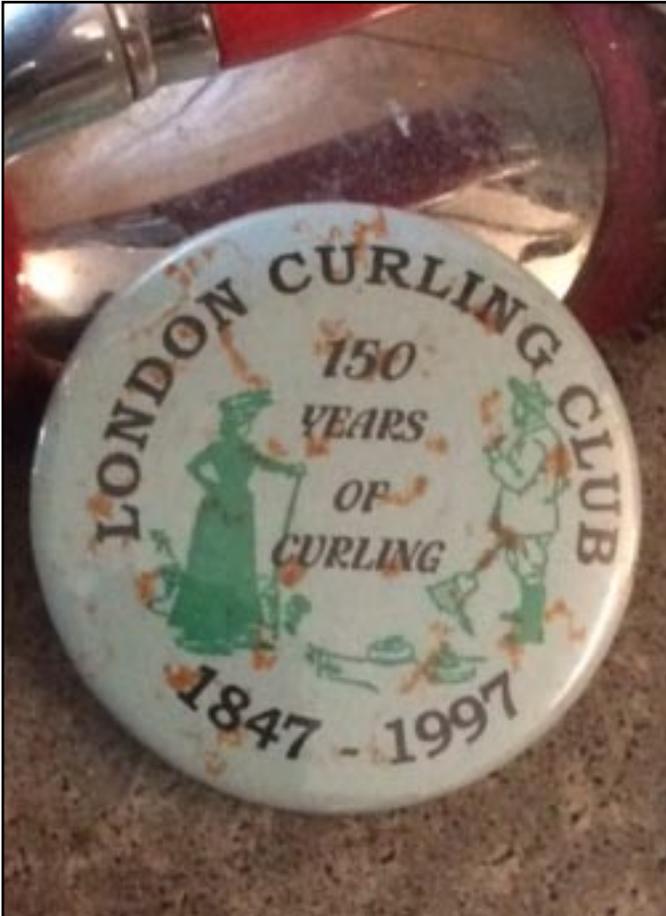
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...SESQUICENTENNIALFROM PAGE 1

The general public was invited to try throwing some curling rocks, with one free throw, and then two throws for a loonie, to try and hit the button painted on the ice. A special wearable button was also designed for purchase promoting the sesquicentennial.



A limited number of special prints were also available, portraying early curling at the Coves near the forks of the Thames. Historical trivia also pointed out the London Curling Club's meandering sites through the city until its arrival on Lyle Street. The sites included the Coves, curling on Lake Horn, then north of Victoria Park, and also at the Western Fairgrounds. Included in the London Curling Club trivia was that women were finally admitted as members to the club in 1951, but weren't given voting rights until 1988.

Canada may well be celebrating its 150th this year. For London Curling club, it's truly a matter of been there, done that.

BY GEORGE CLARK

League notes and news

Teasdale league

The first half of curling was completed on Jan. 5. Part of that play was the annual skins game on Dec. 15. From all reports no one lost a huge amount of money.

The standings after the first half were calculated and the top five skips are: McLennan-22 points; Smith-16 points; Purves-15 points; Murray-12 points; Mann-12 points.

The second half of the season will comprise of a full round-robin with total points from first and second half to determine the champion for 2016/2017.

Senior daytime men's league

The date of the closing luncheon has changed from March 27 to March 21.

Wednesday afternoon mixed league

This league is looking for a new convenor for next season. If you're interested, please contact Darlene Tenhaaf.

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Women's daytime league winners, bonspiel report

Event 3 started on Dec. 6, 2016 and ended on Tuesday, Jan. 24. The convenors were Linda Bailey and Karen Jacobsen. After the final game, refreshments were enjoyed and prizes distributed. Congratulations to the winners, left to right, Mary Lois Cooper, Guiti Massoumi, Rose Kuchynski and skip Janet Legue.



Second place went to Barb Gordon, Lise Tranmer, Mary Cross and Wanda Mara. Third place was Cindy Thom, Sherry Chambers, Jeanette Walker and Pat Boothe.

Grandmothers and over 50 bonspiel

Sponsored by Heather Greenfield, CFP with HollisWealth, the 63rd annual grandmothers and over 50 bonspiel was held on Wednesday, Jan. 4, convened by Pam Harrison and Marnie Dickout. Twenty-four teams participated, including 16 from Aylmer, Chatham, Highland, Ilderton, Ingersoll, Sarnia, St. Thomas, Tillsonburg and Toronto St. George's curling clubs and eight from London Curling Club. Curlers enjoyed one eight-end and one six-end game, viewing many items crafted by the Women's Daytime Section and family members which were displayed in the upper lounge, learning to make an ORT box under the leadership of Lynda Reesor and lunch catered by Chef Les Cooks.

First draw winners were Judy Oryniak's team of Fran Corby, Becky Ostrom and Louise McVittie from Ilderton. Cynthia Nettleton's Highland team of Cheryl Krobisch, Sandy Ryckman-Stevens and Joan Young finished second. Linda Bailey's London Curling Club team of Darlene ten Haaf, Joan Crosby and Pam Browne were in third place. Fourth place from St. Thomas was Ellen Luft, Deb McInerney, Kaye Walter and Helen Davey.

Second draw winners shown below receiving the trophy from Pam Harrison (far right) are left to right, Patti Koch, Judi Bonner-Rooke, Gill Rowe and skip Judy Lane from Ilderton.



Second place was Sheila Elston, Judy Markle, Karen Hills and Connie Constable from Ilderton. In third place also from Ilderton, was Dawn Butler, Laurie Gardner, Janet Mathers and Carol Parnell. In fourth place was Brenda Taylor, Brenda Hoyles, Jill Slaughter and Diane Byrnes from Chatham.

Many thanks to volunteers Pam Browne, Stacey Farley, Karen Lowry, Wanda Mara, Susan Van Arkle and Marilynne Van Buskirk. Thanks to Karen Lowry for decorating the upper lounge and to Fay Weiler, who served as drawmaster and her assistant Karen Shearer. Sincere appreciation to Heather Greenfield for sponsoring this event for the past 15 years and for donating a beautiful quilt for which raffle tickets were sold and won by London Curling Club's Donna Millar.

Thanks to London Curling Club staff for all they did to help ensure the success of our bonspiel!

Upcoming events

- Event 5, a six-week event which began on Jan. 31, convened by Lise Tranmer and Shirley Griffith
- Event 6, a seven-week event beginning on Feb. 9, convened by Katie Ungar and Sandy Ronson
- Women's Two-Day Bonspiel, Feb. 27 and 28, convened by Pat Bell
- Closing general meeting, March 29, 11:30 to 3 p.m. Mark this on your calendar.

Curl for Prostate Cancer bonspiels raise at least \$30,000 for research

The Curl for Prostate Cancer bonspiels were held Saturday, Jan. 21 and Wednesday, Jan. 25 at London Curling club.

The Saturday bonspiel featured 12 teams, playing two six-end games. It was won by Jack Nichol (skip), Shanti Nichol, Michael Leisinger and Barb Leisinger. Runners-up were Bob Kerwin (skip) Eric LeDreff, Pierre LeDreff and Christine LeDreff.

The Wednesday event boasted two draws, the first with 12 teams and the second with eight teams.

Two teams tied for the first draw championship: Dave Beckett (skip), Cathy Rice, Derek Shadlock and Sherry Shadlock, and John Crosby (skip), John Davidson, Paul Harris and Bruce Turner. Second draw winners were Paul Pergau (skip), Joyce Hetherington, Doug Wilson and Jinx Findlay. Runners-up were Greg Lewis, Dick Graham, Brian Sharpe and Jim Nothers.

In addition, Wednesday bonspiel participants were enlightened by a presentation by Shannon Digby, the development officer, community events for London Health Sciences Foundation, and Dr. David D'Souza, MD, FRCPC, associate professor and radiation oncologist at Western University, Schulich School of Medicine and Victoria Hospital/London Health Sciences Centre (shown below).



The organizing committee thanks the bonspiel's members, volunteers, staff, friends and supporters. Although final results are still to be determined, the committee forecasts a minimum donation of \$30,000 will be made to London Health Sciences Foundation. The 2015 and 2016 bonspiels raised \$47,762.18. All event proceeds support minimally invasive prostate cancer therapies through London Health Sciences Foundation.

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Two teams fail to advance in playdowns

From Jan. 4 to 8, the under-21 women's team of Sabrina Anderson, Terri Weeks, Shelby Bailey, Joanna Francolini and coach Jennifer Cuddie participated in the Ontario Championships at the Russell Curling Club. Although their record was one win and six losses, many games were very closely contended.

On Jan. 21, the men's team of Tim Lindsay, Steve Gilbert, Bob McKinley and Bob Bourdeau went 0 and 2 at a provincial qualifying event at the Glendale Curling Club in Hamilton.

Congratulations to both teams for getting to this level of competition.

Timers, volunteers needed

Beginning in early February, watch for sign-up sheets for timers and volunteers for the Mixed and Senior Mixed Provincial Championships to be held at London Curling Club from March 29 to April 2. Your help at this event is appreciated.



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Little Rocks teams play well abroad

The London Curling Club Little Rocks team of (left to right) Justin Lamb, Zoe Ellis, Jacob Bugler and Carter Bradley completed in a Brampton bonspiel on Jan. 28 and placed fourth overall out of 12 teams.



In December 2016, the team of (left to right below) Emma Barron, Jacob Bugler, Justin Lamb and Hailey Noseworthy also participated in the Milton Little Rocks Bonspiel, where they placed first.



Thank you to parents and volunteers to helped make these bonspiels possible.

Your help needed

On Feb. 25, the London Curling Club Little Rocks will host a bonspiel. We're looking for donations of toys, sporting equipment, curling gear and gift cards appropriate for kids aged 8 to 12 for our prize table. Your assistance is be greatly appreciated.

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 assistant: Barb Colbourn
Head ice technician: Kevin Breivik
Ice assistants: Mark Phillips, Stan Smith, Sara Westman, Tony Verberne
Bar manager: Les Sonier
Bar staff: Jeff Lewis, Leslie Murphy
Housekeeper: Kristen Venner
Weekend housekeeper: Nilah Woodcock

Website

Peter Fewster

ROCKtalk newsletter

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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 Teams: Jan Murray
Women's Daytime Social: Jinx Findlay, Sherry Chambers
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: Lyndon Rey



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Better curling may be all about better balance

Balance is an essential skill for curlers. If you find yourself wobbly and unstable during your delivery try taking five to 10 minutes daily to do one or all of these exercises. Keep your core strong and upper body straight the entire time.

Exercise 1

Stand on one leg. Don't let your calf touch your knees; keep your legs separated slightly. Focus on stability in your supporting leg. Try to hold this position for 10 seconds, increase gradually until you're able to hold for 30 seconds. To make it more difficult, close your eyes or stand on a pillow or couch cushion. Repeat on each leg several times.

Exercise 2

Stand on one leg and find your balance. Swing your other leg back and forth, starting off low and gradually building up to swinging your leg higher and higher. You can swing your arms also. Without putting your foot down, switch to swinging your leg back and forth across the front of your body five times and increase from there. Remember, these movements should be controlled, not fast and choppy. Think about pulling up through your core to gain stability.

Exercise 3

Get into your curling slide stretch. Make sure your front knee is over your toe. Think about getting your trailing leg right behind your front foot and the shoelaces of your trailing foot flat on the floor either straight behind you or turned in (if your foot is turned out your hips won't be aligned properly). Think about pushing your hips towards the floor. Now take your arms to the side and try to balance for several seconds. Your weight shouldn't be on your back knee; your front foot should be holding you up. Remember to do this on both sides, not just the side you normally slide on.

Remember the feeling of stability you find in these exercises and use it the next time you get on the ice to be more stable and balanced.

Upcoming club events and opportunities

Family day clinic

Family Day, Monday, Feb. 20 from 9:30 to 11:30 a.m., London Curling Club coaches will host a clinic for new curlers. The cost is only \$5 per person or \$10 for an entire family. Members are free.

There will be a one-hour clinic followed by a one-hour game. Participants aged seven to 12 must wear a helmet. Advanced registration is required. Sign-up in the main lounge or call the office. Limited to 48 participants.

Upcoming men's bonspiel

The Thames Valley curling league will host a men's bonspiel on Saturday, Feb. 18 and would really like team entries from outside of their league or from other clubs. For the entry fee of \$180 per team, you'll get two eight-end games, lunch, dinner and prizes. For more information, call Justin at 519-851-4855.

Open sheets for members/guests

The club has a few two or three-sheet rentals booked on Saturday evenings which means that three or four sheets are available for use for your very own member/guest outing. Simply get a group of friends together and call the club to book a sheet of ice. The ice is free to members and only \$15 per guest for two hours. The bar will be open.

Members are expected to collect the fees and pay the bartender, and provide their guests with instruction and guidance.

Contact the office for available times and introduce your friends, neighbours and co-workers to your favourite winter activity!