



The Sweep

Royal Kingston Curling Club

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April 2014

A word from your President...

In my final sweep update, I would like to say I have enjoyed the opportunity to serve as President of the Royal Kingston Curling Club for the past two years. A thank you to all of the volunteers and fellow Board Members for giving their time to help make the Royal Kingston Curling Club the best in the area.

Special thanks to the following Board Members who have completed their term and will not be returning next year:

- Joanne Miller, Secretary
- Joanne Gizzi, Social Committee Chair
- Roy Vasey, Past President and Whig Standard Bonspiel Convener

Also, I would be remiss not to thank our great staff, led by Graham Weatherby and our Head Ice Maker Rod Leeder. Sometimes, I do believe we take for granted the quality of work and service they provide for us.

The focus over the summer will be trying to be creative in attracting and retaining members, while also trying to capitalize revenue opportunities through non-curling activities at our facility.

I hope that you take the time to try and attend our Annual General Meeting on Sunday, April 13, at 1:00pm.

Finally, I would like to wish those teams who are playing in Championship Night good luck, and I would like to wish everyone a great spring and summer!

Respectfully,

Henry Treier



Inside this Issue...

<i>A word from your President...</i>	1
<i>Committee Reports</i>	
Finance Committee	2
HR&C Committee	2
Social Committee	2
<i>Section Reports</i>	
Day Ladies	3
Evening Men	4
Mixed Curling	4
Junior Curling	4
Stick Leagues	5
OCA News	6
<i>Bonspiel Reports</i>	
Day Men's In-House Bonspiel	6
"Tacky Tourist" Bonspiel	7
<i>Upcoming Events</i>	
Calendar for April 2014	7
2014 Golf Tournament Reminder	8
<i>Member Articles</i>	
Curling & Strength Training	8
Learn to Curl at RKCC	9
RKCC Sponsors – Group 3	10

AGM

ANNUAL GENERAL MEETING

Sunday, April 13th at 1 PM

All members are encouraged to attend!

Committee Reports

Finance Committee

John Ryce, Chair



Your Finance Committee has submitted the 2014/15 budget to the Board for approval. Once again this year's budget will fall short and we won't be able to put enough money into the "Capital Cost Replacement Fund". As our building and equipment gets older and requires replacement and repair, the impact of this shortfall becomes even more urgent. The Board as a whole is working on ways that we can create more revenues and lower our costs and at the same time bring value to our membership.

As this curling season winds down I would like to thank the members of the Finance Committee, Bob Fugler, Karen Matheson, Rob Campbell, Brian Ward, Paul Cridland and Graham Weatherby as well as Donna Poirier who has been so good at keeping the books and explaining all the numbers to us.

Enjoy the summer and I look forward to seeing everyone next season.

Respectfully submitted,

John Ryce



Human Resources and Communications Committee

Betty Bush, Chair

As the 2013-14 curling season comes to an end I must thank those on our committee who have put in endless hours volunteering for the betterment of the Club.

Mike Charette, Carole Rivington, Teresa Wilson and Allan Soini have carried out their responsibilities

admirably - Mike, taking care of the volunteer lists and providing names to bonspiel convenors; Carole, who not only prepares the Roster and Sweep but also maintains the Club spreadsheet and keeps track of Life Members; Teresa, who has made many changes to improve our website and immediately posts updates within minutes of receiving them; and, Allan, who energetically took on the position of Kitchen Co-ordinator. He has purchased many items to help make time spent in the kitchen much easier for our volunteers.

To Mike Schneider and Henry Treier my thanks for working on the Personnel Committee. I believe our desire to encourage and be fair to the staff has been achieved.

Unfortunately, this committee is in need of a Bonspiel Co-ordinator and an Archivist to promote and assist club members with information. Also the Kitchen Co-ordinator position is open. If you are interested, please contact Carole Rivington, who will be taking over HRC next year.

May you have a great summer with lots of fun and laughs!



Social Committee

Joanne Gizzi, Chair

The third annual St. Patrick's Dance was a success with 120 people dancing to the beat of Steve Cheesman & The Heeters. Thank you to the members that attended and brought their friends and family to enjoy this very popular event.

Championship Night is Thursday, April 17th at 6pm. Curlers will be in their processional line for 6:15pm with the piper leading them onto the ice for 6:30pm start. Dinner will be available for the spectators at a cost of \$7.00 per person (lasagna, salad, bun and cake). Tickets will be available at the bar until 15th April. Certificates will be presented to Life Members Tony Bush, Fran Cooney, Carroll Knowles, Rene Marchen, Jim Rines and Judy Russell at 9pm.

Thank you to all the members who completed the

social committee survey. The data received will be used to plan future events at RKCC.

As the curling season winds down, I would like to thank everyone who participated and volunteered in the social events. You helped make these events successful. Special thanks to my committee members, Linda Lott, Martha Tanner, Pennie Robert, Barbara Jackson and Trish Beckett.

Have a great summer, be safe and see you in September!

Section Reports



Day Ladies

by Nancy Gray

We have a winning skip for the 3rd Draw who does not have the last name Sly but rather Bellringer. Marilyn and her team of Jane Kelly, Eleanor Brooks and Marge Craig had to compete against Judy and her foursome Zak Sieben, Carrol Knowles and Mary Birrell in the draw playoff. Marilyn Bellringer prevailed and she will now take this team to the Carrie Cole play downs.

The 4th Draw winner will be decided on March 31. A tie-breaker game was played on March 30 to determine the Thursday winner. The two teams involved were Denise Mulville's, skipped by Donna Jeffery with Nancy Gray, Lois MacArthur and Lola Cole. The other team was skipped by Betty Bush with Mary Buchanan curling for Philippa Fugler, Barb Robertson and Mary Pollard. Betty's foursome came out on top. She will now play Judy Sly's winning team from Tuesday (Tammy Scott-Zelt, Jill Spettigue and Jennifer Hunniford) to determine the overall winner of the 4th Draw.

The Carrie Cole play downs start Tuesday, April 1 at 11:15am and continue the next day at 9am. There will be a pizza lunch that day followed by the Spring GM at 1pm. The play downs will resume the following week on Tuesday.

The final standings in Day Ladies Flight are as

follows: A Division was won by Betty Bush, Joanne Miller, Joanne Manion and Dianne Wylie. They defeated Denise Mulville, Judy Sly, Joanne Gizzi and Martha Tanner. B Division was won by Jan Ray, Linda Bell, Nancy Suenaga and Jill Spettigue (with a little help from Carrol Knowles). Jan's team defeated Marilyn Bellringer, Philippa Fugler, Nancy Page and Claire Dominik. C Division was won by Linda O'Sullivan, Bernie Kay, Bonnie Bird and Lee Thompson. They defeated Teresa Wilson's team of Darlene Boucher, Pat Bradshaw and Liz Baer.

The "Spring Fling" mini spiel scheduled for March 5 did not take place this year, largely due to lack of interest. This is an in-club bonspiel we may drop entirely.

We hosted the 42nd annual Grandmothers and Great Aunts Bonspiel on March 26. Twenty teams came to participate with twelve arriving from out of town, five from our own club and three from Catarauqui CC. The theme for the event was Mexican Fiesta. Everywhere you looked, there were brightly coloured flowers, cactus centre pieces on the tables, Mexican flag colours, beautiful costumes, Spanish music, Spanish food etc. etc. The curlers played an 8 end game in the morning and a 6 end one in the afternoon. Instead of a large dinner at the end of the day, the guests were treated to a wonderful array of desserts created by our own day ladies. While enjoying the culinary delights, the prizes were handed out to the winning teams. Out of Club/Town winners included Maelane Hums from Carlton Place, Marilyn Boston from Catarauqui CC and Dianne Ouellet from Gananoque. A great day was enjoyed by everyone. Darlene Boucher and Teresa Wilson volunteered to convene the Grandmothers and Great Aunts Bonspiel this year. With much coordinating and delegating skill a very fine and fun event took place once again. Many thanks to Darlene and Teresa.

Finally, the ever popular Closing Dinner will be held on Wednesday April 16. The theme being "An Evening At The Ascot" complete with hats, gloves and pearls. This is the last opportunity for many of the women to see one another before the summer activities take over.

P.S. Championship Night is Thursday April 17





Evening Men

by Mario Fabbro

It's hard to believe that the curling season is fast coming to an end. It seems like just yesterday that we started throwing rocks and enjoying some beverages while catching up on the summer past. But, with spring here (According to the calendar) it's time to crown some champions and start thinking about the future.

This past season has been a busy one with 42 teams taking part in six different divisions in flight curling. The playoffs are set to begin on April 1. Club curling has been steady all year with 14 teams competing on Mondays and 18 competing on Thursdays. The last Cross-Over games are March 31 with playoffs beginning April 7.

I would like to take the opportunity to thank two members of the Evening Men's Committee for their tireless efforts. Gord Rogers and Drew Phillips have done the lions share of the work this season with scheduling, draw selection and weekly updates. Thanks guys for a job well done!

Two quick reminders, Men's Closing Dinner April 14 and Championship Night April 17 are both great events to attend so please make room in your schedules.

Good Luck to all curlers in the playoffs.



Mixed Curling

by Denis Faubert

Mixed Curling has enjoyed another very active season with over 181 RKCC members participating (excluding the many dedicated spares). The restructured format this year consisted of 34 teams playing in the Friday Competitive divisions and 10 teams in the Sunday Mixed Recreational League. As always, we are grateful to Rod, Gene and Kevan for providing us with great ice, as well as Gerry, Bev, Julie, Kevan and Steve for their cheerful and

congenial service behind the bar.

Team Tanner (Steve, Martha Tanner, Philippa & Bob Fugler) has become part of the elite few who were able to score an 8 ender during a recent mixed game. This is a very rare occurrence so I would caution any team that plays against them to be on their guard. Well done!

Playoffs are well under way, with several contenders competing for top honours in each event. Congratulations to team Sutherland (Anna Sutherland, Donal Macartney, Renee LeClair and Ed Thompson) on winning the B/C Mixed Division Playoffs. We eagerly await the outcome of the Mixed Club Championship event on April 17th with Team Bradshaw curling against Team Rider (mixed club trophy and individual awards to follow after the game). Although deemed a recreational league, there is fierce competition on Sundays at 4:30 pm with 4 teams (teams Chilton, Russell, Sinclair, & Ryce) in contention for highest divisional standing. Best of luck to all teams.

Mixed event winners will be presented with their trophies/awards at the End of Year Mixed Dinner to be held on April 12th. An evening of fine dining, reminiscing, and entertainment will hopefully entice many of you to attend.

I would like to thank my wife Cathy Faubert, Lorne Carmichael and Michael Braun for their support and assistance throughout the season.

On a personal note, I will be retiring as mixed convenor and wanted to thank you all for graciously supporting me over the last 2 yrs in this capacity.



Junior Curling

by Janet Fowlow

This year was a very busy year with the Greater Kingston Area Curling Association Junior League. Newly developed for the 5 clubs in the area, there were 10 teams in the league. With 3 teams coming from RKCC.

➤ Team 1: Trevor Kirby, Jack Kennedy,
Gregory Kelly, Marshall Mandin

➤ Team 2: Jack Mandin, Jarrid Conley,
Robert Heyman, Caden Flanagan

➤ Team 3: Anton Gibson, Jayna Mandin,
Sam Fowlow, Camden Kilfoyle

There were no finals, the league was for fun and for the kids to get a chance to play. We have the support of GKACA, they will be the official sponsor for the league. The league will run the same format next year, we hope to get extra teams in the 2014/2015 season. GKACA will also be looking at sponsoring two bonspiels next year, one being non competitive and one being competitive.

RKCC Junior Bonspiel was a hit this year with teams coming from Winchester, Navan, North Grenville, Stirling and the Kingston Area. Winners of the Junior Event came from North Grenville, the Bantam A Event from Cataraqui and the Bantam B Event from Navan.

Our little Rock section had 12 curlers, all new. I would like to send a big thank you for Dale Marecak and his Daughter Samantha for helping out the the Little Rock Section. We also had 3 Junior Curlers helping as well, Jack Mandin, Jayna Mandin and Trevor Kirby thank you for helping with the Little Rock Section. Without all these volunteers we would not have been able to continue the program. Thank you, thank you, thank you. All your efforts were appreciated by the parents, and of course the Junior Curling Committee.

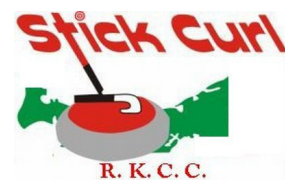


The Junior Bantam Section is finishing their regular league standings. Playoffs are April 6 and April 13 to see who represents our Junior Section. We have a six team league and the other curlers just like coming out for fun.



I would like to thank Denis Faubert and Judy Russell for their continuous support and dedication to our program, their help is invaluable. Thank you to Dave Wolovick, Theresa Gibson, Kathy Kirby and Cheryl Mandin for their hard work and support with all our functions, especially the bonspiel.

Thank you to all the curlers who participated in our program this year, I hope you continue curling, curling is a great sport now, and in your future.



RKCC Stick Leagues

It is hard to believe that the 2013-2014 curling season is drawing to a close. Our finals for both leagues will take place on April 9th followed by our closing luncheon and spring meeting.

We have the good fortune of having two excellent sponsors for our Stick Leagues, who are willing to continue their generous support for the 2014-2015 curling season.

Our sponsor for the Landings Stick League, Chris Barber will be presenting this year's winners, with their trophy and prizes. The team of Jim Rose and Barry Elvidge will be competing against the team of Lefty McDonald and Bill Duffe, who finished first in the overall years standings. Bill Worthy and Alice Simpson have finished in third place overall, for the year.

The team of Russ Brown, Jim Rines, Lorne Lloyd and Ernie Carter finished first place for the year in the

Bob's Butcher Shop Stick League. They will meet the team of Dan O'Neill, Bob Mitchell, Gwen Mitchell and Eden Jefferies, for the final playoff game. Bobbie Neocleous will be on hand to present the winners with their trophy and prizes.

The four Stick Finals will start at 9:00am and the two Stick Finals will begin at 11:15am. Trophy presentations and prizes will then take place followed by our lunch/meeting. Come out and support these teams and watch some great curling. I would like to wish all of the teams involved in these games, "GOOD CURLING".

All of the current Committee members will be returning next year with the exception of me. Ian Duncan will be taking over as Chair next year, so these leagues will be in great hands for the foreseeable future. I would like to thank all my Committee members and the RKCC Stick League members for their help, support and cooperation over the last four years. I look forward to seeing you and hopefully some new members, on the ice in the fall.

I would also like to extend thanks to all of the RKCC staff, for their efforts on our behalf, and showcasing our Club so well. A big thank you to Teresa Wilson once again, for the many hours she puts in keeping our Web Site up to date for us.



OCA Report by April Welsh

The Dominion Club National Championships will be held at the Mayflower CC, in Halifax, Nov. 24-29. This competition is open to all "club" championship teams who, basically, have not played in a Provincial event within the last 4 years. Although it says "club", it pertains to a competitive level equal to our flight curling. The winners of our men's and ladies' flight games on Championship Night are eligible to play in our zone competitions next fall. Winning at the "zones" leads to the regionals, the provincials, and ultimately, the Nationals in Halifax. Some provinces/territories have already declared their winners. Anneli Jokela, an ex-RKCC member, and her teammates from the Yellowknife Curling Centre will be representing the NWT at the Nationals in Halifax. Congratulations Anneli!!

I have been asked to address the fact that the OCA and CCA have been at odds over issues. The OCA did not issue any kind of statement to club reps during the "turmoil". A statement was finally issued on March 7 by OCA President Ian McGillis saying that the OCA was informed in November by the CCA that the OCA was a "Member-Not-in-Good-Standing". (This status could have had serious repercussions with National competitions and funding). As McGillis explains, the OCA has now been reinstated as a "Member-in-Good-Standing". His letter can be found at www.ontcurl.com, under "Latest News", March 7).

RKCC has had a good year on the competitive front, both with teams competing, and competitions being hosted at the club. Congratulations to all of our teams! Thanks to my co-reps Kevan Welch and Ron Cameron for their efforts this year. Have a great summer everyone!!

Bonspiel Reports

Day Men's In-House Bonspiel by Ernie Carter

Friday – March 21, 2014

The Day Men had a great in-house bonspiel on March 21st. It was another successful and enjoyable day. The main bonspiel committee included Jim Lesley, Ken Brant, Dan O'Neill, Keith Forrest, Glenn Owen, Brian Hetherington, and Ernie Carter, but many others also contributed. Shown in the photo, the proud winners of the bonspiel were the Canadians skipped by Bob Daley, vice Brad Patterson, second Bob Heintz and lead George Hutson.



Winners of the very popular corner-to-corner draw, which is a highlight of the event, were Brian Dowling who won first by drawing the pin, Emil Lindt won second by drawing to within 1/2 an inch of the pin and Ernie Carter won third prize.

It was a great day but it could not have happened without the excellent ice, volunteers and generous sponsors:

DRAW MASTERS: Ken Brant and Brian Hetherington

CORNER-TO-CORNER DRAW CONVENORS: Keith Forrest and Glenn Owen

50/50 DRAW TICKET SALES: Don Wood

DRAW PRIZE SPONSORS: Bogeys to Birdies donated two 1 hour gift certificates, Grizzly Grill donated two \$50 gift certificates, and the Loyal Oarsman donated four \$20 gift certificates. Thank you sponsors for your generosity, your contributions were really appreciated by all. And thank you Glenn, Keith and Ken for inviting these sponsors.

BREAKFAST: We had a really healthy and delicious breakfast that was prepared and served by Mary and Gord Smith and was sponsored by Robert J. Reid and Sons Funeral Home

LUNCH: We had an excellent lunch served by the amazing Jim Lesley and his great team of volunteers including Jim Rines, Chuck White and Bill Duffe.

Forty-six Day and Evening Ladies played in the **"Tacky Tourist Bonspiel"** held on Saturday, March 29.

Following a healthy breakfast put on by Linda Lott and Renee Marchen the curlers headed out onto the ice. After the morning game in their "Tacky Tourist" apparel were tested on their knowledge of countries of the world. The afternoon game was six ends with the vices skipping rather than the skips.

Dessert and prizes for all ended a thoroughly social and fun day. Special thanks go to Gwen Mitchell and Lee

↓ Jane Leduc-Potter
"A Tacky Tourist"!



Thompson who served lunch and Joanne Miller and Joanne Gizzi who worked tirelessly from early morning until late afternoon.

Upcoming Events

Calendar of Events April 2014

Date	Event
Wed, Apr 2	DL Lunch & Spring Meeting
Thu, Apr 3 to Sat, Apr 5	Famous Fisherman's Bonspiel
Sun, Apr 6	Junior Pizza Party (12pm-2pm)
Sat, Apr 12	Big Brother/Sister Bonspiel Mixed Closing Dinner
Sun, Apr 13	Annual General Meeting (1pm)
Mon, Apr 14	EM Closing Dinner
Wed, Apr 16	Ladies Closing Dinner
Thu, Apr 17	Championship Night (6pm)
Fri, Apr 18	Good Friday
Sun, Apr 20	Easter Sunday Skate out the Ice

Royal Kingston Curling Club

End of Year Mixed Dinner

Saturday April 12, 2014

Drinks beginning at 6:30, Dinner at 7:30

Food by Ramekins - beef or chicken

Two bottles of wine per table!

Trophies! Awards! Fun!

All this for only

\$25.00!



2014 Golf Tournament Reminder

The sign-up sheet for the RKCC Golf Tournament on June 19th at Glen Lawrence is posted at the entrance to the lounge. The sign-up sheet will be taken down at the end of the curling season. At present there are fewer than 100 people signed up. To achieve a full field we need at least 160 registered (there is about a 15% attrition by mid-June).

The tournament event is open to all members, their families, and any other interested people. So, please promote this event by encouraging friends and neighbors to participate. You may register as an individual or as a team. The first 144 sign-ups will have preference. Late entries can be added after the curling is over by calling me at home.

The curling season is almost over, so please register early and save me a lot of work in trying to have a full turnout.

To speed up play and encourage casual golfers to participate, the tournament will again be using the "scramble" format and most of the prizes will be awarded on a "team" basis, drawn from a hat.

The golf will be followed by our special BBQ steak and salmon dinner at the curling club, prepared by our own voluntary culinary specialists. And the cost is the same as last year \$65. For Glen Lawrence members the cost is \$30. This includes golf, cart, meal, and prizes.

Please be generous in donating prizes.

Steve Quinn - Convenor

**RKCC
Championship
Night
April 17 2014**

Spectators

Lasagna Dinner

\$7.00 per person

Buy tickets at the

Bar before 15 April

6:15pm Teams piped on

6:30pm Games start

7pm Spectators dinner

9pm Awards presentation

Life member recipients

Tony Bush

Fran Cooney

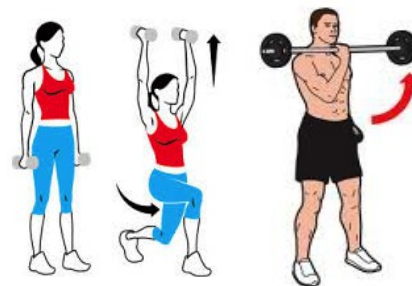
Carroll Knowles

Rene Marchen

Jim Rines

Judy Russell

Member Articles



Curling and Strength Training

by Vanessa Giguere M.Sc., NSCA-CPT

What is strength training? Strength training relies on using your own body weight, a barbell or dumbbell to do an exercise like dead-lifts, squats, step-ups, lunges, pushups, overhead presses, pullups, and rows. There are tons of **positive health benefits** when strength training is incorporated into your daily life. These include,

- ▶ Fat loss
- ▶ Healthy bones to prevent osteoporosis
- ▶ Stronger muscles to maintain muscle mass,

- ▶ joint function and improve posture
- ▶ Prevent diabetes
- ▶ **Help you make that perfect draw to the button.**
- ▶ Living longer!

What does this mean for you?

- ◆ Look better naked!
- ◆ Increase confidence
- ◆ Boost self esteem
- ◆ Feel strong and powerful
- ◆ Relieve stress
- ◆ Establish setting objective and positive goals

What you can do is **START NOW!** Work with professionals who understand how to properly start, build and progress a strength training program based on your exercise background and goals.



Learn to Curl at RKCC

by Kimberly C.A. Barker

The geese are back in Kingston and the gosenecks on the rocks at RKCC have been greeted with the handshakes of over 250 new curlers so far this year.

As you can see, familiarization of a curling sheet is not always an exact science here, yet the challenge of our club, its facilities and personnel have all been greatly encouraged by the friendships of the "Learn Grow and Develop" approach to sport assembly.

Influencing these often large groups of novice sport enthusiasts is a team of dedicated on-ice instructors who have often gathered their own motivation from attending coaching seminars and meeting with volunteers to make the experience of curling as fun as possible. To the forgotten heroes of our Sunday Learn to Curl over the summer months will be Denis Faubert, Dwight Farrell, Heather McMillan, John MacMillan, Judy Russel, Kevan Welch, Margie Plumadore, Martha Tanner, Rick Pim, Ron Cameron,

Steve Lloyd and his beautiful wife. Congratulations for assisting and have a wonderful summer.

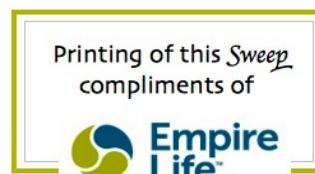


The **Sweep** is published six times a year -- August, November, December, February, March & April



to all contributors!

Look for the next **Sweep** to be available at registration time, in August. Until then, have a safe and enjoyable summer!



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