

# ROCK TALK

Newsletter of the London Curling Club

February 2012

## TWO FUN DAYS AT LCC!!!

### HIGHLAND FRIENDLY—



On January 31, the LCC hosted the Highland Club for the return match of our annual home-and-home “Highland Friendly” bonspiel. Following the November event, we went into the second round with a lead of 24 points.

You wouldn't think it possible, but the Highlanders made it exciting, at one stage closing the deficit to less than 10-points, and they ended up winning the day 59-52. Not enough, though!! Our LCC curlers won the two-day event by a combined 127-110 score.

We would like to thank Bill Carter of the Highland for his hosting the November event at his club and for organizing their visit to the LCC. The “stagers” for the second leg were the Daytime Men's executive of John Rudell, Gord Browne, Doug Wilson, Pat Millar and Derek Smith, with help from Peter Jackson and Bob Hyatt.

So, the LCC has recovered the “Old Crock's” trophy, after its having been with the Highland for the past three years. It isn't the most beautiful of prizes, but we are glad to have it back.



Derek Smith

### GRANDMOTHERS' & OVER 50 BONSPIEL---



'The Winners' from Ayr

“We Celebrate You for All You Do” was the theme of the 48<sup>th</sup> Grandmothers' & Over 50 Bonspiel, and celebrate we did! On January 25<sup>th</sup> two full draws of remarkable women enjoyed a day of good curling, good food and great fellowship. We did discover that this age-group of women is living life to its fullest in many different ways! Our LCC proudly hosted in-house teams along with teams from Alymer, Ayr, Chatham, Exeter, Highland, Ilderton, Ingersoll, and St. Thomas.

The trophy winners and winners of the second draw were: Gail Michiels and her team from Ayr, Lynda Sales, Marilyn Carey and Denise Ontonovich.

The winners of the first draw were: Carolyn Shepperd from Ilderton and her team, Veronica Nolan, Linda Bailey (ours!) and Shirley Hickey.

Many thanks to our sponsor, Heather Greenfield, Dundee Private Investors, who has been the sponsor of this event for 10 years and to my hard working committee of Miolyka Steele (Co-Convenor), Fay Weiler (Draw master), Marnie Sherritt (Ass't Drawmaster), Karen Lowry (Decorator and Mental Stabilizer). Our helpers for the day did a fantastic job and my heartfelt thanks goes to them: Joanne Diehl, Eleanor Fair, Pam Harrison (mentor to us all), Ruth Prentice, Deb Pullen and Judy Rolston. Thank you also to the LCC staff of Barb, Don, Les and Jurjeitt for their smiles, cooperation and support.

Bonny Shawyer, Convenor



OCA Success!!  
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# MESSAGE FROM THE PRESIDENT----



HAPPY LEAP YEAR!

February, even with an extra day, is one of The busiest months at LCC.

There is only one Saturday between now and the end of the season without a bonspiel scheduled. The last week of January saw two successful club bonspiels: the Grandmothers' on the 25th and the Business Women's on the 28th. Our annual Bring a Friend night on January 7th was very well attended. A big thanks to Joyce Hetherington and the instructors who assisted her, as well as to Roger Moyer and the Membership Services Committee. As indicated in my recent email letter, we are working on some promotional efforts to hopefully expand membership. We have already had some response to our Learn to Curl initiative. We are also trying to increase media coverage. Some of you may like to take a look at the article published in *The Minor Hockey News*, a few copies of which are on the table in the main lounge.

**AUDIO-TOGO:** After testing a new audio system at the Tier 55 bonspiel in mid-January, the Board decided to purchase one. The feedback at both the Tier 55 and Grandmothers' bonspiels was very positive.

**CROKINOLE NIGHT:** At the time of writing, there are still some spaces available for the Thursday, February 9th evening.

Connie Weir, President,

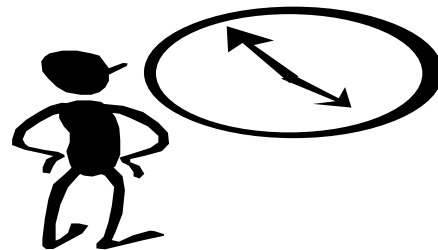
## The Time Clock----

Teams should always strive to complete an 8 end game in no more than 120 minutes. Now that we have a clearly readable digital clock there should be no dispute on when you should finish.

The decision when to use the clock timer is up to each league and convenor and there should be consistency as to whether it is used. Whenever there are 3 draws in an evening it is important that teams not start the eighth end if you have passed the 110 minute time. This applies whether or not the alarm has been set. Playing longer on those nights makes it difficult for ice techs to have the sheets ready for the next draw.

If there are only two draws, or if no games follow within 15 minutes, going over a few minutes to complete 8 ends is OK. That option is often not available for Bonspiels if games are timed.

The easiest way to keep a game on time is to have each player in the hack promptly and for skips to limit their strategizing on most of their shots. Keep an eye on the clock and everyone will enjoy the pace of the game.



 <p><b>LONDON CURLING CLUB</b></p> <p>377 Lyle Street          London, Ontario N5W 3R5          Telephone (519) 432-3882          E-mail <a href="mailto:londoncurling@execulink.com">londoncurling@execulink.com</a>          Website <a href="http://www.londoncurling.ca">www.londoncurling.ca</a></p>	<p><b>BOARD OF DIRECTORS</b>  <b>EXECUTIVE COMMITTEE</b>          President Connie Weir          Vice President Gord Sellery          Past President Don Agnew          Treasurer Larry Round          Secretary Pat Bell          Executive Director Sharon Drenth</p> <p><b>PORTFOLIO DIRECTORS</b>          Advertising Al McLaclan,          Leagues &amp; OCA Paul Pergau          Member Services Roger Moyer          Skills &amp; Development Joyce Hetherington          Pro Shoppe Bob Davis          Volunteers Fay Weiler</p>	<p><b>CLUB STAFF</b>          Club Manager Doug Petch  <a href="mailto:info@londoncurling.ca">info@londoncurling.ca</a></p> <p>Office Manager Barb Colbourn          Head Ice Technician Kevin Breivik          Ice Assistants Mark Phillips          Derek Shadlock          Scott Breivik          Jason Laroque          David Easter          Les Sonier          Hali Blake          Elizabeth Halloran          Jurjeitte Chako</p> <p>Ice Helper          Bar Coordinator          Bar Staff          Housekeeper</p>	<p><b>WEBSITE</b> Eric Duggan  <a href="http://www.londoncurling.ca">www.londoncurling.ca</a>  <a href="mailto:webmaster@londoncurling.ca">webmaster@londoncurling.ca</a></p> <p><b>ROCK TALK</b> Karen Lowry          519-472-1625  <a href="mailto:rocktalk@londoncurling.ca">rocktalk@londoncurling.ca</a></p> <p>Issue Deadlines: September 23          October 21          November 25          December 30          January 27          February 24</p>
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# OCA

December/January has been an exciting time for several LCC teams that have curled in OCA events. Team Mann: Skip Dave Mann, Vice Kirk Massey, 2nd Shawn Quigg and Lead Bruce Thom won the B side of Fairmont Marriott Challenge Zone 16 in Beach Grove Golf and Country Club January 6 - 8. They then went on to compete at the Provincial Playdowns in Trenton January 20 – 22. According to Kirk “We made it to the semi finals by winning our first three games (2 of which required extra ends!). Our semi final game came down to the wire requiring us to make a double take out on our final rock in the 8th to force an extra end. In the 9th we were able to get a rock on the top of the button which was 3/4 buried with our guard just biting the top 12. The other team made an exceptional shot on their last rock and were able to just get by the guard to remove it and stick in the 12 foot of the house to win the end.” The team they lost to in the semis ended up winning the whole thing which attests to how well Team Mann curled. Maybe next year they’ll be a Provincial Champion!



Team Lawrence: Skip Sue Lawrence, Third Lisa Flesher, 2nd Deanna Dougan, Lead Roxy Petten, Coach Warren Brooke win the B side of the Best Western Intermediate Women’s Zone 16 Playdowns at the Forest Curling and Social Club December 2 - 4. They then went on to compete in the Regionals at the Teeswater Curling Club Jan 21 & 22. According to Sue “We lost our first game to the A flight team from Zone 15 in the 11th tie breaker end. Very exciting game. This was Amie Shackleton’s team and they went on to be the A flight champs. We won our second game against a team from Ingersoll. We lost the third game to a team that defeated the A flight rep from our Zone. So we did well as we came up against a very tough field of competitors.”

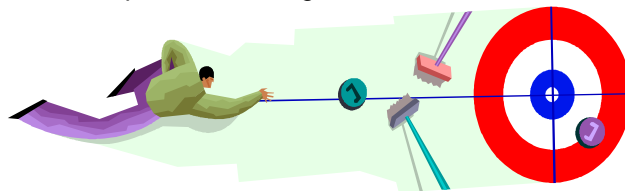



Team Lindsay: Skip Tim Lindsay, Third Kirk Massey, 2nd Mark Flynn, Lead Shawn Quigg competed in the Dominion Men’s Tankard at the Chatham Granite Club December 9 - 11. Team LeBlanc: Skip and throwing Lead rocks Roger LeBlanc, Vice Jim Lone, 2nd Ken Walmsley and Lead Bruce Cooper competed in the Grand Masters in Leamington January 18. Both teams had some close games but did not proceed to the next level.

What’s coming up OCA: Team Lawrence with Skip Sue Lawrence, Vice Lisa Flesher, 2nd Deanna Dougan and Lead Roxy Petten compete again in the Tim Horton Trophy event at the Chatham Granite Club February 17 – 19. They won Zone 16 in this event last year so we’re looking for more great results again this year. Good luck and good curling Team Lawrence!

Be sure to continue to check [www.ontcurl.com](http://www.ontcurl.com) to keep informed about what is going on in Ontario from an OCA perspective!

You can also always ask one of the following people who help run OCA things in our club: Jennifer Cuddie, Teresa Easter, Doug Petch, Fay Weiler and Paul Pergau.





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## THE MILLER LEAGUE REPORT---

Now that we all have managed to see ourselves through the holiday season it is time for the second half of the ice wars to begin! The Miller League began its fourth series the week of January 23.

Leading the way is the Ted Ellwood team of Ted, Bob McKinley, Tyler Wiley, Ken Buchan and Warren Brooke. Chasing them in the "A" event are teams skipped by Dave Mann, Phil Williams, Tim Lindsey, Tim Blaker and Dave Beckett. Four of these teams will compete in the fifth series for the club championship.

The other two spots will come from the top two teams in the "B" event after the fourth series is completed. The competing teams in the "B" group are skipped by Kerry Traynor, Stan Smith, Jack McLaren, Garth Kidd, Randy Oleksiw and Cam Murray.

Leading the way in the "C" series is the team skipped by Dave Weber, followed by the Paul Ferrie group. The "D" event is being led by the Jack Nichol rink and the Dave King rink. Division champions will be declared after the fifth series is completed.

The winner of the Miller League will be the league representative in the "in club" playdown to see who will represent the London Curling Club at the zone level of The Dominion Curling Club Championships in the fall of 2012. Good luck to all.

In the "Hats Off" department I would like to pass my congratulations on to Mark Flynn and his group of volunteers for their efforts in the Tuesday night "Learn To Curl" program. On January 17 I went into the club to throw some practice rocks. It was a pleasant surprise to see that all six sheets were being utilized by enthusiastic participants. They all seemed eager to learn as much as possible.

Also, "Hats Off" to Ted Ellwood. Ted is also a member at the Chatham Granite Club. Ted is involved with a team that is representing the Chatham Club in the Men's Provincial Intermediate Championship from March 7-10 in Gananoque. The team is skipped by Jim Brackett. Good luck Ted and team.

Sad to hear that Phil Williams will be leaving us at the end of the current curling season. Phil and his family will be moving to Montreal. Bon chance Phil.

There will be no curling on Monday March 5th. The ice is reserved for the annual ladies two day bonspiel.

Dave Mann and Bruce Thom.

## CLOSEST TO THE BUTTON CONTEST

December 18, 2011 saw 16 avid LCC curlers competing in a Closest to the Button contest at the club. This event was aimed at boosting awareness for the upcoming Dominion Tankard Ontario Playdowns which will be held in the Stratford Rotary Complex February 6 - 12, 2012. Congratulations goes to Russ Chadwick who drew 18.3 cm or 7.20 inches from the button. Excellent performance considering no sweepers and the pressure of everyone watching. Russ's draw now goes up against that from other curling clubs in the area for an eventual winner.

Other notable LCC competitors were Marj Dudley 2nd and Bruce Thom 3rd. Pam Harrison actually had the best throw covering the button but it was officially a practice shot.

See [www.stratfordtankard2012.com](http://www.stratfordtankard2012.com) for further details on the Tankard Playdowns and for who wins the Closest to the Button contest.

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## 8 Questions For Brad Gushue



Brad Gushue, the 2006 Olympic Champion, won 6 consecutive provincial titles as a junior and has represented Newfoundland and Labrador at the Brier every year since 2003 with the exception of 2006 due to the Olympics.

Who did you begin curling with?

No one else in my family curls so I dragged a buddy of mine along for a while but he'd always go home early or go play hockey and I'd stay and throw alone. I got a kick out of seeing myself making shots and still do today even with no one else on the ice. That's my favorite time.

Did you play any games by yourself?

Yeah, generally yellow versus red and when I was throwing yellow I was trying to kick red's butt and really separate myself from knowing I'm throwing the other rocks, *ha,ha*. You can cheat but the more you separate yourself the better you become at not knowing what the other team is going to do. It helps you see more situations.

Did you ever have a day of decision?

Yes, when we first decided to work with a sports psychologist. We were ridiculed at first because we were one of the first teams to do it.

How did he help you?

He taught us a 'Stop – Start' drill where I'd stop a bad thought, leave it in my head and go on. He also taught us positive thinking, affirmations and scripts for the ideal game.

How would you rate his effectiveness?

Having a sport psychologist probably saved us the equivalent of 15 years experience.

How do you set goals?

Generally my goals just come to me. Winning the Canadian Junior, the Brier, the Olympics. Those were result-based goals. With the sport psychologist we got into more measurable goals. The result goals were easier for me.

How do you get ready for a game?

Just get a feel really. Feel the ice. Know how much curl there is. I know that if I get the broom right and have my weight I know I can make the shot. And if I get it right for the team they'll make the shots too.

How do you handle big moments?

In big moments I try to shut out the crowd and put myself in the situation where I'm in the curling club alone and making a ton of shots. I started doing that when I saw the Kevin Kostner movie For Love of the Game and the pitcher stood on the mound and everything went quiet around him. I try to visualize that when I'm in big moments and forget about what's at stake, the crowd and the other team. It's a difficult skill to master but it's nice when it works.

Written by Bob Skura <http://www.howgreatgolfersthink.com/>

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Canadian Women's Curling Championship  
**Red Deer, AB**  
 Westerner Park  
 February 18 - 26, 2012

Date	Local / (Eastern)	Draw	A	B	C	D
Feb. 18, 2012	1:00pm / (3:00pm)	1	ON vs PE	QC vs BC	AB vs NT/YT	NL vs CA
Feb. 18, 2012	6:00pm / (8:00pm)	2	NL vs QC	SK vs NS	MB vs NB	NT/YT vs PE
Feb. 19, 2012	8:30am / (10:30am)	3	NS vs NT/YT	PE vs MB	SK vs NL	NB vs QC
Feb. 19, 2012	1:30pm / (3:30pm)	4	BC vs SK	CA vs NB	ON vs NS	MB vs AB
Feb. 19, 2012	6:30pm / (8:30pm)	5	CA vs AB	NT/YT vs NL	PE vs QC	BC vs ON
Feb. 20, 2012	8:30am / (10:30am)	6		ON vs AB	BC vs CA	
Feb. 20, 2012	1:30pm / (3:30pm)	7	NT/YT vs NB	NS vs QC	NL vs MB	PE vs SK
Feb. 20, 2012	7:30pm / (9:30pm)	8	NS vs BC	MB vs CA	SK vs ON	AB vs NB
Feb. 21, 2012	8:30am / (10:30am)	9	PE vs NL	NB vs SK	NT/YT vs QC	NS vs MB
Feb. 21, 2012	1:30pm / (3:30pm)	10	SK vs MB	AB vs BC	NS vs NB	ON vs CA
Feb. 21, 2012	7:30pm / (9:30pm)	11	QC vs CA	NT/YT vs ON	PE vs AB	BC vs NL
Feb. 22, 2012	8:30am / (10:30am)	12	NB vs ON	CA vs NS	MB vs BC	SK vs AB
Feb. 22, 2012	1:30pm / (3:30pm)	13	BC vs NT/YT	QC vs AB	ON vs NL	CA vs PE
Feb. 22, 2012	7:30pm / (9:30pm)	14	PE vs NS	NL vs NB	QC vs SK	MB vs NT/YT
Feb. 23, 2012	8:30am / (10:30am)	15	AB vs NL	BC vs PE	CA vs NT/YT	QC vs ON
Feb. 23, 2012	1:30pm / (3:30pm)	16	MB vs QC	SK vs NT/YT	NB vs PE	NL vs NS
Feb. 23, 2012	7:30pm / (9:30pm)	17	CA vs SK	ON vs MB	AB vs NS	NB vs BC
Feb. 24, 2012	8:00am / (10:00am)	TB1	TIE BREAKER 1			
Feb. 24, 2012	1:00pm / (3:00pm)	TB2	TIE BREAKER 2			
Feb. 24, 2012	7:30pm / (9:30pm)	TB3 & PP1 v2	TIE BREAKER 3 & PAGE PLAYOFF			
Feb. 25, 2012	11:00am / (1:00pm)	PP3v4	PAGE PLAYOFF			
Feb. 25, 2012	4:00pm / (6:00pm)	SF	SEMI FINAL			
Feb. 26, 2012	8:30am / (10:30am)	BRZ	BRONZE MEDAL			
Feb. 26, 2012	1:30pm / (3:30pm)	FNL	FINAL			

\* All times subject to change.

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# NEWS FROM THE WOMENS' DAY TIME SECTION---

## Goldline Event

Brenda Thompson, Marilyn Brown Convenors  
Goldline was our new sponsor this year for the Tuesday afternoon WDS curling. Many thanks to them for their \$200 donation.

This six week event with 40 curlers, took place from November 29th to January 24th. The last day ended with a light luncheon and presentation to the winning teams. First place went to Sheila Novlan skipping Judy Rolston, Sandra Williams and Marnie Sherritt. Second place was Pat Bell skipping Linda Round, Fay Weiler and Theresa Walsh. Third went to Janet Stenson, Jean Cameron, Carolyn Kezar and Liz Oehm

## Up-coming Events

- January 31 Nash Event
- February 9 Skins game
- February 16 Subway Event
- March 5,6 Sheila Betkus Two-day Bonspiel

Wednesday, February 15

WOMEN'S DAYTIME SECTION MIXED BONSPIEL  
CURL FOR A CAUSE

Plan on joining us for a fun and informative day of mixed curling!

# MORE 'HAPPY PANTS' Way to go Girls!!!



Vicki Rode & Kristen McDonald

# THURSDAY NIGHT BUSINESS WOMEN ---

We had a great day at our 'Bonspiel'!!!. Lots of fun, lots of food, lots of prizes. A big thank you to our major sponsor Gaylea Food. And thank you to all of our other donators, the list is very long.

A special thank you to Marnie Dickout and Rose Kuchynski with whose help I could not have made this day work.

Congratulation to the winners!!! The rink of Sue Lawrence (S), Lisa Flesher(V), Deanna Dougan(2nd) and Carrie Webster(L)

Thank you, Nancy Myers

# THEY CAME, THEY LEARNED, THEY CURLED

On Saturday January 7, our members invited friends and family to come out to the Club and give the game a try. We had a full house!

Our Club Coaches worked with the newbies and within the hour they had a game going. The more experienced curlers came on to the ice to help out with strategy and curling etiquette.

Judging by the laughter and boisterous cheering of the most mediocre of shots, people were having a great time.

Several indicated interest in joining the Club either now or in the fall, 2012.

Thanks to Roger Moyer, Membership Director and our Club Coaches: Jim Russell, Peter Askey, Steve Hobbs, Sandy Ronson, Sue Lawrence, Connie Weir, and Willie Weiler.

Joyce Hetherington  
Skills and Development Director

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### WDS FUNDRAISING PROJECT – LONDON KNIGHT OUT

CONGRATULATIONS to the following winners  
of the club fundraiser.



First prize: Bruce Steffler  
Second prize: Gary Renlund  
Third prize: Lynda Reesor



I want to especially thank Dot and Emerson MacRae,  
Frank Longo and Rob Kelland from ScotiaMcLeod for  
donating Knights tickets for this year's fundraiser. I  
also wish to thank everyone who sold tickets and of  
course, the people who bought them.

We raised \$1,619.60!!!

Linda Peeling

### \*\*\*\*\*TELL YOUR FRIENDS!!!!

EVER THOUGHT ABOUT LEARNING HOW TO CURL?

CURLED BEFORE AND THINKING ABOUT  
RETURNING?

Then now's the time!

### TWO NEW PROGRAMS AT THE LONDON CURLING CLUB

#### Learn to Curl - Special Offer:

As a special promotion, during the months of  
January and February, we are inviting anyone  
interested in trying the sport, to sign up to attend  
one of our regular Tuesday evening Learn to Curl  
sessions at no cost. Please phone the club for  
more information.

#### Sparing Membership:

As a special pilot project, LCC is offering a half  
year sparing membership that will run from  
January until the end of March. For just \$100 +  
HST, this membership entitles you to unlimited  
sparing in most of our leagues, and should  
appeal to anyone who feels unable to commit to  
playing in a regular weekly league because of  
variable work or travel schedules.

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### CROKINOLE NIGHT

Thursday, February 9th  
7 to 10PM  
Upstairs Lounge

The members of the London Crokinole  
Club ([www.londoncrokinoleclub.com](http://www.londoncrokinoleclub.com))  
will be bringing their boards and their  
expertise to LCC.

This event is open to all LCC members  
but numbers are limited to  
the first 40 who sign up.

Join the "The Forest City Flickers"  
for an evening of fun!

The "price of admission" is something  
for the snack table or an item for the  
London Food Bank (Coffee provided).

