

## &gt;&gt;&gt; NEWSLETTER &lt;&lt;&lt;



# IN THE HOUSE



MANOTICK CURLING CLUB



## WHAT'S HAPPENING AT MCC

### >>> INSIDE

Message from the Chair  
 News from MCC  
 Upcoming Spiels  
 Did you Know?  
 Tips and Tricks  
 Story of Watson's Mill



### HELLO CURLING FRIENDS,

The air is turning crisp, the leaves are starting to change, and you know what that means—curling season is just around the corner! Our ice will be ready October 10th, and we couldn't be more excited to welcome everyone back to the club.

This month's newsletter is packed with updates to get you ready for the season: from upcoming spiels and league reminders, to a peek behind the scenes at how the ice is prepared, plus tips and tricks to sharpen your game. Whether you're a seasoned skip or stepping onto the pebbled ice for the first time, there's something here for you.

Let's countdown together—the season begins soon, and it's shaping up to be a great one!

# Your Board Members

## REPRESENTATIVES 2025-26

### »»» MESSAGE FROM YOUR CHAIR

Happy September everybody! While summer slowly slips away and we cherish the last few weeks of warmth, our minds turn to the upcoming curling season – which, believe it or not, is only a month away! It will be great to have the club back to teeming with excitement and to see all of you once more.

When you return to our favourite game you will note that there have been a few updates. On the ice, you will see that NASK and Manotick Heating and Cooling have joined long-time partner Moosehead to support the club. This season we will have three new (and fabulous looking) sets of rings near the lounge! We also have a number of new and returning supporters (all members and/or local businesses) this year. Check out their signs and reach out to them if you have need of their service.

You'll also note a few tech updates at the club and some tasty introductions at the bar. Read on fellow-curlers for more on these two items.

And, lastly, we still have room on the Building Renovation Committee for talented, passionate people. See the article below on this and let us know if you want in!



Tony Frost  
Chair, Manotick  
Curling Club



**TONY FROST**  
**CHAIR**



**DUNCAN MCROBERT**  
**VICE CHAIR**



**WHITNEY QUAIL**  
**CLUB SECRETARY**



**ANDREW FARRELL**  
**TREASURER**



**DAVE HANNAH**  
**SPECIAL EVENTS**



**PAT LAM**  
**CURLING OPERATIONS**



**MARK LUCUIK**  
**FACILITIES**



**LANA MACKENZIE**  
**COMMUNICATIONS**



**SARAH MCROBERT**  
**BAR OPERATIONS**

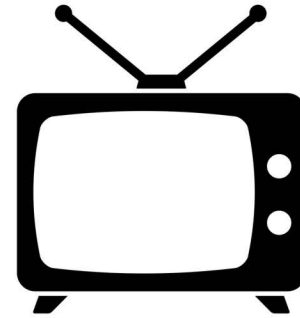


**KEN SOKOLL**  
**MEMBERSHIP**



# NEWS NEWS NEWS

FROM THE BOARD



## >>> IMPROVEMENTS

The MCC is investing in improvements around the club! A **new, larger TV** will soon be added to the lounge, and we're working on securing **additional lockers** for the women's change room. We're also exploring **upgrades to the ice-level TV monitors** and cameras to enhance the game experience. In addition, a renovation committee is being formed to look at broader upgrades for the club—stay tuned for more details in future newsletters!



## >>> BAR NEWS

We're excited to share that the MCC **bar is expanding its selection!** We're in discussions with Kemptville Brewery to bring in some fresh local favorites, and soon you'll also be able to enjoy a pint of Manotick Brewing Company's Black Rapids right here at the club.

On the wine side, we're exploring a selection that will feature classics from Portugal and Italy, with the possibility of adding a standout option from Ontario's own vineyards. **Stay tuned—great things are on tap for the season ahead!**



# OPENING SPIEL

OCTOBER 24-25



We're kicking off the season with our first big event – the

## 2025 OPENING SPIEL!

### NEW THIS YEAR :

- EXPANDED TO **3 DRAWS**
- SATURDAY EVENING FINALS
- CHILI COOK-OFF COMPETITION



Join us for a fun-filled weekend of curling, camaraderie, and a chance to shake off the summer rust. This is the perfect way to get back on the ice, reconnect with fellow members, and start the season on a high note. Individual and team registration will be available, but spots are limited, so be sure to register early! Let's make this first spiel of the season a great one!

## VOLUNTEERS NEEDED!

- EVENT CO-ORGANIZER (1)
- KITCHEN HELPERS (2)
- CHILI COOKS (5)

**REGISTRATION OPENS: SEPTEMBER 27**



# TURKEY SPIEL

NOVEMBER 27-29



Get ready for one of the most popular events of the season

## THE ANNUAL TURKEY SPIEL!

- 3 DRAWS
- FAMOUS TURKEY DRAW PRIZE!
- SATURDAY EVENING CATERED DINNER
- LIVE ENTERTAINMENT

## VOLUNTEERS NEEDED!

- EVENT CO-ORGANIZER (1)
- KITCHEN HELPERS (2)

**REGISTRATION OPENS: NOVEMBER 1**



For registration and volunteer inquiries,  
**CONTACT: [EVENTS@MANOTICKCURLING.COM](mailto:EVENTS@MANOTICKCURLING.COM)**

# DID YOU KNOW?

## MAINTENANCE

### >>> ICE FLOODING

Ice flooding is one of the key behind-the-scenes tasks that keeps our club's playing surface in top shape. By applying thin, even layers of water to the ice, Lindsay and his ice crew fills in scratches and levels out low spots, gradually building a smooth, consistent sheet. While it may look simple, flooding requires patience, precision, and a keen eye to get it just right. For players, the results are easy to appreciate: stones glide more predictably, sweeping is more effective, and games are played on ice that feels fair and responsive. It's the kind of work you might not notice when it's done well—but it makes all the difference in your game.



### >>> ROCK SHARPENING

Curling stones need regular sharpening to keep them performing their best on the ice. Over time, the running surface of each stone becomes smooth and worn down from play, which can reduce the amount of curl and make them harder to control. Sharpening involves carefully re-texturing this surface using specialized equipment to restore the tiny microscopic grooves that help the stone grip the ice. This process improves consistency, enhances curl, and ensures a fair game for all players. Regular maintenance like this is an important part of keeping our club's ice conditions and gameplay at their best.



# TIPS & TRICKS AND HELPFUL HINTS

## MASTER YOUR STANCE AND BALANCE



### START WITH THE PROPER STANCE:

Ensure your sliding foot (slider) is flat and your gripper foot is positioned behind. Keep your shoulders square to the target.

### FOCUS ON BALANCE:

When using your broom or stabilizer, avoid leaning too far forward or back during delivery.

### LOW, STABLE DELIVERY:

Keep your body low to the ice, with your sliding knee bent to maintain control.

## FINE-TUNE YOUR DELIVERY



### FOCUS ON CONSISTENCY:

Deliver every stone with the same setup, release, and balance. A repeatable delivery is key to precision.

### EXPERIMENT WITH RELEASES:

Adjust the rotation and speed of your handle turn to influence the stone's curl.

### MINIMIZE UNNECESSARY MOVEMENTS:

Keep your delivery smooth and efficient to improve accuracy under pressure.





# FROM OUR MEMBERS

## »»» MCC SOCKS

Show your club spirit from head to toe with branded curling socks! Manufactured by Uptown Sox - a local Canadian company, these socks are perfect for showing off your love of curling off the ice. Pick up a pair while supplies last—they make great gifts too!



**\$10 PER PAIR**  
(ONE SIZE)



Please contact Marina Dubeau with a email transfer at: [marina.dubeau@gmail.com](mailto:marina.dubeau@gmail.com) (or pay cash).

*Huge thanks to Marina! Once her costs are covered, every extra dollar goes straight to charity.*

## OUTSIDE THE CLUB



### Carleton Place Senior Men's (55+) Fall Invitational Bonspiel

**WEDNESDAY OCTOBER 8, 2025**

For more information or to register,  
contact Larry Ryan  
[larry.ryan00@yahoo.ca](mailto:larry.ryan00@yahoo.ca)

# THE STORY OF WATSON'S MILL

## HEART OF MANOTICK



Look closely at the MCC logo and you'll spot Watson's Mill, a true community icon. Standing proudly on the banks of the Rideau River, Watson's Mill has been at the centre of Manotick's story since 1860. This landmark is a symbol of our village's history, resilience, and even a touch of mystery.

The mill's story began in 1860, when entrepreneur Moss Kent Dickinson and his partner Joseph Merrill Currier built a grist mill powered by the waters of the Rideau. Along with a sawmill, carding mill, and bung factory (these are wooden or cork stoppers used to seal the barrel holes), the site became the industrial hub that gave birth to the village of Manotick. (The name "Manotick" itself comes from the Algonquin word for "island.")

But just a year later, the mill became the scene of a heartbreaking tragedy. During the mill's first anniversary celebration in 1861, Currier's young bride, Ann Crosby, was killed when her dress became caught in the milling machinery. Devastated, Currier sold his share of the business and never returned to Manotick. Ever since, stories have circulated of a "Lady in White" whose spirit is said to still linger in the mill, making it one of Ottawa's most famous haunted landmarks.

The mill continued to operate under different owners, and in 1946, longtime manager Harry Watson purchased it. It was during this period that the mill gained the name we know today—Watson's Mill. Commercial operations lasted until the 1960s, after which the building was preserved and restored as a heritage site.



Today, Watson's Mill is one of the last working water-powered grist mills in North America. On weekends, you can still see flour being ground by stone, just as it was more than 160 years ago. Run by the dedicated volunteers of Watson's Mill Manotick Incorporated, it remains a vibrant part of our community—offering guided tours, milling demonstrations, and special events that connect us to our roots.

From its role in founding our village, to tales of heartbreak and hauntings, to its present-day role as a heritage museum, Watson's Mill is much more than just a building. It is the living heart of Manotick—a reminder of our past, and a place where history still comes alive.

