

>>> NEWSLETTER <<<



IN THE HOUSE



MANOTICK CURLING CLUB



WHAT'S HAPPENING AT MCC



HELLO CURLING FRIENDS,

Welcome to October at MCC!

The season is finally here, and we couldn't be more excited to get back on the ice. The rocks are sharpened, the ice is ready, and our club is buzzing with energy as we prepare for another great year of curling. October brings the first games, the Opening Spiel, and plenty of opportunities to reconnect with fellow curlers. Whether you're returning after the summer break or stepping onto the ice for the first time, we look forward to sharing a season filled with great shots, good sportsmanship, and lots of fun.

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Message from your chair

OCTOBER 2025

And suddenly it was October. The leaves have turned and flutter to the ground, the club is a hive of activity and the leagues are well underway. It was great to see many of you at the official “opening” on October 9 – thanks to Dave Hannah, Sarah McRobert (Fletcher) and all the folks who pulled the event together. It was a great way to kick off the season and to reconnect and find out what people have been up to over the summer.

And speaking of events, we have our first one coming up: The Opening Spiel which takes place on October 24 and 25. It’s perfect for those new to curling and/or the club as you get to meet friends and teammates you never knew over a glass of wine (or whatever). And there is still room to register as a spare!

And, speaking of wine (or whatever), if you’ve not tried the new bar offerings – do so... Sarah and Jana have done an amazing job of refreshing the offerings when you come in from your game. I will say that I feel it’s my duty as chair to demonstrate leadership and try as many of the new offerings as possible to ensure they are up to club standards, so when you see me at the bar, it’s strictly in the name of ensuring you are happy!

Hope you enjoy this month’s issue, and see you on the ice!



Tony Frost
Chair, Manotick
Curling Club



SPOTLIGHT ON JAMIE SINCLAIR



It's home sweet home for Jamie Sinclair, who is taking this year away from competitive curling to figure out what's next.

A three-time U.S. national champion and national university champion with the Carleton Ravens, Sinclair stepped away from the competitive side after two years of playing on Team Quebec, then returning to her roots at the Manotick Curling Centre.

Along with longtime Postmedia sports columnist Tim Baines, I recently sat down with Jamie for a Q and A. Jamie talked about her pause from competitive curling, the lack of financial support for elite players in Canada, why she loves the sport so much, dealing with setbacks, her family's military background, the secret to being a good skip, curling tactics, her dog Goose, her love for the outdoors and so much more.

Q: What's your current curling status?

A: I took a step back after the end of last season. I decided to take a year off and see where the rest of my life would take me. I'm currently not scheduled to be on a (competitive) team.

Q: Is part of the reason for that decision the grind?

A: Absolutely. The lifestyle can be super challenging. I looked at the dates and it was 20 years between my first national championship and my last. Giving the sport everything I had for 20 years is a lot. I think I just need a break.

Q: Is it going to be difficult to sit back and watch some of the girls you know you're competitive with?

A: The first Slam was (a couple of weeks ago), I was watching some of the games. Part of me was, "I wish I was there." But, also, it was nice to look at the sport from a different perspective.

Q: Would you call this a retirement or a pause?

A: I feel like I'm too young for the word "retirement," so it's probably a pause. I will see what it feels like at the end of the season.

Q: We talk about the grind, is it both mental and physical?

A: The time I spent in the States, it was probably more physical. I was part of the national team so there were certain requirements of you, like being in the gym at 6 a.m. every day; that was very hard. On top of the tour schedule, we spent a lot more weekends away competing. We had the funding to compete all over the world. It was amazing, but it was exhausting. When I played in Canada, we didn't have that kind of funding or opportunity so it was less demanding, both physically and mentally.

Q: Is it upsetting when you don't get the financial support maybe you think that you should get?

A: It is frustrating because you want to do everything you can to be at the top, but there are limited resources and there are just so many talented players, especially in Canada. The depth of field is ridiculous. You understand there's not enough to go around to everybody, but you also understand the difference between the people that are getting funding and the people that aren't is marginal. When you're so close, it makes it tougher.

Q: Each position, from playing lead to throwing skip rocks, is important. What would you say about that?

A: Leads can't win a game but they can lose a game. People assume the worst players are going to play lead and the better players will play down the lineup. But that's not the case. It has to do with what your unique set of skills are. If a lead's not playing well, you can't set up an end and there goes your strategy. It's an underrated position. If you're better at draws, if you're a better sweeper, you'll be in the front end. If you're better at takeout, that's a second's job. If you're really good at anticipating things and making decisions, it means you'll probably be a good line caller so you should be in the house calling the game. Every position has specific roles.



Q: What would your advice be to younger curlers?

A: Watch the Scotties, watch the big games. Observe their technique, observe their sweeping styles and their communication because they're the best of the best. Picking up on little things they're doing and trying to mimic that in your own practices goes a long way and it's free!

Q: How important is momentum and confidence for curlers?

A: Whether you're playing recreationally or at a top level, skills fluctuate. Your attitude goes such a long way. As soon as you're not playing well, if your attitude tanks, you're never coming back from that. If you try to do all the right things, and you're staying confident, you're more likely to come out of it.

Q: Are you at the phase of your life where you're looking to give back and be a mentor?

A: Absolutely. I just love the sport and I want to share that with as many people as I can. I want to help players that don't necessarily have a lot of resources get better. Typically that ends up being the newish curlers, the recreational ones. They may have done a learn-to-curl, but once they graduate from that, there's really nothing out there. You just play in a league, hope to have fun and maybe get better just by exposure. That's the gap I'm trying to fill - teaching them and helping with the technical stuff as they get more games under their belt.



A word from our partner ClubEG.golf

Hello Curlers,

It was a great golf season and although we are sad it's coming to an end it does mean that curling has arrived! ClubEG is a golf club where one membership gets you access to over 60 amazing courses in and around the Ottawa area. ClubEG also partners with GOLFOMAX, a great indoor golf facility, if you wish to keep your swing in check. ClubEG also offers various types of golf leagues, trips, tournaments for all golfers and much more. Take the time to check out [ClubEG.golf](https://www.clubeg.golf) for the current early bird deals on 2026 golf memberships and their upcoming trips to Cuba and Mexico this winter! You can also email them at info@clubeg.golf or call at 613-274-7393 for more information.

Happy curling (and golfing!)



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Q: How do you unwind away from the rink?

A: I don't watch a ton of TV. I'm getting into nature, hiking or camping - whatever I can escape to the outdoors. I find nature inspiring. I feel grounded, I feel connected. Life is really fast-paced. Any opportunity I can get to catch a breath of fresh air is good.

Q: What's the best advice you've been given?

A: My mom would always tell me to never make excuses. If you're late for something or fail, own it, don't try and excuse your way out of it.

Q: What have you done with all the trophies, medals, ribbons and awards you've won over the years?

A: It's kind of embarrassing. It's a place in my house, I call it the "I Love Me Room." My dad did the same thing with all of his fighter pilot awards and real bad-ass pictures and stuff.



Q: What memories do you have from the MCC curling club?

A: Painting the walls! Twenty years ago, we painted that. I remember thinking, "Mom, what are we doing." She said, 'It's part of the community, we're helping.' Growing up it was the hot chocolate with marshmallows. Now, it's the lessons I'm doing with the members. I get to meet people I otherwise wouldn't get to know. Building relationships with more of the members solidifies that community feeling. I love that it's a small club, I love that it has a lot of character. Manotick feels like another home, that's hard to create. The people are unreal."

Q: What is it about the sport of curling that keeps people coming back?

A: Great question. There are only four people on a team, but it's a team sport. The sport itself is very polite, you're shaking hands before and after. A lot of time you're socializing.

Q: Your dad, Graham, was a fighter pilot. Your mom, Suzanne, was a military air traffic controller. Did that military aspect carry over into the home?

A: They did a really good job of having a good balance. They were pretty strict in some regards, but also gave us some freedom. I didn't have a typical career. I chose curling, but they've always been very supportive and encouraged us to follow our dreams.



Manotick Curling Center

Public group · 259 members

Join our **Facebook** page to keep up with the latest news, upcoming events, photos, and community updates. Be part of the conversation and share your love of curling with fellow members — we'd love to see you there!



TURKEY SPIEL

NOVEMBER 27-29



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

REGISTRATION OPENS:
NOVEMBER 1

For registration and volunteer inquiries,
CONTACT: EVENTS@MANOTICKCURLING.COM



DID YOU KNOW?

RANDOM BITS OF CURLING TRIVIA



Curling dates back to 16th-century Scotland, where players used stones from frozen rivers. The oldest known curling stone, inscribed with the year 1511, was found in Scotland.

The sport is sometimes called "The Roaring Game" because of the sound the stones make as they slide across the ice. The noise comes from the interaction between the pebbled ice surface and the running band of the stone.



»»» CURLING GEAR

WHAT NOT TO WEAR

While fleece may be warm and comfortable, it's not a good choice for curling. The fabric tends to shed small fluffs of material, which can easily end up on the ice surface. Even tiny bits of debris can affect how rocks travel and compromise the quality of play.

We ask all curlers to be mindful when choosing their clothing—opt for non-shedding, smooth-faced fabrics to help keep our ice clean and in top condition.



TIPS & TRICKS

ETIQUETTE

Curling is known for its strong culture of etiquette and sportsmanship, often referred to as the "Spirit of Curling." Unlike many other competitive sports, curling encourages honesty, respect, and camaraderie among players. Here are some key etiquette points that make curling unique:

1. Handshakes and Greetings

- At the beginning of a game, players shake hands with each member of the opposing team and say, "Good curling!"
- After the game, players shake hands again and often share a drink or chat in the lounge, continuing the tradition of good sportsmanship.

2. Be Ready and Keep the Game Moving

- Curling is a team game, so it's important to be in position and ready to throw when it's your turn.
- Sweepers should move quickly out of the way after a shot so the next player can set up.

3. Respect Your Opponent's Turn

- When a player is in the hack preparing to throw, avoid distracting movements or noises.
- Stand still, preferably along the sides of the sheet, until the rock is released.

4. Sweeping Etiquette

- Only one team should be sweeping at a time. Once a stone crosses the T-line, only one player from the delivering team is allowed to continue sweeping, while the opposing team's skip can try to sweep the rock out of play.
- Never walk in front of a stone while it's in motion!

5. Be Honest – Call Your Own Infractions

- Curling is self-regulated, meaning players are expected to call their own fouls, such as touching a stone with a broom (called a "burned rock").
- There are no referees in most curling games, so honesty is key.

6. Celebrate Modestly

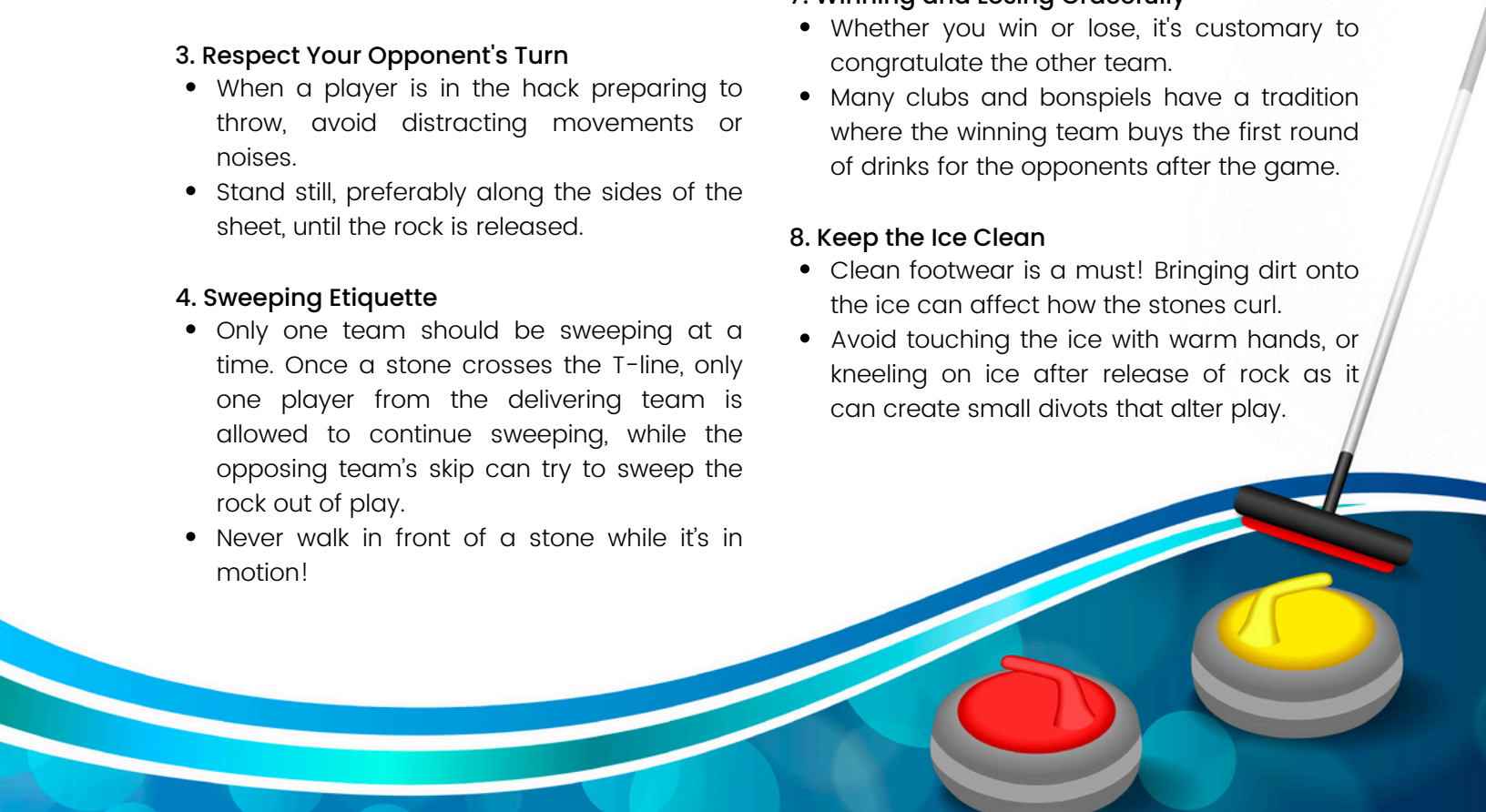
- Curlers appreciate a good shot, even from their opponents, and it's common to compliment great plays.
- Excessive celebration or taunting isn't part of the curling culture.

7. Winning and Losing Gracefully

- Whether you win or lose, it's customary to congratulate the other team.
- Many clubs and bonspiels have a tradition where the winning team buys the first round of drinks for the opponents after the game.

8. Keep the Ice Clean

- Clean footwear is a must! Bringing dirt onto the ice can affect how the stones curl.
- Avoid touching the ice with warm hands, or kneeling on ice after release of rock as it can create small divots that alter play.



CARLETON PLACE
CURLING CLUB
PRESENTS

BACK 28'S LADIES BONSPIEL



SATURDAY

NOVEMBER 22

\$200 PER TEAM INCLUDES:

- OFF-ICE GAMES, PRIZES SNACKS AND
- HOT LUNCH
- PRIZES FOR THE BEST DRESSED TEAM
 - DRESS TO IMPRESS IN YOUR BEST 80S SITCOM, MOVIE, BAND

MAXIMUM 16 TEAMS

DEADLINE: NOVEMBER 8, 2025

FOR MORE INFORMATION: CPLADIESBONSPIEL@GMAIL.COM

REGISTER: www.cpcurling.ca/index.php/events/event-registrations



DRAW 1: 9:00 & 1:30

DRAW 2: 11:15 & 3:15

1ST GAME ENDS

2ND GAME 6 ENDS

50/50 draw



SHOW US YOUR CURLING SPIRIT!

HAVE A GREAT PHOTO OR FUN
STORY FROM THE ICE?



Send your pictures and short stories to: communications@manotickcurling.com
for a chance to be featured in an upcoming MCC newsletter!



Connect with us on Facebook at Manotick Curling Center

Exciting Fundraiser Just in Time for the Holidays Support our U18 Curling Team with Purdy's Chocolates!

Team Beaton, a U18 competitive team proudly representing the Manotick Curling Club, is thrilled to partner once again with Purdy's Chocolates for a fundraiser supporting our 2025-2026 competitive season!

Purdy's, a Canadian family-owned company since 1907, creates delicious treats using sustainable cocoa, and up to 30% of profits will go directly to our team.



How to Order: From **now until November 24th, 2025**, you can

browse and buy holiday chocolates online through our campaign. Shop gifts for family, friends, neighbors, and yourself – all in one convenient spot! Orders will be distributed mid-December at various Ottawa locations.

Ordering is Easy:

1. Visit our fundraising website: <https://fundraising.purdys.com/2122919-132662>
2. Enter your email and click "Join a Campaign" (you can view the ([2025 Catalogue](#)) before joining if you wish)
3. Shop online and choose from a wide selection of treats available for purchase
4. Make your payment directly on our Purdy's team fundraiser site
5. Pick up your goodies in mid-December (distribution details coming soon)

Thank you for your support – happy chocolating!

Share the link with family and friends and help us spread the word!

Questions? Contact Jennifer at jennifer.k.houghton@gmail.com



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