

MCC IN THE HOUSE

The Manotick Curling Center Newsletter



November 2020

WE ACCEPT:   



Message from the President

First and most importantly let me say that I hope everyone is healthy. This has been quite the year so far. Nevertheless I do believe that we will come out of 2020 with some real long term positives including a safer environment for our seniors and a more inclusive society.

It wasn't clear that we would be curling but almost 270 individuals signed up once registration opened. This is significantly more than the 220 members we required to meet our budget projections. Nevertheless, we still project to lose around \$20k so we will need to do some fundraising during the year. I hope some of you will step up to help.

There is a chance this year that we may be forced to open and close multiple times. With any luck this won't happen but so much is out of our control. We are committed to keeping you up to date on a regular basis.

This curling season will be quite different from those in the past for many reasons including our new safety protocols and play guidelines. The board has taken our responsibility of creating the safest curling environment very seriously.

Our return to play guidelines are very extensive and ***need to be read and followed by every member*** who enters the club. These protocols will be strictly enforced for the safety of all.

I want to acknowledge the work done by the board and our return to play committee. It has taken many hours of thoughtful work to get to this point.

We all have the responsibility to keep each other safe and healthy. I believe that everyone will take this seriously. One thing everyone can do is download the Government of Canada **Covid Alert app** (<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html>).

This will help with contact tracing and if most of us do this at MCC we will have an extra layer of protection.

With that I want to wish everyone a fun, safe and rewarding curling season.

Good curling!

Bill Davis

MCC President

Meet the 2020-2021 Board of Directors



President
Bill Davis



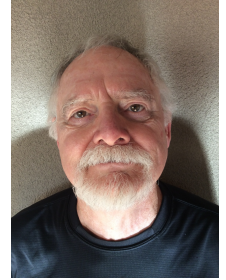
Vice President
Paul Darche



Finance
Andrew Farrell



Secretary
Gail Cornfield



Facilities
Bob Van Tongerlo



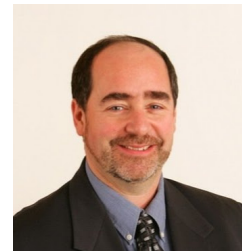
Special Events
Kent Yuyitung



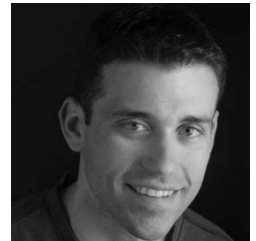
Communications
Rosemary Gibb



Bar Operations
Sonny Lapointe



Membership
Ken Sokoll



Curling Operations
Whitney Quail

*We all wish you a happy and
healthy season of curling.*

For Your Information

The BAR will open to serve our leagues and members starting Sunday November 15. We welcome back our bartenders, Isabelle, Pauline, Claire, Sharon and wish to introduce our new bartenders, Jacqueline, Chantelle and Jana. Due to COVID-19 and its associated regulations, things will be somewhat different at the BAR for your safety and that of the bartenders. We will be using plastic glasses only for all drinks. Payment for drinks can only be by debit or credit cards, cash will NOT be accepted. To start the season, we will carry a limited supply of beer inventory which we hope to increase as the season progresses. We continue to offer you a variety of wines and liquor.

See you at the BAR.

Sonny Lapointe
Director of Bar Operations

Goldline curling equipment is now available at the club or by contacting Dave Gibb at dwgibb@gmail.com

Condolences

We lost three curling friends within the past 5 months. Scott Brewster was the Senior Men's daytime convenor and also played Thursday evenings on Mike Schultz's team. Scott died in July. Colin Macpherson, also a Senior Men's daytime curler, passed away on October 8. Also this fall we lost a member of the Tuesday Ladies' League, Virginia (Ginny) Balfour, who died on October 23 following a long illness.

MCC extends its condolences to the family and friends of Scott, Colin and Ginny.

Name Tags

If you ordered a name tag and have not yet picked it up, it should be on a table in the Lounge area.

Curling Clinic - Sunday Nov. 22 and 29 from 10:00 a.m. to 11:00 a.m. If interested email Kent Yu at kent4358@live.com

Men's World Championship

This event was scheduled to be played in Ottawa. However, due to the risks of Covid-19, it will likely now be rescheduled to the Calgary bubble along with the Brier and the Scotties.

Team Deschenes Takes Third at Stu Sells Tankard

The Stu Sells Toronto Tankard (Oct. 9 – 12) was played at the Granite Club in Waterloo. The winning team was Team Mann, from Ottawa, beating Jennifer Jones. Third place was taken by MCC's own, Team Deschenes. Congratulations, girls!!

Several top teams - including 2014 Olympic champs Jennifer Jones and Brad Jacobs - made their season debut at this Tankard. Curlers were on board with the new rules, modifications and protocols, and all involved seemed pleased with the setup. All athletes had to download the COVID Alert app to participate. The app notifies a person when they have been in contact with someone who has tested positive for COVID-19.

Distancing and venue capacity rules were in effect under return-to-play guidelines. Benches and chairs by the sheets were blocked with yellow caution tape. Players arrived in their uniforms and warmed up in the parking lot.

Locker-room access was limited, teams took to the ice in stages and curlers wore masks on the ice. Equipment cleaning was done between each draw. To help with distancing, two players followed the rock down the ice but only one could sweep.

The skip in control of the house was stationed in the rings area but was not supposed to put the broom down. The other skip waited by the boards. Frisbee-sized logos on the ice served as designated waiting areas for players when the opposing team threw stones.



Fog-Free Glasses for Mask Wearing Curlers

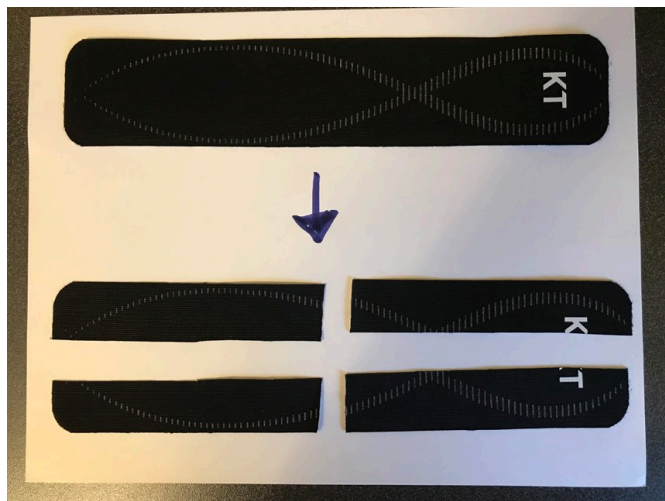
This method can be used with the paper medical-style mask or cloth-style mask. I tried this out with a cloth mask and I have to say my glasses were fog-free 90-95% of the time, but 100% when it mattered, i.e. in the hack!

First you need a mask you like to wear and fits well, because this solution makes it difficult to swap it out for a fresh, dry one during the game.

Then you need to purchase some **athletic injury support tape** - the brand I use is **KT** and can be purchased at Walmart (in the pharmacy area where they sell the athletic braces, etc.), sporting goods stores and online. Walmart has it the cheapest for about \$15 for a roll of 20 pre-cut strips (See image below). If you're lucky you can match the colour of the tape to your mask.



Tear off a strip and cut it in half, then cut each of those strips in half again. You should now have 4 equal sized pieces - good for 4 games. (See image below) One roll should give you enough for 80 games.



Instructions for Using the KT Tape

Before applying, be sure your face is clean and dry. Avoid using make-up or moisturizer on the upper part of your face or the tape will not stick very well.

Put the mask on, positioning the nose part a bit lower than you would normally wear it and form the nose wire as best you can to the contours of your face. Basically you don't want your glasses to sit on top of your mask so the mask should be positioned **beneath** where you normally wear your glasses.

Carefully peel off the paper backing off one strip. This tape is designed to be very stretchy but we don't want that here so try not to pull the tape out during application.

Avoiding the super delicate skin of the under eye area position and firmly press down the tape so half of it adheres to your nose and upper cheekbones area and half of it to the mask.

Press and rub the tape for a few seconds to smooth and stick it down well to both your skin and mask. Make sure it's stuck down well every-where, especially where your nose merges with your face. You don't want any gaps there.

Pop on your glasses (don't bother with the anti-fog sprays or the DIY baby shampoo tricks, they're unnecessary) and you're ready to go.

To remove, hold the skin taught and gently start slowly peeling the off tape by pulling it straight downwards towards your chin. It will sting a bit, but no more than pulling off a Band-Aid as long as you do it fairly slowly and managed to avoid the under eye area when it was initially applied.

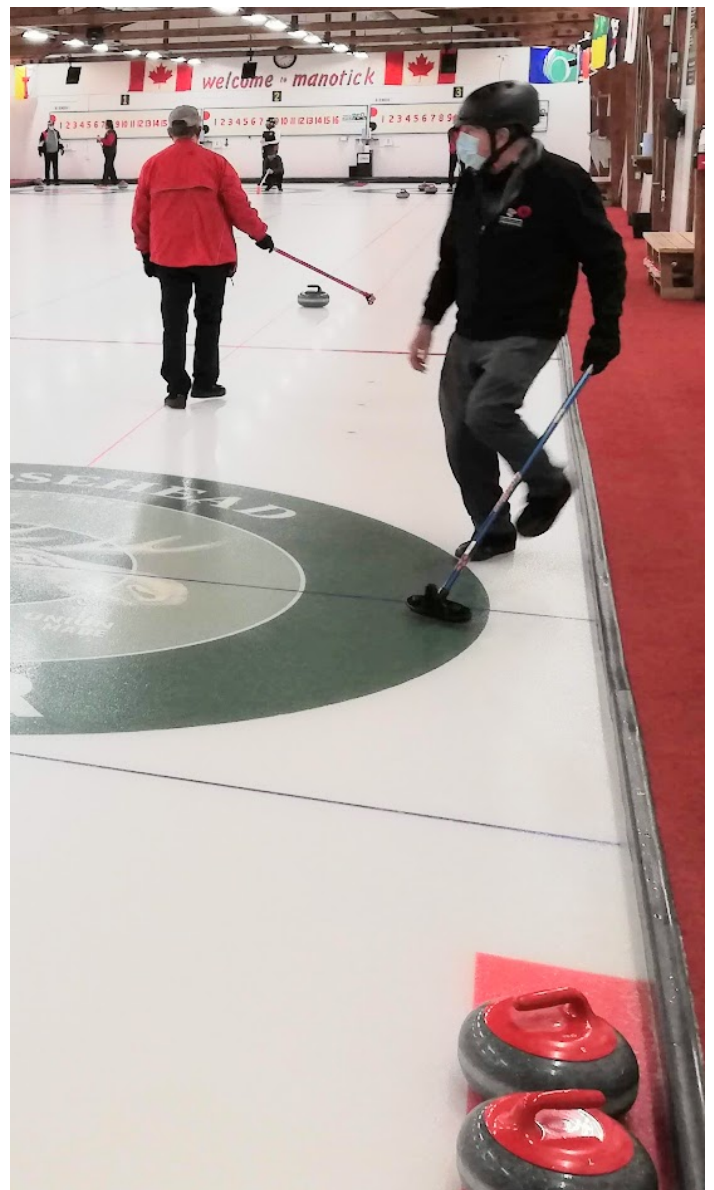
Now is the time to use moisturizer because your skin will feel like it's been lightly sunburned. That sensation does go away quickly though.

I would recommend practicing this at home first to get the application technique down so you can manage doing it in your car before a game. Then test it outside where it's cooler and see if it works. The outdoor conditions don't really mimic our rink conditions, but you can also try putting your glasses in the fridge for a while and then putting them on wearing the mask.

Warning—Do not be tempted to use the Nexcare clear surgical/first aid tape – I tried this first and found it way too sticky and quite painful to remove. Stick with the KT tape.

Submitted by Gwyneth Harkin

The new reality, for now.



Safety Curling Protocols

Here is a very brief reminder of some of the Covid protocols that are in place at the club. Please see the complete description of the protocols on the MCC website under “**Return To Play Guidelines**” <https://manotickcurling.com/index.php/our-club/covid19-return-to-play-guidelines>. The first few weeks of play will seem strange but we will feel more comfortable with the changes the more we play. And remember, this is temporary. Hopefully next year we can revert back to the good old days.

Some of the Main Protocols:

- Only MMC members permitted entry to the building
- Lounge is divided into pre and post game sections
- Only sheets 1 and 3 used when full team games are played
- Masks to be worn at all times other than when food or beverages are being consumed
- 1 sweeper at a time – skips do not sweep
- 1 player at a time in the house
- Contact tracing is required
- One person in the washroom at a time
- Suspension of “winners buy losers a drink” tradition
- Follow all general protocols eg. Sanitize hands & equipment, maintain physical distancing as much as possible, stay home if you are unwell or have been in contact with a confirmed Covid case in the past 14 days.

Remember that the **3 instructional videos** are on the website (the CurlOn app for contact tracing; the traffic flow route; the on-ice game rules).

Our schedule is dependent on teams finishing on time. Without a buzzer to remind us, we have to watch the clock. Six-end games are scheduled for a maximum 1hr 45min. The last end should be started no later than 1.5 hours in. For 8-end games (Wed. and Thurs.) the last end should start no later than 2 hours in. This will give time for Skip’s rocks if needed.

