

# MCC IN THE HOUSE

The Manotick Curling Center Newsletter



January, 2024

WE ACCEPT:   

JANUARY



## A message from the New Years Eve Committee

“Thank you to all who attended the NYE event. Because of you it was a success!! We had a record breaking attendance, close to 60, and the party games were a hit!! The committee has received a lot of positive feedback. This is very much appreciated.”

From L to R:

Jennifer Lorimer / Nicole Bordeleau / Lana MacKenzie /  
Karine Batchelor



## New Years Eve Winning Curling Teams



### Draw 2 - First Place

Suzanne Sinclair  
Nancy Fletcher  
Charles Lemieux  
Christine Lemieux

### Draw 1 - First Place

Jason Allen  
Dave Hannah  
Mary Allen  
Mike Fowler



## NYE Party Game Winners



### Draw One

Paul Havey  
Jen Armitage  
Nancy Fowler  
Mike Fowler  
Mary Allen  
Jason Allen



# Draw 2 - tie

Suzanne Sinclair  
Graham Sinclair  
Sharon Rae-Renaud  
Nancy Fletcher  
Wayne Renaud



Rob Collins  
Kelly Collins  
Sydney Bowles  
Austin Kennedy  
Bonnie Bowles





## Policy Change in Dealing With Head Injuries

Please note that we are no longer required to immediately place a 911 call if someone hits their head on the ice. The severity of the injury needs to be assessed in consultation, if possible, with the injured person.

MCC has created signage posted inside the curling rink that lists when to call 911. It is on the third sheet wall just inside the door. If you have hit your head and feel ok, we recommend you take a picture of the sign or keep this page of the newsletter for reference. It lists the symptoms to watch for.



# Concussion Alert



**RED FLAGS ARE AN EMERGENCY. CALL 911.**

**BE VIGILANT (SEEK MEDICAL ATTENTION IF ANY OF THESE SYMPTOMS APPEAR )**

### CALL 911 IF:

- ▶ LOSS OF CONSCIOUSNESS (KNOCKED OUT)
- ▶ NECK PAIN OR TENDERNESS
- ▶ DOUBLE VISION
- ▶ WEAKNESS OR TINGLING IN ARMS OR LEGS
- ▶ SEVERE OR INCREASING HEADACHE
- ▶ SEIZURE OR CONVULSION
- ▶ VOMITING MORE THAN ONCE
- ▶ INCREASINGLY RESTLESS, AGITATED OR AGGRESSIVE
- ▶ GETTING MORE AND MORE CONFUSED



### RECOGNIZE SYMPTOMS

- |  |  |
|--|--|
| <p><b>PHYSICAL:</b></p> <ul style="list-style-type: none"> <li>▶ HEADACHE</li> <li>▶ PRESSURE IN THE HEAD</li> <li>▶ DIZZINESS</li> <li>▶ NAUSEA OR VOMITING</li> <li>▶ BLURRED VISION</li> <li>▶ SENSITIVITY TO LIGHT OR SOUND</li> <li>▶ RINGING IN THE EARS</li> <li>▶ BALANCE PROBLEMS</li> <li>▶ TIRED OR LOW ENERGY</li> <li>▶ DROWSINESS</li> <li>▶ "DON'T FEEL RIGHT"</li> </ul> | <p><b>EMOTIONAL:</b></p> <ul style="list-style-type: none"> <li>▶ IRRITABILITY</li> <li>▶ DEPRESSION / SADNESS</li> <li>▶ NERVOUS OR ANXIOUS</li> </ul> <p><b>COGNITIVE (THINKING):</b></p> <ul style="list-style-type: none"> <li>▶ NOT THINKING CLEARLY</li> <li>▶ SLOWER THINKING</li> <li>▶ FEELING CONFUSED</li> <li>▶ PROBLEMS CONCENTRATING</li> <li>▶ PROBLEMS REMEMBERING</li> </ul> <p><b>SLEEP-RELATED:</b></p> <ul style="list-style-type: none"> <li>▶ SLEEPING MORE OR LESS THAN USUAL</li> <li>▶ HAVING A HARD TIME FALLING ASLEEP</li> </ul> |
|--|--|

 **TAKE A PHOTO TO KEEP TRACK OF SYMPTOMS**



Don't you wish you were a Bantam curler, celebrating Christmas playing a cool game like this?

## U18 News



**Team Benning**, who practice out of MCC, did very well at the U18 Provincials, playing into a 3 way tie for 3rd and narrowly missing out on advancing to the semi finals.



**Sydney Anderson**, far right, is a volunteer coach with Chris Innes and a member of Team Vivier (Ottawa Hunt and Golf Club), who **won the U18 Provincial Championship this month** and will be representing **Team Ontario at the Nationals, Feb. 4 - 10**. Watch on <https://www.curling.ca/2024u18/>

## Prescott Bantam Bonspiel - January 6, 2024



3rd place finish:  
Team Beaton

L to R  
Camden Cassidy  
Broderick Beaton  
Jack Steski  
Mauricio Perez



4th place finish:  
Team Quail

L to R  
Henry, Matthew,  
Broderick, Lily



## Did You Know That....

Did you know that Suzanne Sinclair either:

1. Worked as a stand-up comedienne in her 20's?
  2. Drove a school bus for 3 years?
- or
3. Was an air traffic controller?

Take a guess then see the last page for the answer.



John Falkingham receives an MCC cheque from Sonny Lapointe for the Manotick and Barrhaven food cupboard. We brought in \$500! Many thanks to all who donated!

## An Important Word from the Bar Director

Having recently received a couple of unsigned suggestions requesting that the bar consider offering a new variety of beers, I wish to point out that I have brought in new beer products last season and this season. I continue to meet with local representatives of outside breweries to review their respective products. Unfortunately our bar space is limited which restricts our ability to expand our product selections. I regularly monitor how each product is selling and if it is not being supported, I have discontinued it. This applies to all types of products (draughts, beer, coolers, wine, liquor). I also wish to point out that I have a working relationship with our current product representatives. Through our continued support of their respective products, the club has been the recipient of sponsorships as well as prizes for our various spiels.

I welcome suggestions on bringing in new products; however, I request the these suggestions are forwarded to my email address: [barinventory.mcc@gmail.com](mailto:barinventory.mcc@gmail.com). This will allow me to research the products and provide me with a contact should I need further details.

Wishing you a Happy New Year and see you at the club.

Sonny Lapointe  
Director Bar Operations  
Manotick Curling Centre

*Books on Curling from the  
Watson's Mill  
Used Bookstore*

*For sale - \$2 each in the lounge  
Choose a book  
Drop a toonie in the box*



*Proceeds go to the Bookstore*

**Ladies Curling Association**  
of the  
Canadian Branch of the Royal Caledonian Curling club

### Two Bonspiels

#### Evening Ladies Trophy – Gillies-Wallingford

Entry Fee: \$80

Closing Date: February 9, 2024

Manotick Curling Club: Playdowns - Saturday, Mar. 2, 8:30 a.m. to 5:00 p.m.

Finals – Sunday, Mar. 3, 10:00 a.m. to 1:00 p.m.

Championship: Pointe Claire Club, Pointe Claire, Quebec – Sunday, Mar. 24 1:00 pm

Entries and Cheques to Susan Johnston: [sjcurler@gmail.com](mailto:sjcurler@gmail.com)

#### MacDonald – Paterson – Roy

Entry Fee: \$100

Closing Date: February 26, 2024

Granite Curling Club: March 19 to March 22

Finals: RCMP Curling Club – March 22 at 9:00 a.m.

Entries and Cheques to Louixe Howe: [mlhowe@rogers.com](mailto:mlhowe@rogers.com)



From:

Nancy Fletcher: [baleyboo613@gmail.com](mailto:baleyboo613@gmail.com)

## CurlON TV Unleashes Live TV Action!

CurlON TV is now bringing the electrifying world of live curling events straight to your screens!

The live broadcasts of the U-18 Women's & Men's Provincial Championships have just concluded. It was an exciting opportunity to witness the emerging talents of the next generation showcasing their skills on the ice.

Mark your calendars for **January 22-28** as we will be streaming the 2024 Milk Every Moment Scotties & Tankard Women's & Men's Provincial Championship live!

Stay connected, stay tuned, and let the curling excitement unfold on CurlON TV! For live action, click here: <https://www.curlontv.ca/>

## Lisa Weagle's Youth High Performance Program at MCC

From Lisa Weagle to Ken Sokol (Membership Director)

*"I wanted to thank you again for all your work in helping make the youth program a success. I am so pleased with how it went and Manotick was a fantastic place to host the program. I sent around surveys to athletes and parents and have received very positive feedback so far along with many requests to run the program again next year."*

Watch a short video of Lisa, her youth participants, and her program taken at MCC:  
<https://www.youtube.com/watch?v=EsYZmBSyLK4>

Congratulations, Lisa, on an extremely successful program!



## A Request from the Bartenders and Ice Makers

Please do not park between the No Parking signs at the club entrance.  
You may park to the left and right of the signs.  
Thank you.



## More Coming Events

**Crystal Heart City-Wide Ladies Bonspiel - Feb. 2 & 3**

**Shiverfest - Feb. 3 - 8 a.m. to 10 a.m.**

- Free lessons for newbies wanting to try curling
- coaches available - protection required for children

**Karol Bilyi Memorial spiel - Mar. 11 to 15**

**Grand Spiel - Mar. 20 to Apr. 10 (still a few spots open)**

**Closing Spiel - Apr. 11 to 13**



I have been in “limerick withdrawal” this year, but Dan L. just rescued me with a limerick he calls:

### Scotch Doubler Diane

Knit one, pearl two.

Diane thinks she can curl too.

We know she can knit

But she curls like shit.

But at least she curls better than Stu.

(Just remember, Diane and Stu, I’m only the messenger. RG)

### Answer to Did You Know That...

If you chose **option #3**, you were correct. Suzanne Sinclair was indeed an air traffic controller in the wilds of Moose Jaw, Saskatchewan and Northern Alberta. She came from a very poor family in rural Ontario, where there was no electricity or indoor plumbing. And there certainly was no money to pay for a university education. So Suzanne joined the military and got her education paid for that way. She was adamant she did not want a desk job, so she trained as an air traffic controller and discovered she had a real aptitude for it.

