

MCC IN THE HOUSE

The Manotick Curling Center Newsletter



March 2024

WE ACCEPT:   



Karol Bilyj Memorial Senior Bonspiel

During the week of March 11, MCC hosted 24 teams in the 2024 edition of the Karol Bilyj Memorial Senior Bonspiel. This spiel, which was resurrected following a 4-year COVID hiatus, is named in honour of a long-time member of the club, two-time president, initiator of our junior program and the day-time seniors' leagues, co-founder of the Ottawa Valley Senior Men's Competitive League, and all-round do-anything-for-the-MCC member.

This bonspiel was open format with teams having any combination of men over 55 and women over 50. There were 19 teams from outside clubs and 5 MCC teams. Graham and Jamie Sinclair, sporting their Ontario and Quebec jackets respectively, were on hand to present the trophies to the winners:

- A event – RA Curling Club: Owen Evans, Bill Kavanaugh, John Rowland, Mark Audet
- B event – Hunt Club: Frank van Ryckeghem, Rick Soucy, Ron Knight, Bob Wallace
- C event – Hunt Club: Dave Stanley, Brian Henderson, Rob Kanasy, Verne Kawka
- Consolation Event – North Grenville C.C.: Paul Cormier, Gerard de Bruijo, John Roeterink, Lyndon Hillier



“A” Winners Team - Team Evans
RA Curling Club



“B” Runners Up - Team Greig
Manotick Curling Club

Our own team of Ron Greig, Gary Hall, Bruce Magee, and Ken Adams were the B-event runners up.

(Karol Bilyj Spiel con't)

The bonspiel was a huge success both on and off the ice. Over the week, there were 16 draws with 6 teams on the ice each draw. All the curlers praised Lindsay's ice and raved about Kris Schulz's hospitality. Kris served up coffee and muffins every morning and hearty lunches with two sittings each day. Not a single negative comment was heard and many teams said they'll be back next year.

The spiel was a financial success as well. After all expenses were paid, including \$4,260 in cash prizes, the spiel turned over \$3,910 to the Club. Bar revenues were \$5,075, about twice what a normal week would be. The title sponsor was Jim Stewart's Office Pro, followed by The Tomlinson Group, Russ Keenan Water Services, and the Manotick Kiwanis Club. Door prizes were donated by Manderley Golf Club, The Vault Bistro, Bab-bos Italian eatery, the Black Dog Bistro, and Manotick Home Hardware.

I want to thank my organizing committee - Art Ficko, Ken Adams, Mac Prescott, Ron Greig, Jim Stewart, and Kris and Mike Schulz – for the superb job they did over the 8 months it took to get this spiel off the ground. Thanks to the many club members who volunteered to help during the week of the spiel. And, finally, a huge thank-you to the MCC members who gave up their regular ice time for the spiel. The Manotick Curling Club has a reputation as one of the friendliest curling clubs in Ottawa and the Valley. We all did that reputation proud!

John Falkingham
KBMSB Organizing Committee Chair



Curling Quick Reference Guide

Pre-shot Alignment:

- Step into the hack from behind and ensure your shoulders, hips and knees are aligned to the broom. Foot is placed in the “cross-hairs” of the hack. Squat and readjust, ensure shoulders are level and square.
- Ensure your weight is equally distributed across both feet.
- Eyes on the target broom at all times.

Shot Cadence: 6 points

1. Bring rock straight back to the toe of hack foot.
2. Bring slider foot straight back – toe to heel and hips elevate.
3. Park your weight by dropping hips a few inches. Your sliding foot remains flat on the ice and your weight shifts to the sliding foot and pause.
4. Press rock forward so your arm is almost fully extended.
5. Bring sliding foot forward and move it behind the rock (toe pointing outward)
6. Slide straight out of the hack toward the broom leveraging the entire ball of foot.

Other critical elements of the delivery:

1. Keep eyes affixed to the broom, avoid looking down.
2. Ensure the rock is placed directly in front of the hack foot and comes back to the toe.
3. Critical weight shifts: 1) start 50/50, 2) weight shifts to sliding foot; 3) weight shift back to the hack foot.
4. Remain compact and minimize raising your body during the delivery.
5. Develop and rely on a common pre-shot routine for every shot.

Timing of delivery: There are 2 key elements impacting timing i) the park must be intentional, ensure to pause and drop the hips, and ii) be sure to move the rock forward before moving the foot forward to allow room for the sliding foot.

Line of Delivery: Visualize on the near hogline where you need to slide across to hit the broom and ensure knees, hips and shoulders are pointing to that spot.

Driving out of the hack: Use the entire width of the ball of your foot to propel you straight forward to the target. Keep your shoulders back a little and square to the target.

Release:

1. Place thumb and index finger along the gooseneck in a comfortable but firm grip. Wrist needs to be high to impart the turn properly.
2. Always start with rock pointed to either 2:00 or 10:00.
3. Keep and maintain rock directly in front of your hack foot and your elbow tight to your side.
4. In the slide, repeat: **“HOLD, HOLD, HOLD”** and then release the rock at 12:00 (the hand shake).
5. Ideally you achieve 3-5 rotations down the sheet.

Weight Control:

Consistency is the result of a repeatable shot cadence and developing muscle memory.

To increase weight:

1. Increased leg drive
2. Raise foot slightly in the hack
3. Apply a slight arm extension directed to the broom
4. Release the rock earlier in the slide (as you exit the near house)
5. Cadence: foot back can be relatively deep without raising heel
6. Adopt a deeper park

Did You Know That..... Gary Hall either:

Built an igloo on the Arctic sea ice
and slept overnight in it?

Built a tree house in the Amazon rainforest of Brazil
and slept overnight in it?

or

Put up a traditional Berger-style tent in the Sahara
Desert and slept overnight in it?

Where did Gary sleep??? Answer on the last page.



Notice for MCC Members to Submit New Business for 2023/2024 AGM

The MCC Board is planning its 2023/2024 AGM to be held in late May or early June of this year. The exact date will be communicated at least 21 days prior to the AGM. As is customary at the AGM, the Board will review and approve the previous season financial statements, approve new season operating and capital budgets, approve any Bylaw amendments, elect members to the Board as needed and any other business raised by the Board.

The MCC Bylaws allow for members to submit any additional New Business items to be added to the AGM Agenda. This must be submitted to the MCC President prior to **April 14** of this year for inclusion to the AGM agenda.

Don Coulterman

President

president1.mcc@gmail.com

Open Board Positions for 2024/2025 Season

The MCC Board is looking for people to fill open positions for the 2024/2025 curling season. The Board currently consists of 10 MCC members who meet monthly, usually over ZOOM, to discuss and make decisions regarding the club on behalf of the MCC membership. Some of the decisions made are with regard to ice scheduling, league management, membership fees, club finances, facilities, special events (spiels), bar management, club governance.... etc. Fortunately the Board is assisted by a large number of member volunteers assisting with running our leagues and special events.

Board terms are for 2 years. Members can serve multiple terms but they need to be re-elected every two years. The Board positions of President, Treasurer and Secretary are voted for directly by the membership. The other Board director positions are voted on by the membership but assignment of their portfolios are made by mutual consent of the Board and Director.

The following are the open 2024/2025 Board positions needing to be filled:

President

Vice-President

Secretary

Curling Operations

If you are interested in running for one of these positions please contact the MCC President (president1.mcc@gmail.com) prior to April 14.

MCC 60th Anniversary Celebration

MCC is celebrating its 60th year of operation as a club ! We began operation in the 1964/1965 season. There was a 50th anniversary celebration in the fall of 2014 to celebrate the event. This was a large event hosted on the concrete pad before the ice went in for the new season. The event consisted of a catered dinner and entertainment. Tickets were sold to support the event and club.

The Board has been debating whether we host a similar event for the 60th. We have come to the conclusion that in order to move forward we need a club volunteer(s) willing to take a leadership role for organizing the event. This would entail soliciting volunteer help from the members, selling tickets (which could easily be done electronically as we do for other special events), arranging catering and entertainment, setting up and taking down tables/chairs, organizing any fun events/raffles as part of the festivities etc.

This would be a special way to open up next season, if it could be done. So if there are any eager volunteers prepared to take this on please let the President or any Board member know before the current season ends.

A Poetry Offering from Dan

Unless you are a member of the Friday morning Scotch Doubles league, you will not likely be aware that this is a crazy bunch of people. They manage to get in some curling only when they take time from their snacking and ribald teasing.

Dan Lanthier is a proud member of this league. To bring a bit of class and culture to this newsletter, Dan has sent in some poetry. These are Dan's own, um, unique style of limericks. He dedicates them to two other Scotch Doubles players.

Curling Coats of Different Colours

Sue Jackson has many curling coats of different colour.
 We have seen her wear so many one after another.
 You see, when she wins she wears the same colour again.
 But when she loses she picks a different colour and tries again.
 This year She has worn MANY, MANY coats of different colour.



Queen of the Tick Diane

There is a curler named Queen Diane
 Of whom playing against I am not really a fan.
 Her favourite shot is the uncalled lucky tick.
 She gets so many it makes her opponents sick.
 So please, Queen Diane, start calling your shots, if you can!

New Start Times Next Season

As a result of a recent survey of the membership, new start times for Monday to Friday evening games will be 6:30 pm and 8:45 pm next season.



The Back Line

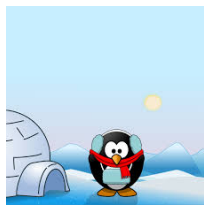
To view the March CurlON newsletter, click here:

<https://mailchi.mp/ontcurl/back-line-news-sep2023-13736919?e=b499d97e0c>



Did You Know That...

If you said #1 was correct, you were right!



Gary says:

“Forty-odd years ago, I participated in a training course during which I spent a week in Grise Fiord, NWT (now Nunavut) living with an Inuit family. Part of the experience was to accompany my host and his son on a two-day hunting trip during which I learned how to make an igloo from the available snow. Four of us spent the night in a comfortably warm igloo accommodation and returned the following evening to the community.”

