



Glen Meadows Curling Club

Rock Talk

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Upcoming 2010-11

Future issues of Rock Talk will feature

- interviews with you, our members.

Stay tuned for some very interesting stories...

- more Tech Talk
- Curling Quizzes and Tips AND MORE!

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GMCA League Schedule

Men's Monday	Monday	7:00pm and 9:00pm
Seniors Competitive	Monday	1:00pm
Ladies Day	Monday & Wednesday	9:00am
Ladies Evening	Tuesday	7:00pm
Men's Masters	Tuesday and Friday	8:30am and 11:00am
Mixed Wednesday	Wednesday	7:00pm
Junior (Elementary & Middle School)	Wednesday	until Christmas 3:30pm
Men's Thursday	Thursday	7:00pm and 9:00pm
Mixed Friday	Friday	7:30pm
Stick	Saturday	1:00pm
Junior Rocks (8 to 11)	Sunday	until Christmas 10:00am
Novice	Sunday	1:00pm
Youth (High School)	Friday	2:00pm

Curling Sucks!!



The ad read: **Wanted:** a highly portable vacuum Do you have one that might be living a lonely life in your garage, attic or crawl space? This vacuum can have a new career -- to **routinely** clean off rugs beside the ice sheets. This will eliminate much of the ugly grit, dust bunnies, leaves, and other debris – especially around the hack.

Dirt causes "picks". A nasty pick will carom your rock away from the broom and lose you the point AND the game. See how important this vacuum will be to your team?

This **was** the message circulated word of mouth to teams at the start of November. By November 10th, the Wed. evening Wright team donated a Samsung. Thanks Brent for tracking it down on our behalf! Stay tuned to find out more about **THE ICE-RUG PROJECT.**



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GMCA LEAGUE REPORTS

Sunday Novice League - Report

Twenty players have joined, participating each Sunday from 1-3:00pm. Given the enthusiasm, plans are underway for a second round from January to March. If you know of anyone interested in joining, tell them it won't matter if they missed the first round. Future topics include: Weight Control (Nov 21) Rules of Play (Nov 28) Shot Making (Dec 5) Strategy (Dec 12)

Youth - Report



A total of 25 curlers, 17 classified as elite, are in the mix. The ages range from 8 to 15. They are in **need** of fabric brooms. If anyone has one to donate, contact Lynn Wilson or Paul Addison.

Learn to Curl Camp - Report



Sunday October 3rd we held the Optimist & Curl B.C. Cluster Camp for kids 9 -11 years old. While numbers were small (only 28) we had a fantastic time. Al Kersey, along with the help of the B.C. Junior girls and boys teams took the kids through all the basic's of curling in a 6 hour camp. We hope many of these kids back to curl with us in the years ahead.

Our sincere thanks to Al and the Juniors for taking the time to help our kids into the sport; all the parents who came to help with snack time and lunch time. We really appreciated the help. A big thanks to Thrifty Foods and Sun Rype for their support and contribution of healthy snacks. To Glen Meadows kitchen staff, a huge bouquet for the hot spaghetti and meat sauce lunch. Finally, to Glen Meadows ice and office staff, thanks for your support.

- Reporter: Grant Marshall

2010 Fall Curling Clinic Report

Glen Meadows Curling Association (GMCA) held a highly successful public "Learn to Curl Clinic" on October 16, 2010. Some 40 people attended.

Ladies' Bonspiel

November 5-7, following much fine organizing, our ladies hosted 22 teams from around the Island. GMCA had several winners.



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Stick League Report [Saturday 1:00 pm]

Our league, with 17 members, draws for partners every 4 games, so we get to know each other as well as learn different ways of playing this format.

The game is played by two person teams with one member of the team at each end of the sheet skipping, alternating ends with their partner. Every other end, the player delivers 6 rocks alternating with their opposition. The game is 6 ends long and takes about an hour to play.

The first 3 rocks may not be removed until the 4th stone is delivered. Brushing is allowed only from the Hog line in.

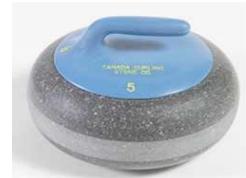
It is a good format to help players learn how to read ice and call shots, as well as perfect delivery, since the delivering partner throws 6 rocks in a row.

See our report and pictures of the Saturday, Nov. 6th Bonspiel at Esquimalt Curling Center.

Thirteen are travelling from GM to take part.

TECH TALK #1

The Evolution of Curling Shoes & Sliders (by Al Mellett President & C.E.O., Sports Traders, Victoria)



Back in the 50's and 60's, most of us brought a leather soled dress shoe to the rink to give us the slide we needed. In the 70's, Bauer came out with a robin's egg blue curling shoe with a heel and 1/32 inch thick teflon slider. (Some of you *still* wear that shoe).

In the 70's and 80's, Bauer came out with the flat-sole black & white curling shoe with 1/32-thick teflon. Some of you still wear *that shoe* today. Then, in the 90's, Asham Curling innovated the "brick slider" on their leather shoe -- a ceramic composite approximately ¼" thick applied on rubber backed strips to allow the "prairie tuck delivery" that allowed the curler to bend the shoe on its slider. It became very popular, especially on the Prairies. Pat Ryan then came out with the stainless steel wafer slider in the late 90's. Very expensive. Today Teflon sliders are produced in different thicknesses to attain different speed ratings: - 1/32 thickness, speed rating of 6, recommended for Beginner level (currently offered in less expensive shoes starting at \$79.00)



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- 3/32 thickness, speed rating =8, recommended for Intermediate level, (intermediate priced shoes of \$99.00-\$139.00)

- 5/32 thickness, speed rating =9 -- most popular thickness and speed for most Advanced curlers (shoes priced from \$189.00-\$279.00).

- ¼ Teflon, speed rated =9.5 -- only slightly faster but much more expensive (adding at least \$75.00 to the shoe price, giving a marginal difference in speed).

- We recommend the 5/32 teflon for all advanced curlers to achieve good speed at a reasonable price.

STAINLESS STEEL -- the latest innovation in sliding hardware -- is offered only on the Asham Slam Series with velcro disc technology.

The speed rating is 10+ and is unbelievably fast. In 2010, Asham came out with the stainless ring disc with less steel surface on the ice,

therefore created a speed rating of 11+. We have no other word for this speed other than to call it "stupid fast". One should be very advanced for stainless steel, as there is no resistance on the ice.



A 2010 innovation are ultra-lightweight, velcro discs, and split sole technologies. By splitting the sliding and gripper sole, a very comfortable and functional shoe is created to bend with your stride. Another recent innovation - Thinsulate liners - keep feet warm. Thinsulate is a hi-tech insulation -- a very thin and efficient material used in the ski glove and ski boot industry -- is ideal for curling shoes, and is used extensively in most newer shoes. All new shoes are ultra light' with split soles. Ladies versions come in terrific color schemes with pink, lime green or blue accents plus matching pink or blue grippers and pink or blue laces. All these shoes can even be matched with pink, lime green or blue gloves and brooms.

Buyers should note: shoes brands with a circular cut-out of the slider -- this design actually causes drag on the shoe, due to the edges. Such designs are in no way faster than flat sliders. The concept of a little hole in the sole giving better balance is a fallacy. In our company, we try not to give the false impression that such a design (even in high-priced shoes) helps with balance. Like any wise shopper, keep in mind several tips: (1) lesser priced shoes may be very poorly constructed (e.g., fall apart too soon) and still be over priced by at least 25%; it's our assessment

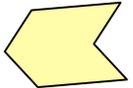


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that a brand like Asham offers good value for money spent while others don't; (2) some companies, in our / customer experience, do not back their products and warranties.

Tech Talk feature is brought to you by Vancouver Island's largest curling dealer: Sports Traders (508 Discovery St., Victoria, B.C.) where you can see all the above curling paraphernalia. **& get a 10% discount (all Glen Meadows curlers).** Check us out online, at www.sportstraders.ca



Advance notice: Sidney Shutterbugs Photo-op coming!

Plans be shooting a curling-themed shoot starring GMCA members in action between January and March 2011. The resulting best of the best will be displayed in MWC Atrium autumn 2011. The aim is to pre-arrange sessions with Shutterbugs who individually and as in groups will visit GM rink and catch all your curling finesse shots.

Frequently Asked Questions (FAQs)

1 What is the Canadian Curling Association (CCA)?

the national administrative body in Canada recognized by Sport Canada, the Canadian Olympic Committee and World Curling Federation. Governed by a 10-member Board of Directors. Provincial and territorial associations (e.g., Curl BC) who nominate Board candidates. Members are elected to five-year terms by all CCA members. Extensive curling information, including a flash demonstration on how to curl and curling shots (great to show kids) can be found at:

<http://www.curling.ca/index.asp>

2 What is Curl BC?

umbrella organization responsible for delivery of all curling programs and services in BC. This follows amalgamation in 2004 of Pacific Coast Curling Association, BC Ladies Curling Association, BC Interior Curling Association and the former Curl BC. Curl BC promotes and develops the game of curling as a recreational and competitive sport in BC; provides technical, marketing and other relevant assistance to member clubs; and arranges and conducts playdowns and championships for the purpose of determining provincial championship teams. Curl BC website



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includes course offerings, can be found at <http://www.curlbc.ca/content/home.asp>

Curl BC organizes into 11 regions. Glen Meadows is in Region 8, South Island, along with Esquimalt, Juan de Fuca and Victoria clubs. The Glen Meadows Curling Club has two representatives that sit on the Region 8 Executive; **Lawrence Woytowich** our men's / **Joyce Mylymok** women's Rep.

4 Suggestions to reduce the risk of injury

- Keep the head of your broom on the ice while walking;
- Except during delivery, wear two grippers (no sliders) – especially when sweeping –*strongly* recommended;
- Convert to the no-lift delivery to mitigate back injury; and,
- Do “dynamic-stretching” exercises to “warm up” before going on the ice. Dynamic stretching is anything that puts muscles through the range of motion they experience curling – progressively – i.e., start small, end the exercise at full range.

SHOE TIP "GOO"

If you are a DIY person, and want to protect the toe of your trailing foot shoe, coat on a plastic (like Performix shown R).

The clear goo is tough, easy to apply, inexpensive (roughly \$20) and lasts several seasons if the can is sealed properly. If your plan is to do two coats per season (i.e., every 3 months or so), simply peel it off, admire the pristine surface of your shoe, reapply, let 24 hours to make sure it is completely cured. And get back on the ice. Over the season, the plastic gets scuffed but not your shoe. You can actually go an entire season, with just one application.

Performix 60ml Plastiseam Protective Coating

68 82209

Plastiseam protective coating is a tough, clear, flexible resin system that is excellent for sealing sewn seams and pin holes. Seals out weather, moisture, dirt and wind. Plastiseam protective coating applications will perform and last longer than any other seam sealer on the market.





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Stick League Bonspiel Results

Just to let everyone know the November 6th bonspiel in Esquimalt went very well. Ed, the organizer at Esquimalt has been trying to run a stick spiel for 3 years, but has never had enough entries to do so. He was very encouraged this year to get the 12 teams he wanted - thanks to our club - we were 6 and a half teams of the 12! It was a learning experience for all of us. Many teams had never played this format. Ed and I talked several times before the 6th and changed a few things rule- and time-wise.



We all had plenty to eat and a drink or two to relax... then the money was handed out - \$20 for each win. One of



One teams, from their stick spiel, because they did not get enough entries. Apparently, the same thing happened to the Nanaimo stick spiel.



our groups won all 4 games - John Demeriez and Bruce White (see above). One of our groups got a six ender - Chester Brown and Don Berry (see left). A nice one day bonspiel enjoyed by all. We started at noon and were finished (including the meal) by 7. Mill Bay - Kerry Park club, said they had to cancel



Just goes to show you: we are going to have to take our skills and enthusiasm on the road!!!!

Reporter: Dorothy Wright

for the CURLER WHO HAS EVERYTHING.

Totally NEW item just arrived for Christmas See it at Sports Traders - PERSONALIZED, CUSTOM-DESIGNED CURLING BROOM with YOUR NAME on the HANDLE. Choose any Provincial Crest or Curling Country as your Graphics. Features Ultra-Light Carbon Fibre handle with swivel Performance head - only \$199.99. You will have it in 3 weeks, just in time for Christmas! Al Mellett's (GMCA member) using one or drop in to Sports Traders to see this unique high quality broom. An excellent gift.