



Rock Talk

Merry Christmas
Happy 2012 to all

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12 reasons to give for NOT making the shot

Think we at GM have a unique take on why we don't make shots? Not likely. However, undeterred, your intrepid *Rock Talk* reporter braved post-game crowds this season to do curler-to-curler interviews to ask: "What's your best excuse? What's the best excuse you ever heard?" Here's the results fresh from the interview.

<ol style="list-style-type: none"> 1. Wardrobe malfunction. 2. Skip put the broom in the wrong place. 3. It picked (sorry, but the ladies claimed it's a 'guy thing' as seen on tv). 4. Must have thrown the straight rock (again, another 'guy thing'). 5. Sweeping error. 6. I hate it when the skip tells me what to do. 	<ol style="list-style-type: none"> 7. Ice is too slippery. 8. Negative ice—whatever that is. 9. Distracted due to ring tone—had to answer the call. 10. Practising my Randy Ferbey 'heater' or something like that.... 11. Forgot to take my gripper off. 12. I thought skip called for a take out.
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Visit our website often to keep up with changes and updates



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TECH TALK #2

This issue, AI answers some FAQs from GMCA members. Let's hope they are ones you've wondered about. If you have any FAQs, don't hesitate to send them along.

Q . Any suggestions to help me **slide farther**?

A. You need a thicker Teflon sole, to give you a faster slide.

- You also need to balance your delivery more so you are not dragging anything—like your knee, or leaning on the rock.
- Check your sliding shoe for deep scratches or wear.

Q How often should I clean my **fabric** broom?

A. Sports Traders has a little pocket-size brush that you can brush clean your broom all game long.

- You can also reverse the pad every three months, that is, swivel it 90 degrees to even out the wear. This is because, in sweeping, you apply pressure on one side only.
- Also wash your pad with good soap and water and scrub it clean once or twice a year.

Q .What is the **best-selling** curling shoe?

A. Sorry, but there is no one shoe that sells the best over-all.

- Each shoe has it's own characteristics.
- Every shoe supplier has several price points of shoes, designed for all calibers of curler.
- Each shoe also fits differently, and you need to try them on. It is best not to decide what shoe you want based on a catalogue or web-page picture. Select your shoes by trying several styles on at Sports Traders.

Q .What can I do to get rid of the **white stain** on my curling pants?

A. Good question. That white stain is the 'trade-mark' of all curlers. That is one of the reasons you buy curling pants, so you don't ruin your street pants.

- The *only* way to eliminate the white stain is to not put your knee *down* when you deliver—which is almost impossible for most of us— or buy a knee protector to put on before each game.



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Q . My **hands get cold** during games. What to do about this?

A. Sports Traders has a few gloves that are thicker, but this isn't always the answer for some folk.

- Many curlers to deliver with their glove on and want what is called 'feel'. Therefore, such curlers require a thinner glove.
- I suggest a ski glove or a ski glove liner; alternatively, try a work glove with thinsulate liners, and practice delivering with your bare hand on the rock handle for better feel.
- Sports Traders, also carries mitts which are very warm.

Q Exactly what is the advantage to using a **stop-watch** during play?

A. Most competitive curlers use the stop watch specifically for the interval time: the time the rock travels between the T-Line and the Hog Line. This time (about 2.-5-3 seconds) will let you know whether your rock is heavy or light on that shot right at the point of release so you can perhaps save that shot by sweeping as early as possible if it is extra light, or advise the skip of a Plan B, if the weight is heavy.

Some players use the stop watch to time take-outs. If you watch players on T.V., some have a system in which they will call out a take-out weight of 9 or 10: that is, the number of seconds the rock takes to travel from hog line to hog line to accomplish the take-out. Since the term 'Board weight' or 'Normal weight' means something different to each player, the 9-second hog to hog, for example, is a specific weight for take-out and requires only a little practice to learn to consistently throw.

If you have any curling questions, feel free to call us at Sports Traders.

Report by Al Melett, President, Sports Traders, Victoria

Winning team report

One of our junior teams was successful in winning the D event of the First Annual, Victoria Optimist International Junior Cashspiel, held November 11-13, at the Victoria Curling Club.

Twelve teams were entered in the competition: three from Abbotsford, the rest from South Island Curling Clubs. In order to participate, each players had to be a member of the Junior Programs in his or her

respective club. Glen Meadows had one five-person team, rotating one player out for each game in the age





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category 9 - 17 years.

(Picture from left to right) Skip: Spencer Johns, Third: Bronson Wille, & Evan Scott-Moncrieff, Second: James Mackey, Lead: Dietrich Wille, Coach Lyn Wilson, in back (Coach Grant Marshall, not shown)

After losing their first three games and dropping to the Consolation Round, the Glen Meadows foursome found their stride, and went on to win their next three games.

The final game required a recovery from being four points down after 4 ends to being two points up going into the final end. The final score: 7 - 6 team Wille over Victoria's team Kalocsai. Prize presentations followed with medals and team winnings of \$400. As Cindy Tucker, Event Coordinator says: "The smiles on the faces say the rest." Well done! [Reporter: Joe McCracken, GMCA]

20+1 Curling Pet Peeves

The word *peeve* isn't in the grandfather of all dictionaries—the Oxford English Dictionary. Your Rock Talk intrepid reporter thinks this could explain why some post-game curlers (in the lounge) have no answer to this question:

"What's your pet peeve in curling?"

Okay, so it's possible some people are too traumatized after the game. And yes, it's possible some people simply don't have any peeves. However, your Rock Talk reporter did hit a nerve with other curlers. In fact, once curlers at one location started the list, they kept calling this intrepid reporter back with shouts: *"We've got more pet peeves for the survey!"*

But, enough of that. Here then, in no particular order, are the samples gathered. [Notice the similarity of some peeves. Does that say something?] You decide which you vote into top spot in your heart:

- Some one screaming at me: 'Sweep!' I scrub massively after which I discover it's the skip on the next sheet of ice who's been yelling. My skips gotta learn to disguise his/her voice...
- People who insist on wearing loud Norwegian pants for the game. I'm sooo jealous.
- Dirty runners on the ice. Folks..if you're gonna curl, after year one get proper shoes. Please!
- Sloooooowwww curlers. We've all met 'em.
- Blah black curling outfits for women. Always black and boring on the racks in the stores. Why not something jazzy like loud Norwegian pants?
- Anyone who flings debris on the ice as s/he cleans off the rock bottom.
- Shaggy jeans worn for ice play.
- Skips who make wrong calls.
- The person who doesn't acknowledge my sincere *"Nice play!"* comment after s/he throws a great shot.





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- Curlers (on one team) who walk two abreast or in the middle of the sheet ignoring the opposition player in the hack (who can't see his/her skip and is being distracted). Rude!
- The guy (it's always a guy) who throws nothing but massive take-outs... he's clearly watched too many skins games on tv.
- Not enough pebble in front of the hack.
- The buzzer
- Opposition players who (instead of standing on the boards) insist on forming a nice little crowd on the sheet behind the hack.
- The person who handles the rock roughly as if it's unbreakable. [PS - The world's supply of curling rock granite runs out in 2020!]
- The curler who puts bare hands and fingers on the ice (at the hogline).
- Fuzzy sweaters worn on ice... leaving clouds of dust bunnies in their wake as they motor down the ice.
- Oblivious curlers who move along the side of the sheet even though the next player is in the hack trying to concentrate.
- Perfect shot I let go only to have it overswept by my enthusiastic team mates.
- Trash talk during a bonspiel! **AND YOUR PET PEEVE IS? Fill us in ____**

Congrats to our teams

Teams won A,B, C events with the team name for D event plus a good little trophy for the Glen Meadows team.



GMCA team members who participated:

A event (winner VCC): Sue Ovens, Sharon Kelly, Pauline East, Lorna Anthony

B event (winner GM) Connie Moffat, Jan

Addison, Lesley Milligan, Julie Little

The B event finals was at the end of the eighth so had to play an extra end.

GM team managed to tuck



tied we Our

three rocks in the house and the opposition was unable to remove them or get in for shot rock on the skip's





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last shot. Connie Moffat did not have to play her last rock as we only needed one point to win the game.

C event (winner VCC) Nina Olson, Val Turner, Dolores Troyer, Edith McHugh D event (winner Esquimalt) Evelyn Devries

• Curling websites to visit

The History of Curling in Canada



About Bonspiel!
This site uses digitized collection material from Library and Archives Canada to trace the development of curling from its earliest origins in Canada to its present form. Each section of the site is named after a part of the playing surface.

The Hack (1500-1800) examines the controversial origins of curling and explores its foothold in British North America.

The Hogline (1760-1850) looks at the early development of the sport as it crossed into Canada.

The House (after 1850) explores the development of curling as a Canadian sport and how it shaped, and was shaped by, Canadian culture.

Burned Stones: Curling Lore highlights interesting stories and personalities that are hallmarks of the sport in Canada.

Some of the original materials that have been digitized include minute books, constitutional documents, letters, documentary artworks and photographs.

Acknowledgements
Many people have offered their expertise and experience to the development of this website:
The site content was written by **Doug Robinson**, with the generous research assistance of **Danny Lamoureux** (Canadian Curling Association) and **Myron Momryk** (archivist, Library and Archives Canada).
Photography for the site was provided by **David Knox**.
We also gratefully acknowledge the contribution of the Department of Canadian Heritage, whose financial assistance through **Canadian Culture Online (CCO)** made this work possible.



The CURLING CONNECTION
November 2011
www.curlbc.ca

Curling for the next generations
by Scott Braley, CEO, Curl BC

And so it begins. I just received the first cheque from Vancouver Foundation for Curl BC's Curling for Life Endowment Fund. One year ago, a group of past and present Curl BC Board members, headed by Curl BC's Board Chair, Jim Mann, raised over \$10,000 to establish an Endowment Fund for curling. Since that time, there have been 25 donations to the fund from individuals and companies. These donations have ranged from \$25 to \$2,500, but the most important thing is that each person has contributed what they can to ensure that curling will be healthy and vibrant throughout BC for generations to come.

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Library & Archives Canada (see left)

• Curling Exercises: Part 2

Last issue, Rock Talk printed a set of exercises from CCA from www.startcurling.ca. Set up as a resource for players new to the sport of curling, the site's aim is to have people at all levels get more comfortable and improve.

This CCA interview carried out late in Dec 2010 with John Morris (third for Kevin Martin during the 2010 Olympics) considers the role of exercises.

"You might think that during a meat grinder like the Canada Cup —a really tough field, ten-end games, a mid-week start —a workout is the last thing a curler needs. While there's no question that rest and recovery is critical when you're competing, I've found that getting in some sort of cardio and light strength training really makes a difference in the way I feel on the ice. I'm not alone among elite curlers either —the first time I went down to the gym at the hotel, I ran into fitness fanatic Cheryl Bernard, midway through her own workout.

Here's the kind of workout I like to do when I head to the fitness centre during an event:

- **30 minutes of cardio.** I'll use a bike, an elliptical or a treadmill, depending upon my mood. I'll mix in some



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high-intensity intervals — working at 90% of my Heart Rate Maximum — during that half-hour. But I won't push things too much — the bulk of the workout will be at 60-70% of my HR Max.

• **A short circuit.** Again, I'm not looking to push myself too far but because I work out throughout the season, I know that I won't wind up with sore muscles after doing some strength training. A circuit I like during an event is Chin-Ups (both Close and Wide Grip), Push-Ups (with my feet elevated on a bench to make them a bit more challenging), Bicep Curls (Hammer and Concentrated) and Tricep Extensions. I'll do three sets of each, keeping the weights in a comfortable range, and probably be done in about 25 minutes.

Now someone might say that curling a ton of high-pressure games is a workout itself. It's true that if you're playing a sweeping position, you're burning a ton of calories on the curling ice. And if we have a two-game day, particularly when they go ten ends, I'm probably not going to have time for the gym.

But I've come to realize that a crisp workout during down time goes a long way towards helping me feel physically ready when I'm on the ice. I don't tend to lie around in bed all day when I'm not competing so doing that when I am playing throws things off. While rest and recovery is definitely important, keeping on track with my workouts helps me feel energized and positive.

Of course, I'd only recommend this if you've continued your off-season training during the winter. That's important, too. While curling is a workout, you don't want to rely only on playing and practicing in order to maintain the fitness level that you worked hard to achieve over the summer. If you have continued to train once the season got underway, you can complete a light workout during an event without needing to fear that you'll wind up with sore muscles later.

It's all part of a balanced approach to fitness and good health. It certainly won't make it any easier on your mind when you watch your opponent make a great shot to beat you. But at least your body will feel good.

Stick Curling Report

HI Everyone,

I am sending you the picture of Lesley Milligan and Lesley Pike, the big winners in the recent Esquimalt Stick Bonspiel held on November 5th, 2011. We had four and a half teams from Glen Meadows in the 12-

www.glenmeadowscurling.ca / gmca.com





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team event. **All** our teams won some money. The two Lesleys were the only team to win *all* their games. Well done Ladies!

The event was a one-day Bonspiel. We started curling at 12:30, playing two games then taking time to have a coffee and muffin break after which we played two more games. Each game won was worth \$20 to the team. After the last game, we all enjoyed a cool beverage and a pizza supper. It was an enjoyable event and we are looking forward to the next Esquimalt Stick Spiel in January!

Just to remind you about stick curling, and hoping the league fits into your plans. This year we play Thursdays from 1:00 pm til 3:00 pm. We play two games back to back, since each game only takes an hour. I can be reached at - ptsid@shaw.ca or 250 656-9933 [Reporter: Dorothy Wright]

HISTORY of the Pacific Coast Masters' Curling Association (PCMCA)

Guy Philp (a curler at the Chilliwack Curling Club) became President of the club in 1961. His vision? A competition to involve curlers at the senior level. At a meeting with senior curlers in Victoria in 1963, a slate of officers for the new organization was elected with Guy as the first Secretary-Treasurer. Four zones of the new organization competed for the trophy Guy donated. One rule for the competition still in effect is that all members of any team must be from the same club.

1970: in Kelowna, first competition—interior vs the coast competing for what was to become the McAllister Trophy (to honour another person promoting senior curling) awarded to the winning team at the Combined Competition.

1984: interior curlers established the Walter Hobbs Trophy, awarded to the interior champion. The three trophies (McAllister, Hobbs Philp) were combined into one event, alternating in location between the coast and interior.

1987, PCCA and BCICA initiated an Open Masters competition—now Curl BC Masters competition, with the winner going on to the Canadian Masters' competition. The main difference between the two competitions is that all members of the team must come from the same club in the PCMCA / BCIMCA competition; whereas the Curl BC competition is open to all Curl BC male members over 60 years of age.

2007: As more curlers reached the age of 70, interest developed in a new competition resulting in a contest involving four teams from the BCIMCA and four from PCMCA. Three plaques are awarded: one for the Interior; the Graham Donaldson for the Coast; and one for the over-all winner.

The present: B.C. Interior Masters Curling Association (BCIMCA) and the Pacific Coast Masters Curling



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Association (PCMCA) collect fees and set up bonspiels and playdowns for male daytime curler members.

The PCMCA presently has 2100 members in the four zones. Each zone has two directors and the AGM elects a President and Vice-President each year and appoints a Secretary/Treasurer for a two-year term. It also sets the policy, budget and fee for the organization.

The PCMCA has four zones: Zone One – South Island Zone Two – Fraser Valley Zone Three – Lower Mainland Zone Four – North Island.	The BCIMCA also has four zones; Zone One – West Kootenays Zone Two – East Kootenays Zone Three – South Okanagan Zone Four – North Okanagan.
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Individual clubs belonging to PCMCA have the opportunity to participate in leagues and bonspiels at their own club, as well as participating in bonspiels at other member clubs. Members may also form teams from their own club and enter the playdowns in the two categories (60+ and 70+) at the club level, with the club winner moving on to the zone playdowns. Each zone winner becomes the zone representative in the Combined Playdowns which take place in early March of each year, continuing to alternate between the coast and the interior. The two organizations are working to establish a mixed competition to take place at the same time as the men's competition and at a location near by.

Each Zone is organized by either a zone executive or the PCMCA directors for the zone and has established policy for the operation of the zone and the rules for bonspiels and playdowns in their zone. Each club has the authority to determine how their league and bonspiels will be organized and carried out. All of the bonspiels consist of three days of play involving five games for each team and a lunch. Prizes are awarded for games won and overall position after the five games.

At the present time, CurlIBC provides the PCMCA each year with a grant of \$3500 to assist in the carrying out of the Combined Playdowns. The BCIMCA grant is \$1500 as their membership is smaller than the PCMCA and the PCMCA had a financial agreement with the PCCA which was continued with CurlIBC. The PCMCA and the BCIMCA are presently meeting with CurlIBC officials to review our membership status and financial arrangements.

The success of our organizations centers around the involvement of members and having a vote at both the club level and at the AGM of the organization. At our AGM this year we had just over forty members attending, but they represented 19 of our 29 clubs. Members feel it is their organization and they have a say in how it will be run. [Sent in by Joe McCracken]



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CURL UP with SOME TRIVIA

- If you take a whirl on the internet, you must visit YouTube (see example on the right)

You might also stumble across press releases such as the one below:

- Racy 2012 Women of Curling Calendar

Wilfrid Laurier's Laura Crocker is always happy to bring more exposure to the sport of curling. That's why she said yes when asked to appear in the 2012 Women of Curling Calendar. No more exposure was required.

The Women of Curling calendars started out quite risqué. In 2006, all the athlete models in the calendar were nude. "My photo is not racy. This calendar is a little more family friendly," said Crocker, the 2010 Canadian junior champion with Rachel Homan's rink and skip of the 2011 Canadian university champions with Laurier.

The participants and contents for the calendar each year are kept amazingly quiet. The press release came out last week (Oct. 2011). Eight Canadians, including Crocker's junior champion teammate Emma Miskew and four international curling stars, make up the months.

When Crocker's name appeared among the list of calendar girls, her curling friends immediately had the reaction and questions one would expect. "Are you clothed? Aren't those calendars a bunch of naked girls?"

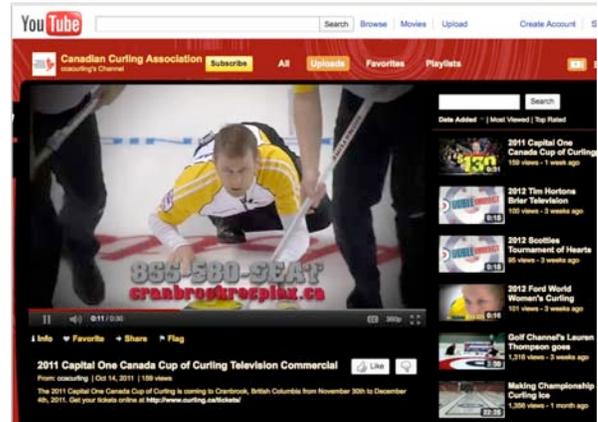
Four-time world junior champion Eve Muirhead of Scotland is on the cover. Reports indicate Muirhead will be topless inside.

Settle down.

Muirhead will also be wearing her four gold medals around her neck, likely strategically placed. There are photos with the curlers in "fitness" outfits demonstrating how the sport has changed. Other shots have the women in formal wear.

"It shows that, yes, we are athletes, but we are also women and people, too. I am wearing a dress in my photo," Crocker said. "And it fully covers me." There is also a head shot and action shot for each of the curlers on each month. Important curling dates are highlighted throughout. The calendar is for charity. Proceeds go to the Canadian Spinal Research Organization's Shoot For A Cure fundraising program. Purchases can be made online at www.womenofcurlingcalendar.com.

[Source: www.womenofcurlingcalendar.com]





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Not all 'bonspiels' are bonspiels

According to Canadian Curling Association, not all curling competitions are called *bonspiels*.

A bonspiel is 'a competition between curling clubs often played over a weekend and featuring a number of different events'.

Major championships such as Scotties Tournament of Hearts, Tim Horton's Brier Championship are made up of teams representing provinces and territories should not therefore be called '*spiels*' or '*bonspiels*'.

The Historie and Chronicles of Scotland, 1436-1565 by Robert Lindsay mentions the possible origins of the word '*bonspiel*': the Dutch words '*verbond*' for '*alliance*' and '*spel*' for '*play*'. An apt description of the social nature of the game -- no boarding, no head shots, no spitting in the dugout... well, you get the idea.

Seems at an archery competition Scotland versus England -- clearly not in midwinter, '*the king's mother took a wager of archery upon the Englishman's hands against her son's... the king hearing of this **bonspiel** of his mother's, was well content*'.

[Source: The Globe and Mail, September 25, 2011, Focus section, page F2]

Ah, leave it to Woman to invent agriculture, weaving, cooking, pottery and, in her spare time, throw in a perfectly good group sport, curling!

Relax! This foursome isn't out on parole... here's the snapshot sent in by the guys for their Esquimalt Bonspiel earlier this season. Why are curling pictures often less than... well, becoming? Doesn't do you justice.

