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**RockTalk** Editor Marilynne Miles Gray wishes to thank all contributors to this issue and apologizes in case she omitted mention of any name. Without your help, none of this would be possible. Above: Wednesday night curling teams at Hallowe'en; USWCA teams with local Victoria teams; Woytowich teams 'after' and 'before'.



November 2012 issue

Glen Meadows Curling Club

Rock  
Talk

## Umpire Says: "It's in the Rules!"

1. Your team's first win of the season's on the line. Wow! Think of it. A win! Eighth end and two rocks seem about the same distance from the button — yours and the opposition. You're keen to measure because you think your rock's closer. Your opponent thinks his/her teams closer and wants to simply eyeball the rocks.

What are TWO technical reasons you can give for doing a proper measure with a device?

2. Out comes the measuring device. Which end should go on the ice FIRST (a) pin or (b) butt end? What's your reasoning?

For answers, see below.

### Words of the Day: Mixed Doubles

[Source: adapted from Oct. 2012 *Curl BC Newsletter*]

IT could be an Olympic curling event as early as 2018, so the Mixed Doubles format is gaining in popularity.

Mixed Doubles format has been used during the Continental Cup. The first-ever BC Mixed Doubles Championship takes place February 1-3, 2013.

- teams are made up of one male and one female curler played over eight ends;
- each team has only six stones;
- one stone from each team is positioned on the centre line before every end of play;
- One player delivers the first and last stones (#1 & 6) of the end while the other player throws stones 2-5;
- if a team so choses, the two players may swap positions from one end to the next;
- both team members are also allowed to sweep;
- CCA lists no age limitations for competition

### Umpire Says (CCA Rule Book)

1. "... the diameter of stones **may vary**, therefore measurements shall be taken from the tee to the closest part of a stone" (rule 15 (2) page 45 and, • as we know, the painted circles themselves can be **slightly off**. This last issue is the reason officials are given the task before a competition of determining and marking in their notes where circles are not perfectly round.
2. While not strictly outlined in *The Rules of Curling: Official Rule Book* issued by CCA for it's certification ... here's the directions given during training of officials: (B) Place the butt end on FIRST. This is so there's less chance of damaging the centre hole on the button.

SPECIAL Note: Remember tv shows with the crooked butcher who puts his thumb on the weigh scales to suggest there's more meat on the scale than is actually there? Same 'thumbprint' can happen if heavy measurements are made on the ice even unintentionally.

Clubs pay about \$600 for these measures which are very sensitive to pressure. While measuring, take care to move the device and measure with a finger on the side NOT on top the rods. Any weight on the top of the



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# Rock Talk

metal rods, conveys extra pressure to the dial gauge and will throw reading accuracy off kilter.

### Skill-Building: Rock Delivery

January  
Clinic  
activity

While CurlTech (the source of much of this entry) is not the only website with delivery instruction, the aim of this article is to encourage readers to check out “the good stuff” that’s out there. Don’t forget this is well covered by GMCA instructors during the January clinic.

#### Knowing makes the difference

The methods for throwing a curling rock have evolved over hundreds of years. In the early days, it was as simple as gaining a foot-hold on the ice and hurling an object forward. It wasn't until the 1940's that the slide was incorporated into the delivery, thanks to Canadian curling great, Ken Watson.

Ice conditions varied around the world but most curling club ice was slow compared to today's standards. Some thought that sliding with less effort would improve their game and they began to roll up on the toe of the sliding foot reducing foot contact with the ice. The toe-tuck delivery was born.

Although a full-foot slide was introduced by Watson, the tuck delivery became popular for two reasons. It reduced friction on the slow surface, and allowed the curler's body to get closer to the ice. Since the slower conditions were conducive to a takeout game instead of draw game, this delivery allowed them to better ‘sight’ the rock toward the skip's broom on the takeout.

Since many players were sliding, the hog line rule was changed so the body could cross the line as long as the rock was released before the front edge (and hand holding the rock) reached the hog line or risk a hog line violation.

In the early 80s, ice conditions improved dramatically due to the introduction of purified water/ice and the use of the ice scraper as regular maintenance tool. These two things improved the speed of the ice and curling began a rapid evolution to an aggressive, draw-type game. In 1990 the Free Guard Zone rule further propelled the game to finesse and draws.

#### The Process

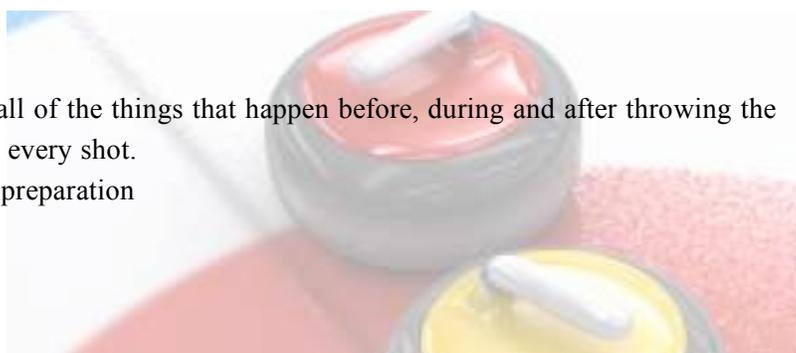
The process for delivering a rock includes all of the things that happen before, during and after throwing the rock. Each step of the process should happen on every shot.

1. Setup, shot planning and pre-shot mental preparation
2. Forward press
3. Draw/step
4. Slide
5. Release - and apply rotation
6. Follow-through

The aim is for these steps to become seamless over time.

Delivery compiles interrelated steps and processes allowing the curler to take full advantage of ice conditions. The delivery fundamentals are the same for all levels of play. Delivery incorporates the coordination of many muscles and body parts moving fluidly.

At the ordinary level of club play, consider two things as goals. A. Throwing the rock straight towards the broom (on the line of delivery) in a consistent manner B. Throwing the rock with a fluid motion (for consistent





weight control) and not making obvious corrections on the motion

### **3 Delivery Principles**

#### **Balance**

The term 'balance' in the curling delivery means the body is balanced over the sliding foot. Your athletic ability will dictate to some degree the level of balance that can be achieved. No matter what your ability, though, balance is still a key component. Some people can balance perfectly on their sliding foot with no pressure on the rock or broom. This is preferred but is not necessary for most curlers to enjoy the game. For most of us, balance simply means not favoring either side (rock side or broom side) during the delivery. A little pressure here and there on the rock or sliding device is not a problem. Balance allows the body to slide more upright. The more the body is upright, the straighter the slide becomes. A straight slide will produce a straight line of delivery.

CurlTech delivery emphasizes the use of large AND small muscles to throw the rock. As well, there is emphasis on development of the body's kinesthetic sense of motion (KSOM) -- in other words, how your body interprets relative movement through a variety of sensory inputs. This KSOM is needed for judging draw weight and achieving overall rock control. What does a slower 3-second T-Line to Hog drive feel like? A 2.5? A 2.95? They do feel different.

Since many muscles are working in unison, no one muscle is dominant. Consistency and weight judgment are improved. Also, in tense situations, this delivery is less susceptible to nervousness and stress as many body parts are incorporated.

#### **1-2-3 Motion**

We at TechCurl found that teaching a 1-2-3 motion helps new and existing curlers focus in the main components. Think of the delivery as a 1-2-3 motion with a release at the end.

#### **The Body Drop Concept**

Timing (called Body Drop by CurlTech) is also a key delivery component. If done properly, it is seamless and may not be a discernable part of the delivery. Body Drop refers to the body dropping down and forward during the delivery allowing gravity to help generate power.

(excerpted and adapted from CurlTech website)

## **ADVANCE NOTICE BULLETIN BOARD**



**January 4-6, 2013 MIXED BONSPIEL... 32 teams is our goal. Don't miss it. (see page 9 for poster)**

**January 12 - Curling clinic (see page 6 for what you absolutely don't want to miss)**



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Glen Meadows Curling Club

Rock  
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## Straw Poll : All-in-Good-Fun Curling Posters & Publicity/Marketing

**→ WANTED  
DANGEROUS CURLER**



**THIS MAN NOW ON THE LAM  
IF YOU SEE HIM, APPROACH  
HIS CURLING ROCKS WITH  
CAUTION!  
DO NOT  
ATTEMPT TO STOP HIM!  
SHERIFF: SIN CITY**

With permission of master curler Lynn Wilson, a mock-poster (left) was made using one of the fun photos circulated from the Woytowich team. The team wanted to show the rest of us just how off-the-wall their Las Vegas curling trip was.

This prompted our

### **Straw Poll Question:**

For next season (2013-14), are mock posters similar to this one in keeping with the (many) ways we could promote our GMCA curling?

**YES**

**NO**

**Uncertain**

Feedback Please!

Let your Executive & your RockTalk Editor know how you feel. Publicity and growth for next year should be on our minds already!

Read: SIN CITY SAGA on following pages.



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### **Results 2012 Day Ladies Interclub Bonspiel- November 5-8**

#### **Victoria Ladies Interclub Bonspiel Nov 6-8**

A- Event Winners: Janet Bell, Jan Addison, Judy Scott, Jo-Anne Bilodeau

D- Event Winners: Joyce Mylymok, Kathi Nelson, Sue Hinds, Verna Wright, Marilynne Gray

#### **Results Kerry Park Sr. Men's November 6-9**

A-Event 2nd: Lawrence Woytowich, Wayne Scott, Paul Addison, Frank Nash

A-Event 4th: Steve Beggs, Gary Rowe, Jack Bowman

C- Event – Winners: Gerry Vantreight (played for Victoria's Tom Melnyk)

C -Event 2<sup>nd</sup> place: Lynn Wilson, Joe Golumbia, Dick Waller, Jack Spencer

Lawrence reminds readers: All our info is on the Competitive Web site. If you click on our league, it will give you current year league info, draw and members, if you go to the right it will give you the option of this year's Bulletin Board (Bonspiel Dates and GM Victories) or everything you ever wanted to about last year.

### **GMCA Stick Curling - starting January 10, 2013**

12 weeks / 2 hours per session. Contact Dorothy Wright at [ptsid@shaw.ca](mailto:ptsid@shaw.ca) for further information.



## **ADVANCE NOTICE BULLETIN BOARD**

### **January Curling Clinic Sat. Jan. 19 12noon to 4pm DON'T MISS IT!**

Report on October Clinic: Paul Addison reported there were lots of volunteers; the coach-to-trainee ratio was excellent with 20 novice and 11 intermediate curlers in attendance. All 20 new curlers were invited to consider joining the club's leagues, especially the Sunday league.

The second clinic in early January will be an advanced clinic designed for current league players to improve their game.

**COMING IN JANUARY:** Plans are underway for a 4-session Technical Clinic (So You Want to be a Skip, Eh? / Strategies/ Line Calls/ How to be a Vice Skip and more). Stay tuned.

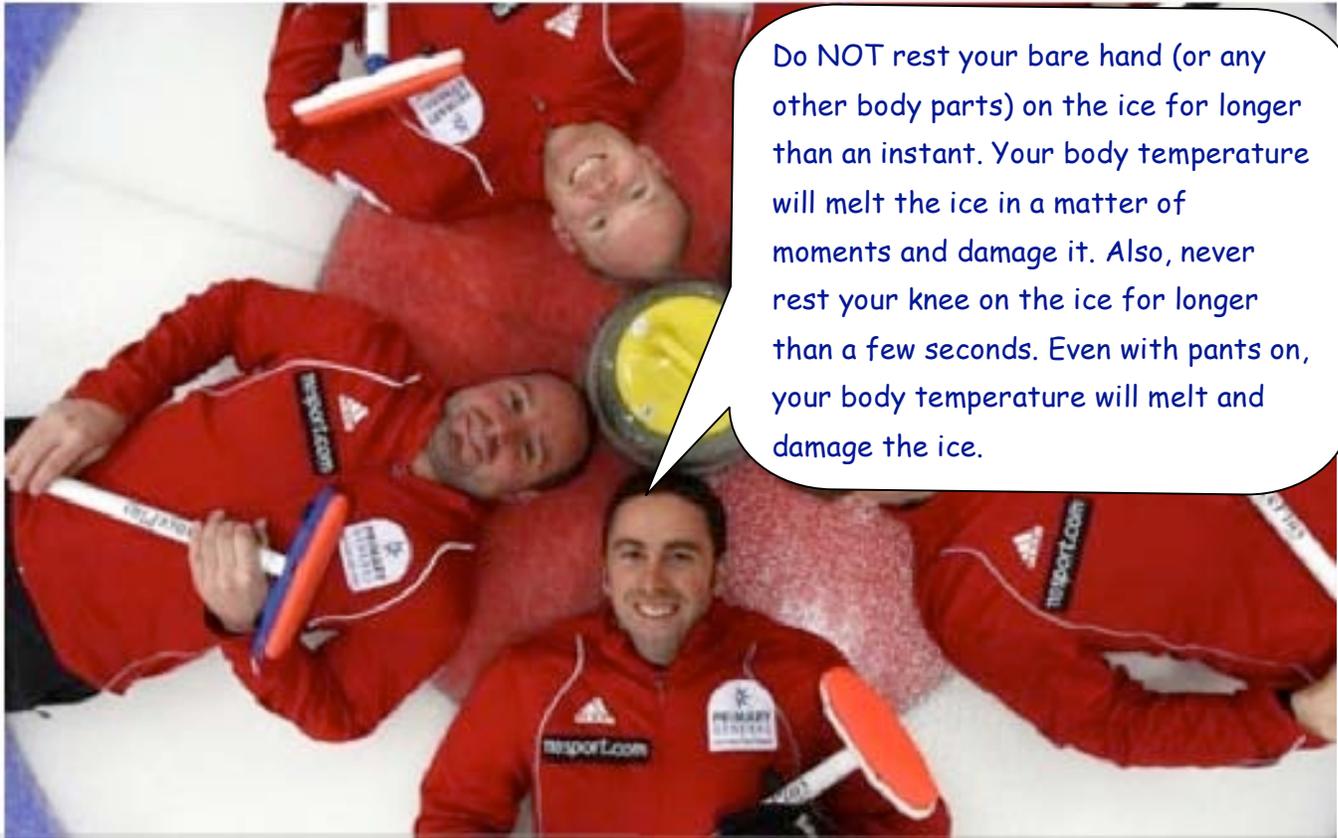


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### Etiquette & Tip:



### Historic Scottish Strathcona Cup

[Source Oct 2012 Curl BC Newsletter and CurlingToday.ca ]

Canadian curlers will be playing for a trophy that's nearly as old as the Stanley Cup when they host a historic competition in January. The Strathcona Cup pits 60 curlers from Scotland against curlers from Canada in a series of friendly games. For the first time, all ten provinces are included in the tour. The Strathcona Cup champion is determined based on the cumulative results of all the games played, in this case, 434 games in over 100 Clubs. Over 1,700 Canadians will participate as opposition and hosts for the Scots.

The trophy – the coveted Strathcona Cup – was fashioned by silversmiths in Glasgow, Scotland, at the turn of the last century. The cup was given to the Royal Caledonia Club by the High Commissioner of Canada from 1896-1914, Lord Strathcona.

The trophy is just 11 years younger than Lord Stanley's Cup; the trophy was fashioned in 1903 while the hockey trophy was created in 1892. Unlike the Stanley Cup, the Strathcona Cup doesn't necessarily stay with its winners. The silver trophy engraved with Celtic symbols and curling scenes is so valuable that it doesn't leave its Scottish home.

That hasn't stopped Canada from winning the cup. Canadian curlers have won 11 of the past 21 Strathcona Cup tours. In fact, Canadians are defending champions, with 2009 the most recent victory.



Play is on the books as scheduled every five years (alternating Canada and Scotland). However, the tours have occurred irregularly, at the beginning of the 20th century due to world wars (and more recently due to scheduling difficulties).

2013 primed to be a great year

Three separate Scottish tours are coming to Canada. The Strathcona West tour kicks off on January 10, 2013, with opening games and a banquet at the North Shore Winter Club. Stops will include Royal City, Vancouver and Richmond Curling Clubs, Tunnel Town and Hollyburn in West Vancouver, Powell River, Qualicum Beach and District Curling Club, Esquimalt, Glen Meadows Golf and Victoria Curling Centre.



**Scotland Master's vs GMCA Master's - afternoon of Wed. January 16, 2013**

At the same time, a Strathcona Central and East tour will take place in Ontario and the Maritimes. Each win will be tallied up and the country – Scotland or Canada – with the most points will win the coveted cup.

For more information, visit <http://strathconacuptour2013>.



Team posing with Strathcona Cup they've just won.  
No date or team name available on the web.

**Speaking of "historic curling"...** here's a poll conducted your Editor at Victoria Invitational March 28-April 1, 2012 held in Esquimalt. I asked 10 people at random **How many years have you curled?** Using the results (of: 12/48/45/48/71/28/25/33/47/8 years respectively) that's a total of 365 years X 20 games per year = 7300 games! The gentleman who had curled 71 years, said he started in 1941; won a bonspiel at age 10. The prize? a large tube of toothpaste. The runner-up received a small tube of toothpaste (valuable commodities in those days he says). One lady polled spoke fondly of the first year she curled (1964) in Delisle, SK.



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Poster by Melisaa Mills



# GLEN MEADOWS CURLING

## MIXED BONSPIEL!!

**January 4, 5 & 6, 2013**

Entry Deadline December 28<sup>th</sup>, 2012

entry fee - \$220.00

deposit - \$50.00 per team

### Three Events (A, B, C)



## Dinner & Dance Saturday Night!

*Draw Prizes!*

*For information:*

Ph: 250-544-4350

Email: [lysmith@shaw.ca](mailto:lysmith@shaw.ca)

*Make cheques payable to:*

**Glen Meadows Mixed Bonspiel**

*Mail entry to:*

**Mary Truttman**  
8761 Cordero Crescent  
Sidney, BC V8L 5E6

[www.glenmeadowscurling.com](http://www.glenmeadowscurling.com) ph: 250-656-3136

*new ice plant = great ice!*



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## League Reports

Wednesday Mixed – Brian Crossley reported they have 9 teams registered therefore 1 team has a Bye each week. Teams from other leagues are encouraged to arrange to play against the Wed. bye teams.

Senior Competitive – Lawrence Woytowich reported they have 10 teams but expect to expand to 12 teams in December. Christmas luncheon Dec. 19<sup>th</sup>.

Juniors – Lynn Wilson reported that 80% of last year's juniors have returned with 24 members currently and a possibility that a group of 6 – 8 students from Stelly's Road school may join the juniors. Junior Interclub program includes 9 games this season, all to be held at Esquimalt Curling Club due to the very affordable subsidized price offered by the Esquimalt CC to help promote junior curling (\$12.50 per sheet for a four hour time slot!) Games will be held every second Sunday of the month. It's expected that Glen Meadows Juniors will have 2 – 3 teams in the interclub circuit. We have lots of coaches and assistants running our program — all much appreciated.

Friendship League – Sunday drop-in event. Typically 12-18 curlers show up. Coaching/assistance provided.

Tuesday Eve. Ladies – currently 9 teams, so there is a bye team each week. The team with the bye will have the choice of practicing or playing a twosome game using the rules on P. 105 of the Curl BC Yearbook. Unfortunately the Ladies Bonspiel has been cancelled due to a lack of committee members and commitment from curlers.

Day Ladies – have 7 teams with one bye team /week. Bye teams use ice for practice time. Good news: 4 new ladies in our League. Results of Interclub bonspiel on page 6. Dec. 7<sup>th</sup> luncheon.

Monday Men's League – currently has 8 teams.

Thursday Men's league has 6 teams, down from the previous year.

★ The Men's Bonspiel: scheduled for January 24 – 27.

Stick League – not enough of a turnout to start up the stick league; 12 curlers are needed to make it viable. The hope is the league will run from 10 January – 28 March.

Masters – started out with 85 regular members and 32 spares (down from previous years). As a result, there are only 11 draws each day. By November, it's anticipated all 12 draws will be filled.

★ Masters Bonspiel: February 12 – 15<sup>th</sup>.

Curl BC Report: Lawrence Woytowich is now Curl BC's Coordinator for the BC Senior Games.

Website: functioning well; some leagues are using it effectively to provide current information.

☺ SPECIAL: Turkey shoot: Dec 21<sup>st</sup> / Family Fun Day: Dec. 28<sup>th</sup>



## SIN SITY SAGA

### Entry #1 Oct 25

by Jack Campell

Anna and I are in Vegas. It is actually 288 miles (from Palm Desert where we're "wintering" and not the 181 that the distance chart showed.) Travel time is around 4 hrs. if you keep a steady 70 mph. Am staying at Trump Towers tonight. Donald hasn't called to invite us to dinner yet but I'm sure he will. Probably just busy and hasn't had time.

We went to see the Las Vegas Ice center and there are 2 hockey rinks. One is being used for curling. I think there are 6 sheets. The houses are defined and the lines that separate the sheets extend out to the hog line. if you are 1/2 way down the sheet. (ie. **no indication** of what sheet you are on!) Also no barriers to stop the rocks from going onto the other sheets. Noticed the rings of the house are not very well defined. Looks like it would be a good idea to keep the measuring tools handy.

The two hockey rinks are connected end to end with a snack bar etc in between them. Also at the other end of the rink that the curlers are on is a bar with a viewing area. However you have to look through netting set up to stop hockey pucks. Unfortunately: no other enclosed viewing area; no upstairs viewing area. There are however benches that fold down along the sides of the rink. A bit chilly I would think. Don't know if anyone is going to set them up as I didn't see much of a crowd anywhere.

Ray Field was playing while I was there. He has a mixed team in the Margarita spiel. I talked to Ray (through the hockey glass ) and asked him how the ice was. Not sure what he said but he didn't look happy.

Anna and I are still going to catch the 9:15 pm game but definitely will not be there for the 1:45 am one. Will be heading back to Palm Desert after lunch tomorrow.

### Entry #2 Oct 26

by Dan Eakins

Good morning Glen Meadows curlers:

Update from our intrepid YVR ISLANDERS team down in Las Vegas. This report is from the Lead, Frank Nash (the only one not suffering from a cold). I guess he was detailed off by the rest of them to make a report while they all went to bed or maybe it was just because he was the Lead, you know how it goes...

I wonder if Jack Campbell stayed up after all to watch the 1:45 a.m. game and cheer on our team?

Note that the next game is 1:00 A.M. tonight. Ouch! And before that, they have to attend the Costume Party, which they are still not mentioning in their reports, hmmm! I'm beginning to think they're going to dress up as Elvis impersonators. (L to R: Frank, Wayne, Lawrence, Lynn)



### **Oct 26**

From Frank Nash:

Hi Dan:

Well, we won our the first draw by default -- the Alaskan Cousins were no-shows. Game #2 ended at 4:30 AM this morning and we have just arrived back at the hotel. As Jack Campbell mentioned, the ice was very challenging with lots of falls, runs, mismatched rocks and debris. Regardless, the final score was 6 to 5 in our favour against the team (actually of two teams) from Kamloops.

We get the rest of the day off. Our next game starts at 1:00 AM tomorrow (Saturday) morning preceded by dinner and the costume judging.

All the best, Frank (on behalf of the Woytowich team)

PS: you'll have to remind us to share the details of the ride back to the hotel with four other teams in a nine passenger van and some very loud music.



**Entry #3 Oct 27**

From Frank Nash:

We were on the ice at 1:30 AM and prevailed over the opponents (a young, well trained team from Wisconsin), placing us first in our pool. Tonight (Saturday) at 6:00 PM and again at 10:30 PM we play a round robin with the winners of the other two pools to decide first place overall. Will update you prior to our flight home at 8:00 Sunday morning.

Frank

PS: you might ask Lawrence who propositioned him while waiting (in full costume) for the shuttle to the Ice Center.

**Entry #4 Oct 27**

From Dan Eakins

Hello Glen Meadows curlers:

Our team in Las Vegas is holding up well. It looks like we have a story brewing about Wayne being propositioned; can't wait to dig into that one when they get back.

Well done to Team YVR ISLANDERS, keep it up, we are cheering for you back home.

**Entry #5 Oct 28**

Dan Eakins reporting:

Hi Glen Meadows curlers:

As luck would have it, I was on the 1 p.m. ferry coming home from Vancouver today and who was in the car line up beside me – four very tired but happy Glen Meadows curlers. Sure enough, the YVR ISLANDERS were on the same ferry so I got a chance to get the latest results of their crazy bonspiel I won't give you all the details, just the basics until I can get more out of these sleepy guys. Yes, very sleepy looking indeed. They finished their final game last night at 3:00 a.m., got back to the hotel for about an hour and a half sleep then they had to get underway to catch their flight home. So when I saw them they were dragging you know what behind them.

Anyway, the word of the day is Winners – sort of that is. They ended in A Division and in a three-way playoff with one of the two teams from Kamloops and a team from Wisconsin. So, on the last night of the bonspiel, they played against the Kamloops team first and were defeated by this young team. Then Kamloops played the Wisconsin team and were defeated. So next our YVR ISLANDERS played the Wisconsin team and won the game in an extra end. By 3:00 A.M. of the last day of the spiel, all three A Division teams were sitting with a 1 win/1 loss record, Nobody was ready to play another round so it was decided to call it a three way tie for first place.

By the way, because this was an open spiel. our guys had to play against some pretty stiff competition and many were in their mid-30s.

The Wisconsin team's skip, Paul Pustovar, is 2010 Senior Men's World, Champion, 2000 Runner-up, has 5 US championships and a Bronze to his name — actually a total of 5 Runner-up titles. He's been coached at one time by our own Bill Tschirhart.

Pretty interesting stories that you will all want to hear yourselves – just ask Lynn Wilson about his run in with two law enforcement officers – and ask Lawrence about being propositioned... worth a giggle.



**Entry #6 Oct 29**

by Lawrence Woytowich

I had 1 hour of sleep on the last day. We got off the ice at 3 am and to bed after 4:30. Up at 5:30 packed and off to the airport.



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When I can get my body back, I will write you an article mostly on our last game against Pustovar (the last game of the competition).

This may be one of our most exciting games of our life, to stay in the game at this level. He has never been beat at this competition and the game (as you can see by the score board in the picture) was a royal battle with last rock every end.

### USWCA Friendship Tour hits Victoria



[Source: Kathleen Mac Kenzie and Lesley Pike]

November 2nd, 2012 the United States Women's Curling Association Friendship Tour kicked off in Victoria with 16 US curlers from 11 different states that played four Region 8 women's teams.

The local teams were Team Campbell from the Victoria Curling Centre, Team Warburton from the Esquimalt CC, Team Johnson from Juan de Fuca CC and Team Bell - Janet Bell, Julie White, Lesley Pike, Dorothy Wright (shown above inside turquoise oval).

As part of this year's tour, B.C. locations ranged from Nanaimo, Cowichan, Royal City, Richmond, Cloverdale, and Marpole. Visitors come from 11 different states: Illinois, Massachusetts, Michigan, Minnesota, Nebraska, New Hampshire, New York, Ohio, Pennsylvania, Wisconsin and Washington.

During this tour, scores are not tracked as teams are here to build friendships and experience the hospitality of Canadian Curling Clubs. That said, the local teams won all their games. As Lesley Pike said in her write up, "*we've never curled together*".

For Canadian and American women age 50 or older, The USWCA/Canada Friendship Tours have been going back and forth since 1989 as a collaboration between the USWCA led by Winnie Blomquist of the Grand Forks Curling Club in North Dakota and the Canadian Curling Association. It operates on a three-year rotation between the two countries.

In 2015, there will be a BC Senior Ladies tour to the US. At that time, Curl BC will send out a call via the monthly newsletter requesting applications for interested curlers to apply. They will then select 16 women to go on the self funded tour. There is no CCA or Curl BC financial support available other than pins and pin cards. The USWCA advises the starting point for the tour.