



Written in GRANITE

November 2023

Upcoming Events

Christmas Friendship Jitney

Thursday, Dec. 14

Jitney at 9:30, Social at 11:45

Daytime Women event – sign up in locker room

Winterlude Bonspiel

Monday, Dec. 18

Daytime Women event – sign up in locker room

Cinco Spiel

- the bonspiel for novice curlers (5 years or less experience)

Saturday, December 9

9:00 am to 4:00 pm

See the [website for details](#).

Training Session with John Epping

A great opportunity for our Junior Curlers!

Thursday, December 7

5:00 to 6:45 pm

\$25, maximum 10 participants

Contact the office for information.

Nouveau Curling League

January 6 – March 30, 2024

10 week league for LTC graduates and novice curlers.

See the [website for details](#).

Club Nametags

Contact the office, or sign the nametag sheet at the bar if you are interested in a KW Granite Club nametag.

The cost will be \$15-20+ tax.

Meet John Thomas, the new GM

John has lived in Waterloo Region for the past 25 years, and currently resides in Baden.

He has many years of management experience having owned and operated his own skating school in Cambridge and coached with the KW Skating Club at Rink in the Park – now the home of the KW Granite Club. John also does some software development on the side.



John is a novice curler, but has spent much of his life around ice as a figure skater. To quote John, “A figure skater’s life is about going around in circles...and I am still going around in circles but now I think it is called a house ??!” In John’s case, he has come full circle, from skating coach to general manager.

John’s energy, enthusiasm, and can-do attitude make KWGC a vibrant and welcoming place.

Curling Equipment Needed

Looking for:

- Brooms
- Delivery sticks
- Stabilizers

If you have, or know anyone that has, equipment in good condition that is no longer being used, please consider a donation to the club so that we have decent equipment for the Learn-To-Curl Program and rental groups.

In September, the club purchased 5 stabilizers in order to have enough for the Fall LTC program to replace some that had gone missing. If equipment is labelled as KWGC property, please do not remove it from the club.

KW GRANITE CLUB

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Waterloo, Ontario N2L-3B6

Phone: (519) 742-4281
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info@kwgranite.com

Staff

General Manager: John Thomas
Ice & Facilities Manager: Rob Adams

Board of Directors

Executive:

President: Ashley Falconer
VP Admin: Brad Lushman
VP Curling: Katie Hitchman
Secretary: Matt Brouwer
Treasurer: Matt Wilkinson

Director of House and Property:

Marcus Baker

Directors at Large:

Mary Ann Burke
David MacTavish
Sean Orsborn
Dan Polischuk
Lindsey Schmalz
Tracy Suerich

Six Pack Bonspiel

The KW granite club recently hosted the annual Six Pack funspiel. The event featured teams of experienced and new curlers. This unique format with six-player teams ensures that each curler plays all positions, while also having some time off to watch the game, have a drink and warm up inside.

The event featured several visiting teams and a few with club members and friends from out of town. The team of "Where's Moe?" from Barrie, won the early draw and "Bob and the Rochers" featuring players from Rochester, New York, won the late draw. We also had two teams with players from Cleveland, Ohio and a strong contingent of lawn bowlers making up another two teams.



Friday night featured pub trivia complete with soft pretzels to keep everyone thirsty. The second game held Saturday morning featured our signature Six Pack Bingo game where teams eventually have to choose if they want to go for points in the game or attempt specific shots to fill their bingo card. Teams enjoyed lunch and a guess what's in the bag game before heading out for the final games to determine the order in which they would get to pick their prize from the prize table.

Thanks to our wonderful sponsors everyone was able to take home a prize, with the teams winning trivia receiving extra prizes! Our sponsors this year were Waterloo Brewing, Goldline and Meredith Bee (Tupperware).

We'd also like to give a shout-out to our bartenders (Dan and Cam) and ice makers (David and Sam). Special thanks to Michael for helping with the registration and Lianne for organizing the bag game. We look forward to filling the event next year with 24 teams! Mark your calendars for the end of October and get ready for some Reel Series (Movie/TV themed) fun!

*The hosts,
Jason and Ashley*



Daytime Women Update

The women's daytime curling league events are well under way. We have 7 teams on each of the leagues (Mon., Tues. & Thurs.) and are happy to welcome 10 new curlers. However there is a constant need for spares and hopefully our daytime members will step up & spare when they are able.

Start Your Games on Time - Better Yet... Start Early!

A note for every league: Whenever possible, curlers should be ready to start their games 10 minutes early. If the ice is ready... start playing! In the evening, if the early draws start early, the late draw has a better chance of starting on time.

Volunteer ice helpers still needed

Please contact the office if you want to arrange for training to assist with ice prep between draws. The more volunteers we have, the quicker the ice can be prepared between draws.

I'll never replay the shot I played to win the medal in Sochi, I'll always replay the shot I missed to come fourth.

– Eve Muirhead

That's what comes with being a skip; you get a lot of the glory when you make the shot, but unfortunately, when you miss that winning shot, you get a lot of flack for it as well.

– Eve Muirhead

You can help!

The **Food Bank of Waterloo Region** lost their door-to-door distributor of bags. This had a major impact on getting the word out on the need for food. Please take a bag or 2 and fill them from the club. Instructions on where to drop them off are on the bag!

The Food Bank of Waterloo Region accepts any non-perishable food items. The following is an up-to-date list of our Most Needed Items: individually packaged snacks (granola bars, apple sauce, pudding cups), dry beans, juice boxes, canned fruit, canned meat and fish, rice.



Kerry Lackie is going to the Everest Senior Curling Championships!

Canada's best curlers over 50 will be competing in Vernon, BC, December 3 - 9.

Support Kerry and Team Froud

Team Froud have launched a 50/50 fundraiser. Tickets are \$10, and the draw is November 29. The team goal is to raise \$2500 to offset the costs of food, accommodation, and miscellaneous travel expenses not covered by OCA/CCA.

View poster for more details. Contact Kerry (kerrylackie@gmail.com) for tickets.

We are thrilled to support Kerry in her latest championship quest!

The Backstory – from Kerry Lackie

The backstory for the past 10 years is wonderful to share, I feel very blessed.

2014: Kerry Lackie, Lisa McLean, Halyna Tepylo and Cynthia Roth represented Ontario and won the National Travelers Curling Club Championship in Halifax Nova Scotia. The final game was vs Tammie Cudmore from PEI. (two of the PEI players had previous Scotties appearances) Our team was officially from Westmount GCC, but all four were also active members of the KW Granite... and made sure everyone at the event knew it :)

2016: won the Ontario Senior Womens' playing Third for Jo Ann Rizzo (Brantford GCC) with Kristin Turcotte & Julie McMullin - finished 4th at Nationals (Digby NS), losing the Bronze Medal game to Alberta's Cathy King

...[the complete story is on the website](#)



*My grandpa used to tell me that
"Anyone can beat anyone on any
given day on any sheet of ice".
– Jill Officer*

*Now people see that competitive
curling of a high caliber is athletic,
not just beer parties. It takes mental
and physical strength.
– John Shuster*

*As you kind of approach the end of
your career, just to be remembered
for doing something that you love is
pretty remarkable.
– Jennifer Jones*

*The dullest Olympic sport is curling,
whatever 'curling' means.
– Andy Rooney*

Thank you to everyone that has
provided content and ideas for
this and previous **Written in
Granite** issues! Keep it coming!

Book Sale to Support Visually Impaired Curlers

The Daytime women are again running the book & puzzle sale in order to fund the visually impaired curlers' out of club events.

There will be a 1 week book sale to reduce inventory the last week of

November. Hopefully in early December there will be new bookshelves in place in the lounge for the book & puzzle sales.

If anyone with a line on bookshelves (72"H 36"W 10"D approximately) for the club we would be interested in investigating. Please get in touch with our club manager John if you can help us.



The Health Benefits of Curling

Author Rachel Ellingson, February 1, 2022

Excerpt from article published by Allina Health, Minneapolis, MN,

Part of the attraction of curling is that it looks easy and less taxing compared to downhill skiing, cross-country skiing, ice skating and other winter sports. But the truth is you can get a good workout while curling.

Curling requires balance—if you've ever walked on ice, you understand that balance is a necessary skill. By maintaining your balance, you increase your core strength, flexibility and coordination.

Curling is aerobic—first, you are working out in the cold, which means you burn more calories. Second, you can put on about 2 miles walking up and down the ice during the game. Plus the sweeping motion involved in directing the rock increases heart rate and improves your cardiovascular system. Research has shown that curling can reduce blood pressure.

Curling strengthens your legs—as you maintain your balance on the slippery curling sheet, you tone your calves, thighs and buttocks. Plus the player who throws the rock does so from an elongated lunge, which requires strong leg and glute muscles.

Curling strengthens your upper body—sliding a 40-lb. rock and vigorous sweeping can help tone your arms and shoulders

Curling also provides mental stimulation. It is a highly strategic sport, often compared to chess, and requires planning, strategizing and team work. In addition, curling is a very social sport. Teams must work together and communicate well. It is also inclusive; men and women and children of all ages and all abilities can participate. Many curling clubs offer adaptive equipment that allow disabled players to play.