



From the Editors Desk

Have you had enough snow yet?! It's a good thing that we have curling to get to or I think we would go into hibernation like the bears do. There are still lots of fun activities at the curling club. And just not for members. We welcome the community too.

A gentleman came into the club Monday night to watch. I stopped to talk to him. He just moved into our community and was interested in a winter sport. Reach out to your non-curling friends and new community members to make them feel welcome in our club and encourage them to try curling. Your circle of influence is larger than you think and you can make our club a 'happening' place.



Did You Know?

When lining up to throw your rock your body, hack foot and rock should be squared and facing the broom. The glide or walking path is straight towards the broom. Imagine drawing a string or ribbon from your hack foot to the broom. That is the line of delivery. When setting up to deliver, take a moment to draw that imaginary line, pick a point in the hog line where you should be releasing and keep your eyes on the broom. Your resulting shots will be much better and your sense of accomplishment higher.

And Now for Something Completely Different



Strategy Corner

Closing the Game Down Points or up 1 pt w/o Hammer Objective - Steal Strategy : Junk it up	
Closing the Game Down Points with Hammer Objective : Score Strategy : Junk it up, keep 4 ft open	
Closing the Game Up multiple points with hammer Objective : run opponent out of rocks Strategy : Keep it clean	
Closing the Game Up 1 point with hammer Objective : score Strategy : Keep 4 ft area clean it clean	

Notable Notes

- 🎉 Congratulations to the Renfrew CC Day Ladies for Winning the Autumn Leaves Cup. Renfrew A Team came in first place and Renfrew B Team came in second to see all the scores check out the Bulletin Board or on -line at renfrewcurling.ca
- 🎉 Congratulations to the Day Ladies Clark Trophy winners Joan Hickey, Anne MacNeil, Cathy O'Donnell, and Lorna Johnson
- 🎉 Congratulations to the Senior Mens H. B. Elliott Trophy winners Gary Smith, Kevin Box, Bernie Leclair and Michel Gaudet



Keep Your Broom Clean Off The Ice
Broom Covers \$5 ea.
All \$5 goes to RCC Fund Raising
Contact Barb Westgarth

Sweetheart 'Spiel Moments



Etiquette Around the House & Most Commonly Broken Rules

- ☹️ Only the skip and third should be behind the house when the opposing team is playing
- ☹️ Players, other than skip/third, should remain between the hog lines when the opposition is playing especially at the delivery end
- ☹️ Other than the thirds for each team, players should not stand in the house while the score is being decided or any measure is taking place.
- ☹️ When finished sweeping move in single file to the side of the sheet to clear site lines for the next player.
- ☹️ Don't cross from one side of the sheet to the other in front of the playing team when they are about to deliver or their stone is in motion
- ☹️ Take the broom completely across the rock when sweeping is stopped
- ☹️ Keep hands or knees off the ice
- ☹️ Only one person of the non-playing team may sweep behind the tee line when the opposing team is playing
- ☹️ Don't use a brush or foot to measure during play. Touching the rock in anyway could count as a burned rock if moved.
- ☹️ If you are unable to play, ensure a substitute is arranged
- ☹️ Compliment good shots and refrain from passing adverse remarks about poor shots
- ☹️ Know the basic rules of curling. And be considerate of other players.



Recycle for Dollars !

The club is still collecting empty pop cans and discarded metal to recycle for money that goes directly to club finances. The largest percentage of the money collected goes towards improving our building and ice maintenance. Bring your empties to the club or arrange with Bernie LeClaire for pick-up. Every little bit helps the club.

Charlie Ricard
Memorial 'Spiel

March 8-10

Contact Dave Eady or
Brian Yolkowski



Off The Ice with Hannah Cameron By Janice Moss

This month, we meet some up-and-coming talent. Be sure to ask Hannah for some tips when you see her off the ice.

Q: You've grown up in Renfrew? How many are in your family?

A: Yes, I grew up here. There are 4 in my family, my older brother, myself, and our two parents.

Q: Any pets?

A: Yes we have a dog who will be five years old in March; a Golden Doodle.

Q: In what year are you at school?

A: I'm in Grade 8.

Q: Does anyone else in your family or school curl?

A: My grandparents curled a long, long time ago, but no-one currently. No-one from my grade curls, but there's a high school person who does. I think they should start (more programs) for the older elementary grades before the kids get set in their ways with busy schedules and everything.

Q: So what got you interested?

A: Well, I was here one day helping my Mom with Hunting for Christmas and I was like, "Whoa, Curling!" I'd never really seen it (or) thought of it, and like that would be really cool to try, and so I came out and tried it one week.

Q: How did you start? Was there a program for you to join?

A: Yeah, they started with Little Rocks, which they still have now; that's for younger kids which I think back then was age 6 and up, but now it's 8 and up, right up to the end of high school which is your Juniors.

Q: How many years have you been curling?

A: This is my 5th year.

Q: In Juniors what kind of games and drills and things do they teach?

A: All our skills are working on fundamentals for our games: drawing, freezing, takeout and hitting -- whatever it is, right down to sweeping properly and how to Skip (and play) positions.

Q: Have you played against any other clubs?

A: Sometimes our Juniors will go out to play 2-game Spiels in Arnprior and Pembroke. This usually happens once per month.

Q: What is your favourite position to play, or do you have one?

A: Skipping! I'm a Skip.

Q: What is it you like about that?

A: The strategy and being in control of the game.

Q: What happens when some of your team members don't quite make the shot you call?

A: We just try to think about how to do better -- is there a communication piece; could I be doing something better as a Skip shot-wise, or playing to what my team's strongest abilities are.

Q: How about calling the ice? How do you learn that?

A: That's something that definitely comes with practice, the more time we're out there and spending on it, and after the first couple of ends you can usually read it pretty well -- the left side's curling or not curling, or what weight to get (the rock) to the back 12 (foot), or whatever.

Q: What do you find to be the most challenging aspect of the game for yourself?

A: For myself, it definitely comes down to me throwing; being consistent with every shot, making sure that if I have to throw the same shot and weight that it gets there and that happens.



Q: How do you feel the weight when you're coming out of the hack so you know what you're going to do? How do you adjust?

A: I think it's muscle memory and stretching outside the ice; but then when you're on ice and you have that on-ice practice it's just consistency, even if you're not letting go of the rock -- you're just sliding out -- the different speeds and how much you need to push out from the hack.

Q: How often do you play?

A: I curl once a week with the Juniors and then anytime they need me to spare. I spare for the Doubles on Wednesdays and some club Spiels, too.

Q: What are your hopes for what is ahead?

A: Definitely to just keep playing, keep building the love for the game, and learning more because there's always lots more to learn from club members or different people; looking out, seeing, watching.

Q: Any aspirations for levels like the Scotties or the Olympics?

A: Probably, if it happens it happens; but if I just curled in the club for years to come that's OK too 'cause there's definitely some really good players and some awesome people around here.

Men's and Women's Club Championship a Success!

The Club Championship was a great success with both the Men's and Women's games well attended. While there were more men's teams than women's the women's draw drew more teams than last year. Many thanks to all the organizers and volunteers who helped with the Championship, particularly Laurie Miller Anne MacNeil and Cliff Valeau.

Congratulations also to the winners pictured below.



L-R: Cliff Valeau, with the Westgarth team of Barb Westgarth, Stephanie Langlois, Anne Hutchison and Pat Box

L-R: Cliff Valeau, with the Sklepowicz team of Andy Sklepowicz, Russ Connor, Cedric Wright, and David Anderson

Congratulations also to the Men's B side winners, Gord Eady, Kevin Box, Paul Papousek and Rick Lester

Sr. Men's Breakfast
Tuesday March 12, 7 – 10 am
 Pancakes, Sausages, Peameal Bacon Eggs, Baked Beans, Toast, Juice, Coffee & Tea
 \$10/person
 Bring a friend!



Community Spiel

 Mark Your Calendars, March 29, 30