



## From the Desk of the Pres

Well, it's that time of year again where our curling season comes to a close. I would like to take the time to express my appreciation to the Board of Directors and all the volunteers for their hard work and time.

Even though the curling season ends soon, the club will still be having music night the first Friday of the month for at least April and May. Our Annual General Meeting (AGM) takes place in June and there will be some positions on the Board of Directors become vacant.

I encourage all members to attend this meeting and perhaps let your name stand on the Board if you are so inclined. We can always use some fresh incite. There will be further information on this in coming months.

Yours in Curling, Gert Brydges

## Congratulations Men's Club Champions

It's finally been decided! This year's men's club champions were the team of Roger Trahan, Roy Vasey, Larry Beaton and Steve Dick. Runner-up was the team of Rob Warren, Don Rouble, Matt Wearing and Andy Humphries.

Congratulations to the winners and everyone who participated.



L-R: Roger Trahan, Steven Dick, Roy Vasey, Larry Beaton

## Renfrew Ladies Win the Autumn Leaves Trophy

Congratulations to Renfrew Day Ladies league. They brought home the Autumn Leaves Trophy again this year, winning over Killaloe by a narrow margin of 1 ½ points. Autumn Leaves is a friendly inter-club competition between Pembroke, Killaloe, Arnprior and Renfrew.

Congratulations to all the ladies who participated and thank you to Marg Dawson for keeping the ladies organized.



L-R: Shelley Jamieson, Pam McFarlane, Nancy Saumure, Barb Westgarth, Gisele Dickieson, Theresa Mann, Suzanne Gaudet, Sharon Pearce and Lorna Johnson

## Renfrew Men Bring Home the Low Cup

Congratulations to Renfrew Senior Men's league. They brought home the Low Cup again this year, winning over Arnprior by a comfortable margin of almost 60 points. The Low Cup is a friendly inter-club competition between Pembroke, Deep River, Arnprior and Renfrew.

Congratulations to all the men who participated and thank you to Rob Warren for keeping everyone organized.

## 150th Cash Spiel a Huge Success!

There was a lot of laughs, smiles and the occasional beer consumed at the 150<sup>th</sup> Anniversary Bonspiel and everyone had a great time. Curling was supplemented with Corn Hole toss. Congratulations to the top three teams: "White", "Green" and "Pink", and a special recognition to "Orange", "Red" and "Burgundy" teams for allowing them to take the top spot!

Janice Moss produced a short movie from pictures taken and is available on YouTube, at <https://youtu.be/YD3c5DgNXb4>.

A big thankyou to Keith Moss and all his helpers for making this bonspiel such a success. Another huge thank you to the Sponsors No Frills and AC Mechanical.



## And Now for Something Completely Different



### Do You Know...

Curling is a sport that requires precision, strategy, and physical fitness. Despite its reputation as a low-impact sport, curling still places physical demands on the body. Curling requires the use of several muscle groups, including the legs, core, back, shoulders, and arms. Strains and injuries are always a possibility.

To stay curling fit through the summer for next curling season there are a few easy exercises to keep those muscles curling ready, strengthen, improve balance and reduce muscle strain when the season starts. Take just a few minutes in the day for this routine and you will be curling ready in the fall.

Yoga helps to strengthen and tone muscles and improve balance. Illustrated below are just four basic poses that can help. The important thing with these poses is to hold for a minimum of 30 seconds and repeat for both sides.



Warrior



Triangle



Lord of the Dance



Low Lunge



Squat

### Club Equipment

The club maintains, at great expense, equipment for new curlers, rookies rock and school classes. Things like grippers, sliders, brooms and stabilizers. It is there to be used by all. Unfortunately, it has become apparent that some use the equipment and don't put it back, or keep it in lockers or hidden in corners to ensure they get the same equipment. This is an unfair practice to other curlers as well as the expense the club has spent to ensure all have equipment to play this great sport. Not to mention the extra work volunteers have to spend rounding it all up. Please, be considerate of fellow players and our volunteers. Return equipment to where it belongs.

### Upcoming Dates and Events

- Music Night May 3
- Garage Sale May 25
- Annual Closing Dinner TBD
- AGM June (TBD)

Keep up to date by accessing our web page at [www.renfrewcurling.ca](http://www.renfrewcurling.ca) or our Facebook page at [www.facebook.com/RenfrewCurlingRink](https://www.facebook.com/RenfrewCurlingRink).

### Curling On TV

- BKT Tires World Women's Curling Championship starts Saturday March 16, 1pm (ET) on TSN
- LGT World Men's Curling Championship starts March 30 on TSN (times yet to be determined). Watch [www.renfrewcurling.ca](http://www.renfrewcurling.ca) for updated schedules.
- Princess Auto Players Championship starts April 11 on Sportsnet (times yet to be determined). Watch [www.renfrewcurling.ca](http://www.renfrewcurling.ca) for updated schedules.

Curling Zone also offers streaming of some games. Stay tuned to Curling Zone Facebook page or <https://www.youtube.com/@CurlingZone>.

**Renfrew Curling Rink**

## Spring Fling 'Spiel

**\$70/person**  
(\$61.95 + \$8.05 HST)

Includes Lunch & Dinner  
Three 6-end games  
6 person format

Each player plays 1 end in each position  
Players rotate position each end  
1<sup>st</sup> draw begins at 8:00 am

**Community and families welcome**

For more details contact Peter Crate at [peter.crate12@gmail.com](mailto:peter.crate12@gmail.com)  
email us at [renfrewcurling@gmail.com](mailto:renfrewcurling@gmail.com)  
Sign-up for members is on the peach bulletin board

