



March 2025

From the Editor's Desk

It's still snowing as I write up our last newsletter of the 2024/25 curling season and can't help but look forward to warmer climes and golf. However, when the ice goes out work for the club does not stop. Club planning goes into swing during the summer months and the Board is looking for volunteers to help prepare for the 2025/26 curling season. Fresh ideas are always welcome and in fact needed. I hear lots of comments from members about what they would like to have to enhance their membership experience. Now is the time to come forward.

In the mean time I hope you all have a safe and enjoyable summer

Salinte, Barb Westgrth

CurlOn Club Resources and Programs

CurlOn (Ontario Curling Association) has a number of resources and programs for curling clubs that are not leveraged by our club as much as they could be. The good news is that any member can access these resources. There are bonspiel and draw templates, webinars, surveys and opportunities to make money for the club.

To access these resources, including the ability to register for upcoming webinars designed to enhance your skills and knowledge you need Curling Ontario Member ID number.

To get you CurlOn ID Number follow these steps:

- Complete your personal registration on Curling Reg ([instructions here](#))
- Your club administrator will approve your affiliation
- Once approved, find your Curling Ontario Member ID in your profile after logging in

Curling On TV

BKT Tire Men's Worlds
Mar 29 – Apr. 16 on TSN

Player's Championship
Apr. 10 – Apr. 13 on Sportsnet

Some games can also be viewed on YouTube

Renfrew Celebrates St. Patty's.

The colour green and the Irish spirit were on full display at the Charlie Ricard's Memorial St Patrick's Day Bonspiel, generously sponsored by Chris & Tanya's NoFrills. The 64 curlers over 2 draws enjoyed a day of food, fun and for some, the luck of the Irish.

Team MacDonald, skipped by Jack MacDonald and included Allie Pietrazk, Steve Dick and Shane Lambert, won the Charlie Ricard's Memorial Trophy with 60.5 points. Coming in second with a mere 0.5 difference was Team Jones, skipped by Leslie Jones and included Louise Armour, Tom Jones and Jane Jones.

Other cash prize winners included Teams Townsend, Bowles, Mann, Trahan, Wall, and Warren. Thanks to all who brought in a lot of great stuff. The 50/50 pot o' gold was a grand amount of \$530, with the winning ticket taking home \$265.

A big thank you to Suzanne and Michel Gaudet and all the wonderful volunteers who helped make this spiel a success. From the fellows who cleaned the ice between games, the kitchen prep and serving crew to the ticket sellers, all helped to make their job easier. As you all know, without volunteers, it would be difficult to run any of the spiel and events each year in support of RCR.

Lockers!

Please remember to empty your lockers after your last game!



Men's and Women's Club Championship Winners!

Laughter, good food and great comradeship was shared by all this past weekend at our club championships. Below are our official club champs but everyone who participated are also champions just for coming out to play. A huge thankyou to our noble event chairs Denis Saumure, Laurie Millar and Marg Dawson. Many thanks to the team of volunteers who helped with Ice, kitchen and everything else.

Women's "A" Winners



L-R: Marg Dawson, Skip Nancy Saumure, 3rd Joan Eaton, 2nd Sheila Kemp, Lead Cindy Huyer

Women's "B" Winners



L-R: Marg Dawson, Lead Christena McNab, 2nd Lyn Joyce, 3rd Anne Hutchinson, Skip Barb Westgarth

Men's "A" Winners



L-R: Dennis Saumure, Skip Brian Yolkowskie, 3rd Karl Mann, 2nd Tyler Ferris, Lead David Mullens

Men's "B" Winners



L-R: Dennis Saumure, Skip Bill Bowles, 3rd Bob Hay, 2nd Mitch Gaudet, Lead Terry Dort

Sr's Wear Green to Serve Breakfast



Over the past 10 years the men have been busy cooking bacon, eggs, sausages and pancakes, making beans and buttering toast to the tune of \$32,468!!!! Congratulations and huge thanks to this merry band of men.

Renfrew Curling Rink

GARAGE SALE

Saturday May 3 8:00 – 11:00 am

195 Xavier Street

Drop of Donations

Wed. Apr. 30 9 – 11 am
Thurs. May 1 3 – 7 pm
Friday May 2 9 – 12 am

Gently used items only and no electronics please.

You are Invited

To

A Season Closer Drop-in.

Sunday, April 6, 1- 4 pm

Pick up curling at 1 pm followed by snacks provided by the club.

Enjoy some fun, socializing, and one last guard, draw, and take out before the ice comes out.

All Members Welcome!

Stay Curling Fit!

Curling requires the use of several muscle groups, including the legs, core, back, shoulders, and arms not to mention a strong sense of balance. To stay curling fit through the summer there are a few easy exercises to keep those muscles curling ready. Take just a few minutes

in the day for this routine and you will be curling ready in the fall. 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

And Now for Something Completely Different

The Canadian Constitution

The right to ignore your family to watch hockey

The right to end sentences with "EH"

The right to a superior form of bacon

The right to genuinely enjoy curling

The right to eat poutine on a regular basis

The right to say your not American



Doubles Spiel a Success

Kudos and thanks to Tyler Ferris for taking this on...great job!!

Many thanks to Ian Connors for Breakfast & Lunch, the Ice team of Rob Warren, Bill Bowles and Denis Saumure and deserts provided by Bill & Louise Bowles.

Finally, a special thanks to Tammy Wall, Keith Moss and Nancy Saumure for their guidance.