



50+ MCL NEWS

President's Message

Welcome back, curlers! After a very nice summer, we are looking forward to a great start to the curling season. We have 212 curlers currently registered in our thirteen 50+ leagues! This includes our new Thursday 9:00AM Ladies Stick League. We still need 4 more ladies to register to allow us to fill all 6 sheets. If you'd like join, please give Pat Beeching a call at 780-919-4004.



See you on the ice!

Rod Chmiliar, President

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2022/23 League Start Dates

50+ Stick Leagues

Thursday Ladies League – October 6*

Friday Stick Leagues – October 7

Tuesday Stick Leagues – October 11

50+ Mixed Leagues

Monday Mixed Leagues – October 3

Wednesday Mixed Leagues – October 12

*moved up one week



We will have coffee/tea and cookies to welcome all our curlers back to the ice!

Come early or stay late to enjoy a snack with friends!

Safety Program



Safety is our top priority. It only takes a moment of in-attention to incur a life-changing injury. Your 50+ Executive strongly encourages the use of helmets on the ice, as well good quality grippers and shoes. If you need to purchase one of these items from the SACC Pro-shop, **we are offering a \$10 discount on helmets and shoes and a \$5 discount on grippers.** Please take advantage of these discounts and upgrade your gear and stay safe!



FREE Stick Clinics

Have you thought about trying Stick Curling, but aren't sure how to get introduced to the game? Are you struggling with the regular curling delivery from the hack, and want to try the stick delivery? Are you are having knee problems or are just finding it more difficult to get down into the hack? Do you want to get some pointers on how to improve your stick delivery?

We have a solution for you!

We are holding two **FREE** introductory Stick Curling Clinics taught by world-class instructors. This is open to all curlers of any age who are new to stick curling. If you have any friends or family who would like to register, feel free to pass this invitation along. Just register by clicking on one of the links below.

Purpose of clinic:

- learn the basics of using a delivery stick
- learn the rules for 2-person stick curling
- review of safety equipment, head gear and grippers
- review and test different models and styles of delivery sticks.
- participate in two ends of 2-person stick curling.

Friday, Sept 30 9:00 AM – 11:00AM Maximum Participants: 24 Register online by clicking on the link below <u>Sept 30 Registration</u>	Tuesday, Oct 4 9:00 AM – 11:00AM Maximum Participants: 24 Register online by clicking on the link below <u>Oct 4 Registration</u>
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Strategy Clinic Dates Announced!

So you think you can stick curl? You're in the 3rd inning, 2nd down, do you punt or try a one-timer? Whoops, wrong sport!

Winning consistently can be a matter of strategy. But do you know what to do:

- when you have hammer
- when there are guards in the way
- when to play aggressive (offensively)
- when you are winning
- when there are many rocks in play etc



Rick Jenkyns, (stick curling extraordinaire and nice guy,) will take you through various situations and how to overcome or use them to your advantage.

Basic Strategy Clinic: Friday, October 28th, 2022, 10:00 AM

Advanced Strategy Clinic: Friday, November 4th, 2022, 10:00 AM

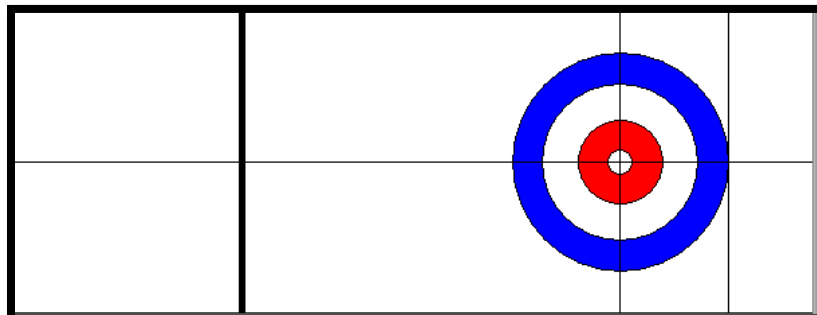
Stay tuned for registration!

Second-Half Registrations – IMPORTANT CHANGES

While we understand that we have a number of Snowbirds that head to warmer climates in the New Year, our second-half registrations are disappointing. If you are planning on curling in the second half, we strongly encourage you to register now.

With the low registrations in the second half for the regular curling draws on Monday, we have decided to **combine the two Monday draws at 9:00AM and 11:30AM into a single draw at 10:00 AM.**

This should allow us to have a full 6-sheet draw. If you have not yet registered for the Monday draw, we currently have seven spots available for the combined 10:00 AM draw. If you are registered but this new time does not work for you, please contact Ron St. Jean at 780-983-7479 and we will process a refund of your 2nd-half fees.



Past Presidents Plaque: The Big Reveal!

When you come back to rink, you will notice that beside the 50+ Information board, a beautiful new addition: The Past Presidents Plaque. This commemorates all those who have worked so hard to make our league the best it can be!

Dennis Manning was one of the driving forces behind getting this accomplished. He and current president, Rod Chmiliar proudly unveiled it to the current Executive Team, and we couldn't be prouder!



St. Albert Curling Staff Makes Headlines

Audra sets the “cold standard”



Audra Lindsey was part of a group of ice technicians from across Canada who participated in an ice-making course this summer. (Photo: Curling Canada/Dave Komosky)

This year, you might notice something different about the ice. This summer, our very own ice tech, Audra Lindsey, along with 19 other current ice makers from Quebec to B.C., attended Curling Canada’s intense ice technician program in Morris, Manitoba. The program was ostensibly for club ice makers, but those serious about working national and international events were drawn to the rural town a 30-minute drive south of Winnipeg because the training courses focused on creating arena ice conditions for championship events! Read the full write up here:

<https://www.curling.ca/blog/2022/08/16/the-cold-standard/>

Instructor of the Year to Taina Smiley!



Jill Richard, Executive Director – Curling Alberta, Nicole Bellamy, General Manager – SACC, Taina Smiley, Asst Manager – SACC, Steve Young, President – Curling Alberta. (Photo: Curling Alberta/Sandra De Medeiros)

A HUGE congratulations to our very own Taina Smiley! The instructor of the year is awarded annually to an instructor who has been a difference-maker in their club and community. They have gone above and beyond to build membership, preserve and improve existing programs, and introduce beginners to the sport in a safe and enjoyable manner. They have a passion for teaching and demonstrate a high standard of personal conduct. To see all award recipients and to read the article all about Taina: <https://curlingalberta.ca/wp-content/uploads/2022/07/CA-Awards-newsletter-22.pdf>



Other 50+ Events

FLU Clinic

Date TBD: sometime late October

50+ Christmas Party

Saturday, December 3

Registrations open mid-October

Milt McDougall Stick Stakes Bonspiel

Monday, December 19 & Tuesday, December 20

Stay tuned for registration information!



Wellness

Fellow curlers, our dear friend Ed McDaid has not been feeling well and could use some cheering up! If you have a moment, please reach out to him – it would make a world of difference!

Know someone that needs some cheering up? Let us know: Sa50pluscurling@gmail.com



Like/follow our Facebook page today!

Did you know that we have a Facebook page?

There are lots of new postings going up on the page. [Click Here](#)

Interested in volunteering? Please let us know! We could always use help on various days – coffee appreciation days, event set up, etc.

[**Sa50pluscurling@gmail.com**](mailto:Sa50pluscurling@gmail.com)



Moment to Reflect Those We Have Lost

Please take a moment to remember these remarkable people, and how they may have touched our lives, whether in person, or by their lasting contributions to our curling community.



Kathleen Tennant

June 8, 1940 - August 30, 2022

Kathy was a long time member of St. Albert Curling Club, serving as President 1988-1989. Just this past spring, the club honoured her with a Lifetime Membership award which pleased her immensely. It was the last time many of us saw her.

Kathy had not curled the past few seasons as she battled cancer and health concerns. I will remember her as a capable, classy lady, and for her smile and kind demeanour. It was obvious she enjoyed curling and was very good at it, too!

Our sincere condolences go out to husband Don, daughter, Adrienne, family and friends. Kathy has been and will continue to be missed around the rink. A celebration of life will be held at a

later date. Please refer to: <https://www.stalberttoday.ca/obituaries/tennant-kathleen-5772694>



Thank you to our sponsors!

Don't forget to tell them: **"Thank you for supporting senior curling in St. Albert!"**

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* Swiss Chalet * Select Equipment Rental

