



50+ MCL NEWS

President's Message

I am so thrilled to welcome you back this year! Where does the time go? Can you believe that this picture of me was taken at my VERY FIRST curling event – at the Continental Cup in London, ON, January 2020. I had watched curling before and had always wanted to try it, but growing up in Toronto, I didn't get much opportunity. Well, times have changed. I can honestly say I love to curl – a lot of that love comes from the friends that I have made over the last few years curling with all of you! Curling is truly a social sport and making new friends is a big part of that – a big welcome to the new curlers joining the 50+ MCL family. Let's make them feel welcome!



You will also be seeing me around the club as I am helping Taina out in the office. Drop in and say hi anytime and don't hesitate to reach out if you need something!

See you on the ice! 😊

Sandra De Medeiros - Palmer, President

IN THIS EDITION

- President's Message
- 2023/24 League Start Dates
- Goodbye and Hello!
- Big Welcome and Thanks!
- Safety Program
- Sparing / Spare Coordinators
- Wellness
- Upcoming Events
- Regular Curling Game Play
- Fundraising – Different Format
- Looking for volunteers!
- Thank you to our sponsors!

2023/24 League Start Dates

50+ Stick Leagues

- Tuesday Stick Leagues – **October 10**
- Thursday Stick League – **October 12**
- Friday Stick Leagues – **October 13**

50+ Mixed Leagues

- Monday Mixed Leagues – **October 16**
- Wednesday Mixed Leagues – **October 11**



We will have coffee/tea and cookies to welcome all our curlers back to the ice! We will be alternating months with cookies, so November we will just have beverages.

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

Big Welcome and Thanks!

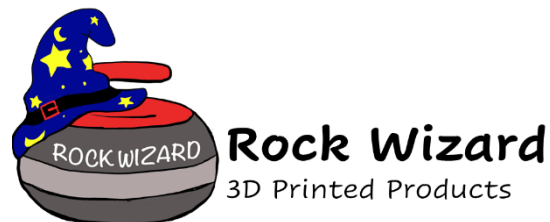
Our league is so lucky to have the support of our sponsors! This year we have a few new ones to thank!



Welcome **Discover Hearing** to our family! Located at 3521 Tudor Glen Market in St. Albert, they offer hearing evaluations, hearing aids, custom earmolds and earplugs, repairs and accessories.

www.discoverhearing.ca

Thank you to **Rock Wizard** for once again donating the 3D printed flip coins! By purchasing one of these coins, you are helping us send a kid to camp. The “Rock of Ages Camp Scholarship” is seen as a way for our ‘senior’ curlers to give back to the game and to share our love for this sport with the younger members of our club.



Rock Wizard has also donated a few auto turn stick heads for us to try. They are in the “stick barrel” near sheet 6. If you like the head, stop in the pro shop and pick one up!

www.rockwizard.ca



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 or shoes and a \$5 discount on grippers.** Please take advantage of these discounts and upgrade your gear and stay safe!



Sparing / Spare Coordinators

Our league charges spare fees to subsidize our social activities and keep costs fair for all our curlers. Spare fees are collected each morning at our Information Desk prior to curling. Spares must be members of SACC in order to curl.

Regular Leagues: Pay \$10.00 per game. We have a Spare Coordinator for each league, who arranges our spares. Curlers who will miss a game need to notify their skip, as a courtesy, and contact the Spare Coordinator to arrange for a spare. Curlers who wish to spare should put their name on the Spare List by contacting the Spare Coordinator or adding their name & availability on the website under "My Sparing Availability".

Regular League Spare Coordinator: Ed Drewicki 780-887-4995 heathaze13@gmail.com

Stick League: Pay \$5.00 per game. Players who expect to miss a game need to contact their Spare Coordinator in advance, who will then arrange for someone to spare. Any Stick curler who wishes to be called to spare should advise the Stick Spare Coordinator, or by adding their name & availability on the website under "My Sparing Availability".

Stick League Spare Coordinators:

Tuesdays: Randy Olson 587-290-4266 randyolson@shaw.ca

Thursdays: From Oct 12 to Nov 9 – Pat Beeching 780 919-4004 patbeeching@gmail.com

Nov 9 onwards – Barbara Palmer 780-459-7204

Fridays: Dennis Manning 780 993-6271 Denmarg03@gmail.com

Spare coordinator information can be found on the bulletin board.

Wellness

Collette with help from Sandra have some exciting events coming up for you! They are taking care of the Flu Clinic happening on Oct 16th in the upstairs lounge. They have also arranged for a session of chair yoga on Nov 7th. Sign-up will take place at the club on the bulletin board. You will learn ways to stretch those tired muscles you get after you curl! In addition, we will have someone come in to do a helmet fitting clinic to make sure you are keeping your noggin safe!

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



Upcoming Events

Lots of exciting things coming in this half! Mark your calendars....



Event	Date	Time	Action
Stick Clinic – learn to use a stick	October 3 October 6	9:00-11:00am	Register online
Stick Strategy – Intro Stick Strategy – Advanced	October 27 November 3	10:00–11:00am 10:00–11:00am	Register online
Flu Clinic (Upstairs)	October 16	10:00 – 12:00 6:30 – 8:00 pm	Drop In
Chair Yoga (Wellness)	November 7	12:30pm	Sign up at the club (limited to 12)
Turkey Shoot (Win \$\$\$ and support our youth program)	November 27- Dec 1	Times TBA	Register day of
Christmas Party	December 2	5:30 – 10:00pm	Save the Date! Registration to open late October
M. McDougall Stick Bonspiel	December 18 & 19	9:00am – 5:00pm	Save the Date! Registration to open late October

Regular Curling Game Play

Often, we hear from curlers that they are frustrated that they cannot get a full 8-end game in during the Monday/Wednesday Draws. Please note – we have the ice for 2 hours ONLY. Although it may not be visible to you, the ice techs have a schedule that is followed therefore we ask that you don't hold up the crew from performing their maintenance.

Keep these tips in mind:

- Come early and get on the ice promptly, be ready to go when your game starts.
- Never feel like you need to rush through the game – we don't want anyone falling.
- Try to keep the flow of the game going, for example, pulling out the next player's rock, getting it ready for them. Do not unnecessarily hold up the game.
- Please do not start a new end 10 minutes prior to the end of your time slot (i.e. 10:50am or 1:20pm).
- If your game is tied or within 1 point, with agreement between the two skips, you may ask a member of the ice crew for an exception to play the 8th end regardless of the time. This may or may not be granted.

Fundraising – Different Format

This year, we will be changing the format. We will **NOT** be holding 50/50 or Squares daily this time. As we do not hold an AGLC gaming license - games of chance are considered no-nos. The process to pull a license is easy, however it is the administrative paperwork required for each draw that makes this difficult. We will be holding a WEEKLY contest with a game of skill – no license needed!

Guess the number of (fill in the blank) will be held on a weekly basis – purchase a \$2 ticket, fill in the ticket and enter to win. The number guessed must be correct to win, if there is more than one correct guess, the eligible winnings will be divided amongst all correct guesses. Watch the bulletin board for winners!

We will still have 50/50 draws and raffles at our major events – Christmas Party and Wind Up – the club will pull a license for us.

The Turkey Shoot will be held Nov 27-Dec 1 and is considered a game of skill. Watch for other games coming your way!

Remember all of our fundraising helps to support our program!



Looking for volunteers!

We are looking for some folks to help out with fundraising during the week. Basically, you will be looking after the collection of funds and giving out the ballots for the entry. If you are interested, please see Sandra in the office.

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





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](#)

Thank you to our sponsors!

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

Discover Hearing * Riverside Honda & Ski Doo * St. Albert Tune-up & Brake
* Swiss Chalet * Select Equipment Rental * M&M Meats (Giroux Crossing)

