

ST ALBERT**50+ MIXED CURLING LEAGUE**

50+ MCL NEWS

President's Message

Time really does fly! My goodness, it felt like just yesterday that a newsletter was sent out!

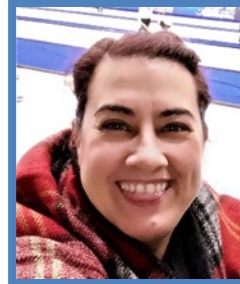
Congratulations to all of our first half winners! Please note the start dates for the second half.

Thank you to everyone who took the time to participate in the events held during the first half.

Whether you enjoyed some coffee and cookies, took a guess at the number of candies in the jar, tried chair yoga, tried to shoot a turkey or attended our Christmas party, I hope that you have had a great time along the way! It's these types of social activities that sets our league apart and why we are so successful. Thank you for all that you do! I am looking forward to another successful half, but in the meantime, on behalf of all of the 50+ executive team, may your Christmas be filled with love, peace and joy! Spend time with your loved ones, slow down and appreciate every moment!

See you on the ice next year! 😊

Sandra De Medeiros - Palmer, President



IN THIS EDITION

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Thank you to our
sponsors!

Second Half Start Dates

We are gearing up for the second half of Curling in January. Teams will be posted in the New Year. Until the first week of January, these are still subject to change. Start dates are:

Friday January 5th Stick Curling - 9:00, 10:00, 11:30, 12:30, 1:30

Monday January 8th Regular Curling - 9:00 & 11:30

Tuesday January 9th Stick Curling – 9:00, 10:00, 11:00

Wednesday January 10th Regular Curling – 9:00 & 11:30

Thursday January 11th Stick Curling – 9:00, 10:00, 11:00



First Half Winners!

Stick Curling

| | |
|--|--|
| Tuesday 9:00 Ruby & Randy Olson | Friday 9:00 Ed Cruse & Stacy Burzminski |
| Tuesday 10:00 Tony Van Brabant & Norm Rivard | Friday 10:00 Ervin Yaremko & Dale Sharples |
| Tuesday 11:00 Ruby & Randy Olson | Friday 11:30 Ed Willson & Dennis Manning |
| Thursday 9:00 Sandy Kaufman & Randy Olson | Friday 12:30 Colette & Don Degenhardt |
| Thursday 10:00 Barry Olson & Randy Olson | Friday 1:30 Judy & Larry Lafleur |
| Thursday 11:00 Dan Rouault & Ron Rouault | |



Regular Curling

Monday 9:00 Colleen Ross | John Janzen | Dave Elaschuk | Diana Monette

Monday 11:30 Ted Poplawski | Gary Beam | Larry Breton | Cathy Barr

Wednesday 9:00 Ron Rouault | Shirley Checkley | Dave Elaschuk | Caroline Wainman

Wednesday 11:30 Bob Jennings | Rod Chmiliar | Doug Patriquin | Susan Johnston



Congratulations to all of our winners!



Milt McDougall Stick Bonspiel

The Milt McDougall Bonspiel took place December 18-20, 2023. This popular event was sold out within 2 days of opening registration! Milt was able to come down and watch some of the event, offering a few tips and tricks - the competition was fierce, but alas, only one winning team could be crowned! Congratulations to Randy and Ruby Olson!



Annual General Meeting

Our Annual General Meeting will be held on **Wednesday, February 28th at 11:00 am**. We will again be serving free Pizza and Pop! All 50+ Regular and Stick curlers are encouraged to attend. The 11:30 draw on that day will be delayed until 12:00 noon.

We will be sharing important information regarding our 50+ Mixed Curling League and holding election of officers for the 2024/25 season. We have a significant number of open positions on our Executive and event committees for 2024/25. If you can help, please talk to any member of the Executive and we can provide you with more information.

Upcoming Events

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

Stick Strategy Clinics – February 1st & February 8th

Rick Jenkyns will be teaching an off-ice stick strategy session on Thursday, February 1st at 12:15pm. You can learn about basic strategies for stick curling. He will also be conducting an advanced strategy session the following Thursday, February 8th at 12:15pm. **SIGN UP AT THE CLUB**

50+ / Youth Bonspiel – February 25TH

We will again be participating in a short bonspiel with the Youth curlers on Sunday, February 25th. We will be placing a 50+ Curler on a team of youth curlers while offering pointers and encouragement for the young curlers. All funds raised from this event will go towards sending two youth curlers to a week-long summer curling camp. More details on cost and how to participate will be coming in the new year.

Windup Bonspiel & Banquet - March 18th & 19th

We will be again holding our very popular Wind-up Bonspiel and Banquet on March 18th & 19th. Stick curlers are always welcome and encouraged to participate in the bonspiel that will feature four 8-rock, 6-end games.

If you choose not to curl, we still encourage **ALL 50+ members** to attend the wind-up banquet on March 19th. There will be an outstanding meal and many great prize giveaways donated by local St. Albert businesses. Last year, we had over 50 prizes donated for the lucky attendees. On-line registrations will open in January. This event ALWAYS sells out, so register early!!

SACC Club Playoffs - March 21st

Our Stick Winners for each league in both the 1st and 2nd halves will be participating in a playoff to send two Stick Teams to represent the St. Albert Curling Club in the City Playoffs. This Playoff will be held on Thursday March 21st.



Safety Program – Don't miss it!

Safety is our top priority. It only takes a moment of inattention 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

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

Stick League Spare Coordinators:

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

Thursdays: Barbara Palmer 780-459-7204

Fridays: Dennis Manning 780 993-6271 Dennmarg03@gmail.com

Spare coordinator information can be found on the bulletin board.



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

Wellness

Colette is looking at having another wellness session in January – stay tuned!

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

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
Select Equipment Rental * Sturgeon Valley Fertilizer



Christmas Greetings! We worked really hard on these dance moves and some of our elves were a little shy! Enjoy the [video](#) and turn up the sound!

