Coming Soon!
2014/15 Curling Season

The 2014/15 curling season for the East York Women's Section is shaping up to be a great one.

Currently, the Women’s Section is sitting at an 18 team roster! And we are delighted to have two new teams join our ranks.

And we aren’t done yet!

The Women’s Executive is still working hard at putting together at least two more teams. If you know of somebody that may be interested, please have them contact me directly. I would be happy to answer any questions, and work to place them on a team based on their experience level and what their goals are for the year. If we are able to get back up to 20 teams, this will ensure our being able to keep the same schedule as last year, including the cross-over game, which was a resounding success!

In just a few days, I will have ranked and placed the teams in their respective divisions and the first draw will be announced. All of this information will be sent out to you at least a week before the first game - which is October 15th!

Our draw times remain the same for this coming season - 6:55 or 9:10, so please check the website to confirm your time.

And remember, the first game of the year will be 6 ends, and the game will count as a full game. And, of course, there will be snacks and treats available before the late game and after the early game. So, if you are playing the late game, come a little early, say hello, and enjoy some nibbles!

Looking forward to seeing everyone and to another great season of curling!

Carol Wheeler
Drawmaster
coachcarol262@gmail.com

First night is
Wednesday, October 15

★★ Week 1 ★★

- 6 end game
- Draws start at 6:55 PM and ~8:45 PM

★★ Week 2+ ★★

- 8 end game
- Draws start at 6:55 PM and 9:10 PM

Important Dates
Add these to your calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday, October 15</td>
<td>first week of curling</td>
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<tr>
<td>- 6 end game</td>
<td></td>
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<td>- Snacks served at 8:15</td>
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<td>- (before the late game)</td>
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<td>- and after the early game</td>
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<td>- Teams are encouraged</td>
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<td>- to come early for</td>
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<td>- snacks and socializing</td>
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<td>TBD</td>
<td>Dominion Play Down sign up deadline</td>
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<tr>
<td>Wednesday, October 29</td>
<td>Hallowe’en Dress Up Night. Prizes for best team costume!</td>
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<tr>
<td>Saturday, November 8</td>
<td>OCA Training Day</td>
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<td>Wednesday, December 17</td>
<td>last game before holiday break</td>
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<td>Wednesday, January 7</td>
<td>first game of New Year</td>
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<tr>
<td>Saturday, January 17</td>
<td>Shades Bonspiel</td>
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Meet the Women’s Section Executive Committee

The EYCC Women’s Section Executive Committee is a group of seven dedicated volunteers whose goal is to serve the Section members and improve your curling experience.

Caroline Medwell – President
I started curling three years ago, as an antidote to an impending case of ‘empty nest syndrome’. EYCC Women immediately made me feel welcome. I loved learning to curl, and, even more, the company of wonderful teammates and fabulous competitors. I am not a great curler, but I listen well, care very much, and know how to build consensus, and get things done. I will do my best to serve you.

Shawnessy Johnson – Past President
This is my fifth year on the Women’s Section Executive and I’m really looking forward to the year that we have planned. I won’t tell you how many years I’ve curled, however I will tell you I LOVE the sport! If you have any feedback for the Executive, please use our Comment Box. We would love to hear from you!

Julie Conway – Vice President
I am excited for the start of the curling season and to be rejoining the EYCC Women’s Section Executive. I started curling 10 years ago and I have been hooked ever since! I curl on Tuesdays and Wednesdays. I’ve been involved with a lot of different sports, and I really enjoy curling because of how well it mixes a social atmosphere with a competitive spirit. I’m looking forward to a great season!

Joanne Davidson – Treasurer
I took up curling three years ago after long-time friends invited us out to a Family Day curling event at EYCC the previous February. My husband and I became hooked on the sport and I am now looking forward to my 4th year at East York Curling Club. I curl twice a week - on Wednesday night with the Women’s Section and again on Sunday morning with the Sunday Sinners. I am excited to join the Executive Committee this year after being elected to the Treasurer position at the end of last season. I am looking forward to another great season at the rink!

Cara Flemming – Secretary
For me, curling is a great way to relax and socialize after a long day at a demanding job. I come out on Wednesday nights to have fun and spend time with a great group of women, particularly my three fabulous teammates. Being on the Executive for the past five years has provided a wonderful opportunity to contribute back to a league that has given me a lot of great memories and good times.

Carol Wheeler – Drawmaster
I am thrilled to once again sit on the EYCC Women’s Executive Committee! Although my tasks have changed - I will be working hard as the new Drawmaster - my desire to serve the Women’s Section well, has not. A little about me: I began my curling career at the age of 12, and became quite competitive in playing Juniors (including holding an Alberta provincial title for high school). I stopped playing for several years, but came back to the sport 7 years ago. I not only play on Wednesday evenings, but also play Mixed on Tuesday and Friday nights. I love the game of curling for both the competitive and social aspects, and am always happy to share my joy of the sport. Looking forward to seeing everyone and to another great season!

Vicki Marianchuk – Bonspiel Chair
Vicki is a long time East York Curling Club member who joins the Women’s Section Executive Committee this year as the Bonspiel Chair. Vicki is so busy planning a fabulous Shades bonspiel that she doesn’t have time to write her bio, but did sit for this magnificent portrait.

It was pure joy to work with Vicki, although she needs to smile a little more.

~ Leonardo
Snow Day Policy

What happens when the weather gets wicked?

Toronto winters can be really ghastly. In recognition of the fact that we live and play during Canadian winters, we have proposed the following process whenever bad weather threatens to impact our members’ ability to travel to and from the Curling Club on game night, in a safe and timely manner.

1. Any decision to cancel a game night is the responsibility of the Women’s Section Executive Committee.

2. We will do our best to encourage regular play in all kinds of weather, and will consider cancellation only when the weather conditions are severe enough to make travelling ill advised.

3. The decision to cancel or proceed based on weather will be made before 3:00 PM on game day.

4. It is the President’s responsibility to gather – or assign the gathering of – official weather and road reports to share with Executive Committee members in order to make the most appropriate decision. These include:
   a. The Weather Network forecast for amount of snowfall, temperature and wind chill
   b. The Ministry of Transportation road reports
   c. 680 News Traffic and snow plow reports
   d. The EYCC Manager’s information on the status of the parking lot, and access to the Club facilities
   e. Any anecdotal evidence

5. If three or more Executive Committee members determine that we should cancel due to bad weather, then we will cancel.

6. A cancellation notice will be emailed to all members as soon as possible, and posted on our website.

In the event of a game night cancellation:
   a. The start times of the games will proceed the next week as originally scheduled.
   b. If we have the time in our schedule, all cancelled games will be played as originally scheduled, on the designated “snow night”
   c. If we cannot reschedule the cancelled games in their entirety, then the missed games will all be recorded as a “tie”.
   d. If a game night has NOT been cancelled, but you and your team feel that travel is too difficult, it is your option to contact the opposing team to see if they will voluntarily reschedule. If they do not agree, your team will have to default. The Executive will try to help facilitate the rescheduling as much as possible.

We welcome member input and commentary.

We will practice this policy for the year and add to Policies if voted in at next AGM

Follow Us on Twitter!

Our Women’s Section will be keeping in touch via twitter at @EYCCWomen again this year.

For those who are not familiar with Twitter, it’s surprisingly easy. And it’s really fun -- curlers from around the world tweet regularly. Talk to Julie Conway for more information.
Peer Coaching
Want to improve your team’s performance?

The Women’s Section Executive Committee is always striving to make our Section better and more fun. One idea that we will be introducing this year is the Peer Coaching Program. The idea is to give all teams the opportunity to improve...whether that means winning the A Division Trophy, making it to the C Division, or just having more fun, as a team, each week.

We have asked members in our Section to volunteer some time and energy to work with teams that are interested/willing to try the Peer Coaching Program. The Executive will provide a list of Peer Coaches, and we ask each team to read the biographies and approach the volunteer coach that seems like the best fit. If you need any help with finding a Coach, the members of the Executive can certainly help!

Team goals to consider are to improve team communication, to adopt/discuss strategy, to improve individual deliveries and releases, and/or improve sweeping. There are many aspects to the game, and the Peer Coach can help your team improve and have more fun!

The Women’s Executive will be providing material support to our Coaches, as well as a special training segment offered on the OCA Training Day of November 8.

This is an exciting new initiative and will look forward to your participation and feedback!

Look for the list of Peer Coaches in the next Newsletter!

If you are interested in volunteering to be a Peer Coach, please email the Women’s Section Executive at womensleague@eastyorkcurling.ca

Up Your Game
OCA Facilitated Clinic – Saturday, November 8

Our Ontario Curling Association (OCA) facilitated clinic is back!

We listened to your feedback and moved the clinic earlier in the curling season to Saturday, November 8.

This year, we’ll be running the clinic in conjunction with the Day Ladies Section and there will be an Intro and an Advanced course. The cost of the day is $20 and that includes lunch! But sign up soon, because space is limited.

“But I attended last year?”

We are working hard with the OCA to make sure that whether you are in the Intro course or the Advanced, you will learn a lot!!

With an 8:1 ratio of participants to OCA coaches, this is great way to improve your game at a really reasonable cost.

Please watch for sign-up sheets and more details!

Toronto Curling Association Circuit
Sign Up and Accumulate points

Sign up for a Toronto Curling Association (TCA) Account and then join the TCA Circuit to begin accumulating points and you’ll become eligible to win the cash! There is no fee to register if you’re an EYCC member.

Every time you complete a TCA Circuit event, report your results so the TCA can help you track your points. Find out more at https://www.torontocurling.com/circuit/
Non-Member Spares
Waivers and Fees

The EYCC now allows non-members to spare. If you have a non-member come out to spare for your team, it is the skip’s responsibility to ensure a waiver form is signed and a fee of $20 is paid.

The Women’s Section will refund up to $60 in spare fees to a woman who comes out this year and joins our Section next season.

So, if your friend comes out and spares four times this year, she will pay $80 in spare fees. If she joins the Women’s Section next season, we will refund her $60.

We hope that this will encourage women to try our Section and join us next season.

Please note that the rental leagues, such as the Teacher’s Leagues, are not part of the EYCC, and thus the spare fee will be charged as per the policy. The waivers are located in the scoring binder downstairs. The signed waiver and money should be put through drop slot near the office (by the kitchen).

$$ Win Some Dough $$
Section and Club 50/50 Draws

Women’s Section 50/50
Each week after your game, 50/50 tickets will be sold. Three tickets cost $2.00 and the proceeds pay for educational tools, training initiatives and help subsidize our year-end banquet. Please buy your tickets weekly and good luck!

EYCC 50/50
The EYCC has a club wide 50/50 that costs $2 per week and is drawn every Friday night.

Drop your toonie into the slot at the end of bar and check off your name in the membership book. If your name is drawn, and if you paid for that week, you win the pot! But if your name is drawn and you didn’t pay, the pot is carried over to the next week and your name is posted on the blackboard of shame!

This fundraiser helps the Board of Directors pay for infrastructure extras such as the cameras over the ice sheets.

Dominion Play Downs
Stay tuned

Traveler’s Insurance sponsors a competition each year to find the best league team in Canada!

In order to find the Women’s Team Representative for EYCC, the Club has traditionally held a play down that is open to all women’s teams that regularly play in a league. The sign up deadline will be announced soon.

Watch for more details!

Sign-up sheets will be posted on the bulletin board near the club’s entrance. Once the number of teams interested in competing is determined, the play down format will be announced.

If this sounds like something that your team wants to do, please sign up.
2013-14 Season Championship Game

Congratulations to our Winning Teams

The 2013/14 curling season ended with a bang, or maybe a drone, with teams playing in championship games piped onto the ice by Dan MacDonald. Volunteers from our Little Rock and Junior leagues acted as standard bearers as teams trooped onto the ice for a traditional Scottish curling toast from our then Section President, Shawnessy Johnson.

We received some great media coverage from the East York Mirror, including some photos published in the April 24, 2014 edition.

Our plan is to run a similar event this season, so play well and you too may be serenaded by a man in a kilt.

Clean Ice = Good Curling

Time for Shopping

When was the last time you replaced your gripper? If you can't remember, then it's probably time for a new one.

It's every curler's responsibility to help the ice staff keep the ice clean. You can help by getting a new gripper this season, a broom head cover and wearing non fuzzy clothing.

Dr. Goldline has the following tips to assess the condition of your gripper:

- **Do you feel secure when you are out on the ice and as you are sweeping a rock down a sheet of ice?** If you get the sense that your foot is slipping or sliding more than is normal as you move down the ice, then take a good look at your gripper before you end up taking a spill out on the ice.

- **Look at the outside of the gripper.** The most obvious areas of wear and tear are on the outer edges of the gripper where the sides meet the sole. If the surface is quite smooth, it is likely you are not getting the grip you want. Also, look at the upper edges of the gripper. Are there any gaps or notches in it? If you grip the upper edge of the gripper with two fingers and gently pull, does the rubber surface move in and out like an accordion? If yes, your gripper has seen better days.

- **Run your fingers over the surface of the gripper.** Again, you may feel there are areas which are very smooth to the touch, indicating spots where the rubber surface has worn away, thereby lessening the effectiveness of the gripper.

- **While the outside of the gripper is subject to the greatest level of scrutiny, it is frequently the inside of the gripper that is a real problem.** Your shoe will gently rub away at the inside of the gripper, causing small particles of rubber to release from the surface. As you remove the gripper, these minute particles often stick to the bottom of your shoe and get dispersed out onto the ice surface. In fact, rubber debris from the inside of the gripper can be a common cause of picks during the course of a game! Make the ice technician at your club happy: replace your gripper regularly and help keep your ice surface clean.