



THE RMCC WEEKLY HIGHLIGHTS NOVEMBER 1 – NOVEMBER 30, 2016

*Foot fair, draw to a hair,
Your stone being well directed,
You'll hit your aim, & win your Game,
If you miss, be not dejected.*

Glacies lubrica sit! Cos teres sit!



Remembrance Day

*"We honour those who have given
their lives serving Canadians and
helping people of other nations."*

*On the 11th hour of the 11th
day of the 11th month,
Canadians are asked to pause in
memory of the thousands of men
and women who sacrificed their
lives in military service.*

WHAT'S TO COME!



THE ART MACDONALD MEMORIAL TROPHY

On **THURSDAY, NOVEMBER 17, 2016**, players from Pointe Claire will host the Royal Montreal Curling Club to compete for the MacDonald Trophy. This is an annual event, now in its tenth year. Curling will start at 5 p.m., followed by dinner. RMCC Contact person - Andy Shatilla Email : andrew.shatilla@gmail.com

GRAND MATCH & GRANDE DAME 2016

SATURDAY, NOVEMBER 19, 2016
DRAW AT 9 A.M. AND 1 P.M.



The **Grand Match** and the **Grande Dame** will take place on Saturday, November 19, 2016. This event is an annual tradition with men's and women's teams from around Montreal meeting on the same Saturday to play full 10-end games. It is one of the most important curling competitions in terms of participation.

In the beginning, the **Grand Match** was a men's affair; women are now part of the tradition because, since 2002, the **Grande Dame** has been played on the same day under the same principle as the **Grand Match**. The general principle consists in half

the teams playing in their own club, with the other half visiting other clubs. The competition's goal is to fraternize and to officially launch the winter season.

RMCC members are welcome to watch.

If interested to curl, sign-up sheet on bulletin board – deadline November 7, 2016

Contact Person: Sandy Chisholm 514-781-7240 or chisholmsandy@hotmail.com

ST. ANDREW'S TRADITIONAL LUNCHEON

SATURDAY, DECEMBER 3, 2016

11:30 A.M. TO 2:30 P.M.

**Don't miss this event, one of our Club's most celebrated traditions!
And welcome our piper, Jeff McCarthy!**

As you might know, this is an event that historically, for well-nigh two centuries, has demonstrated the mutual respect and close association between the St. Andrew's Society of Montreal and the Royal Montreal Curling Club. We have been delighted to serve as hosts to the members of this Society at this always-popular event. The traditional Scottish dinner of succulent roast beef, ham, and brisket will be served.

Please make your reservations by Friday, November 25, 2016, by signing up on the Club's bulletin board, emailing the sender, or contacting the office at 514-935-3411.

Bar opens at 11:30 a.m., seating at 12:45, and Buffet Lunch at 1 p.m.

WEDNESDAY SPEAKER'S LUNCHEON

HENRY HABIB, PhD – *Distinguished Professor Emeritus, Political Science, Concordia University*
His highly topical subject matter will be The Middle East in Global Politics.



WEDNESDAY, NOVEMBER 2, 2016

Henry Habib is an outstanding teacher and scholar, who founded of the Department of Political Science at Loyola College in 1961, was Chair of the Department during its formative years, and subsequently Chair of the Department at Concordia University from 1982 to 1998. The remarkable longevity of his tenure is indicative of the confidence of his colleagues and students. He was a recipient of the John W. O'Brien Distinguished Teaching Award in 1985, a tribute to his outstanding performance as a classroom teacher and student advisor. During his career at Concordia, Dr. Habib served on many academic bodies, and has been a member of the Board of Governors, almost continuously, since 1971. He is now Governor Emeritus. He is also a highly respected authority on the politics of the Middle East, has published two books, articles and book reviews, was Visiting Professor in Islamic Studies at McGill University from

1998-2007 and at the University of Ottawa from 2003-2014.

Book early and reserve your place(s) and do not miss this great occasion.

\$22 per person - Sign-up sheet is on the Club bulletin board or phone the office 514-935-3411 or email rylmtlcc@videotron.ca

LOOKING AHEAD - WEDNESDAY GUEST SPEAKER

WEDNESDAY, NOVEMBER 9, 2016

THE HONOURABLE PIERRETTE SÉVIGNY, QC - *Retired judge of the Superior Court of Quebec - Montreal District*

She is our Remembrance Day Speaker.



Born and educated in Montreal, and an attorney since 1975, Pierette Sévigny served as Judge for 17 years and is an accredited civil, commercial and family mediator and arbitrator. Former professor at Concordia University, Lasalle College and the Protestant School Board of Greater Montreal, she was the Founder and former president of "Résidence Project Chance Inc.", former delegate to the National Conference on the Status of Women Report, delegate to the National Conference on Women and the Constitution, and Founder and Member of the Board of Directors of Montreal Catholic Counseling Inc. From a distinguished Quebec family, her grandfather Albert Sévigny was Speaker of the House of Commons of Canada and her father, Col. Pierre Sévigny, was a decorated war hero and Minister of Defence of Canada.

WEDNESDAY, NOVEMBER 16, 2016

NICHOLAS HOARE - *Wine loving Purveyor of Books and Supporter of the Literati*

His topic: "Books, Books and More Books"

Born in Britain to a banking family, Nicholas Hoare spent much of his youth in a 15th century Elizabethan home in Suffolk surrounded by books, plants and music, fostering a lifelong passion for good food and wine, architecture, gardening and the arts. He came to Canada and started in Montreal while still in his twenties as a distributor specializing in British books that were largely untapped at the time, catering mainly to libraries. He later moved into retailing through bookstores initially established in Westmount and Toronto. After a successful run of many years, his chain of bookstores is now closed, a victim of the digital age, but his interest in books remains undiminished.



FOR MORE INFORMATION ON NOVEMBER'S SPEAKERS PLEASE VISIT OUR WEBSITE
<http://www.royalmontrealcurling.ca/member-services/wednesday-speakers-lunch/>

UPCOMING BONSPIELS

(check RMCC bulletin board for further details)

Invitation to the "**ACRM Grand Match / Grand Dame**" on November 19th, 2016. Contact Sandy Chisholm for any questions.

Invitation to the "**SWISS Mixed Sweetheart Invitational Bonspiel**" January 27-29, 2017. Contact Tracy Johnston for any questions.

https://drive.google.com/file/d/0B2Q0Uw3dbi_jZGVjdZlnYlptTkU0VWtfc3ZNbUxsQXhKbUVv/view

"**Curling in Scotland**" trip - March 17-25, 2017 Contact Sandy Chisholm for any questions.

https://drive.google.com/open?id=0B2Q0Uw3dbi_jaW41OE82LXk4UVdEeUE1Q0VON2g4bDRQZkZJ

BONSPIEL RESULTS

Results of RMCC at the Annual “Surf’n’Curl” in Moncton



RMCC “represented” this summer at Moncton’s annual Surf’n’Curl. Beausejour CC graciously hosted 16 teams from New Brunswick, Nova Scotia, Quebec and Ontario for 3 fun days of curling (and eating - mussels and lobster were on the menu!). RMCC played 4 games over the weekend, winning the “E” division final on Sunday morning in dramatic fashion - a 3-point steal in the 8th end! This was a friendly, open cashspiel and a lot of fun - we encourage you to put it on your calendars for 2017!

Our team: Tracy Johnstone, Deanna Allen, Luc-André Girard, Jaime Hutchison

THE RMCC LUNCH & BRIDGE



The ladies league will be hosting their “Autumn Luncheon” on Monday November 14th at 12:30pm. This event is open to members and their guests. Price is \$20 per person. Bring a table of four and enjoy the afternoon! **A sign-up sheet is posted on the club notice board, or contact Mary Whittemore (514) 489-0351**

COACHES CORNER

CLUB CURLING 101



No need to re-invent the wheel here my friends, we just need to get some traction and roll forward! Curlzone has resources, tools and methods to give you grip where the rubber meets the ice!

If you are reading this, you may already be aware of the Curlzone programs that are lined up this season at the RMCC. The youth and school programs being offered are designed to expose and promote a *structured development and staged process* for our youth in curling. These programs are the investment portfolio for the future of RMCC.

Now, in order to keep things on the rails, as the subject implies, “Club Curling” is just that; recreational curling within the club with its emphasis on *fun, fitness and fundamentals*. Therefore, all our efforts towards building and maintaining a successful club curling program should be exercised with this in mind. Chances dwindle when we attempt to throw a “one size fits all” program approach at our members and hope for success. *(much more to come on this topic in future articles)*

In short, if we want a specific result, then we need to take a specific approach.

Here are my top ten tips for successful club curling programs. These are based on real data and experiences from club curlers, I have coached.

1. **Certified coaches should conduct all coaching / training.** *(Members can only show other members what they know...not what they do not know. It may have taken them 30 years to perfect it. Do you have that much time to learn it?)*
2. **Initiate and follow a program.** *(This is the fastest and safest way from (a – b)*

3. **Identify and respect the goals of members.**

(Not everyone that comes thru the club door has the same views or reasons for being there.)

4. **All members should know the rules & etiquette for curling.** *(This seems so obvious, but often overlooked, and the rules do change!)*

5. **Team positions.** *(Please put new curlers in the second position, not lead. A guard is the same shot as a skips draw to the button, less 6 feet.)*

6. **Communicate effectively with membership.** *(Ineffective or lack of communication brings confusion, contempt then abandonment.)*

7. **Remember, fun, fitness and fundamentals define club curling. Competition curling is a different program.** *(Encourage your competitive athletes to follow that path)*

8. **Ensure a safe, warm and friendly environment.** *(Our general demographic profile is presently comprised of 50+ athletes; we need to respect their needs, while addressing any others.)*

9. **Athletes present in all forms of abilities or limitations.** *(Our programs must be adaptable to them, not the contrary.)*

10. **Club curlers are the backbone of clubs.** *Invest the effort and resources to ensure family membership longevity, the dividends may very well guarantee the future success of the RMCC.*

Good things do not always come to those who wait; so we need to take an active role in the future success of our RMCC. Questions & Comments are always welcome; I am here to help.

Yours in Curling, Martin Cavanagh ChPC

CURLING 101 CONTINUED

Ah...yes, the new curling season is now upon us. and as I glance down the hallway, I see the trickle of new and returning members wrestling their gear bags, brushes and optimism through the front door, then obediently make their way to the locker room to don their garb and game face for the scheduled draw on time...we hope!

Hmmm... as I recline in my chair, I find myself pondering whether these motivated athletes, newbies or not, have given any consideration to preparing themselves for the "awakening" they are soon about to experience.

Has that gear bag even been opened since last season's angled raise take-out for the final big win, or does the inside harbour critters, or look like your son or daughter's science fair project on the kingdom of mold and fungi? Contrary to popular belief, curling shoes do not last a lifetime. If your shoes have more cracks, tears and creases than the face of a well seasoned fishing boat captain...please visit your pro-shop. Yes, we have one now at the RMCC! The Curlzone pro-shop is fully equipped to make both you and your slider look and feel pretty slick.

If your gripper sheds rubber like a dragster out of the hack...please visit your pro-shop! Slip-on grippers should be cleaned before every game with mild soap and water, inside and out. They should also be given an un-ceremonious burial or better still, recycled when they've outlived their useful service.

Brush heads that are caked in layer upon layer of crud, debris or other nasties are of no practical use on the ice. You may as well brush that draw to the button with a pooper-scooper! Brush heads get dirty from debris that curlers bring on the ice. I have yet to meet an ice technician that pebbles with dirt...so please clean your feet and change your heads. Louis & Hans will be smiling all season long.

Okay, so now you've got all your gear in check, what's next you ask? Well, your coach would want to know what physical condition are you in? In a few moments you will be on the ice demonstrating for all onlookers to admire, the condition of your muscles, tendons and ligaments that have not yet been warmed up, much less conditioned during your summer hiatus and 16 Molson backyard BBQ work-outs. Not to mention your systematic un-mastery of last season's balanced delivery. Remember, injury and/or pain is the principal reason why curlers quit the game. Please take a few minutes to warm up, and then dynamically stretch your muscle groups with this [pre-game warm-up routine](#) Give yourself and your team every possibility for a fun, injury free and successful curling season, with both you and your equipment in shape to curl.

Now...get out there and have fun! Questions & Comments are always welcome.

Yours in Curling, Martin Cavanagh ChPC

REMEMBER _ SIGN UP FOR TRAINING!

<http://www.royalmontrealcurling.ca/learn-to-curl/>

Curlzone is very pleased and ready to offer RMCC membership value added training programs for personal, team or league development. Please communicate any request for league training with your league chairperson as they are responsible for directing any activities within their league. Registration for all other training programs are managed by Curlzone. (sign-up forms will be posted in the RMCC lobby or you can email for any inquiries at coach@curlzone.com)

SAVE THE DATE

RMCC ANNUAL CHRISTMAS PARTY

FRIDAY, DECEMBER 9, AT 6:00 PM

Celebrate the Christmas season at the RMCC Christmas Party. Fun and games guaranteed!