



DECEMBER 2009

*Upcoming Events:*

- Dec 12<sup>th</sup> 4-6pm  
Drop-in curling & social  
\$5/person
- Dec 18-20<sup>th</sup>  
Woman's Coastal Playdowns
- Dec 24<sup>th</sup> - 26<sup>th</sup>  
Club Closed for Holidays
- Dec 27-29<sup>th</sup>  
Two on Two Bonspiel
- Dec 31<sup>st</sup>  
New Year's Party
- Jan 1<sup>st</sup> 2010  
Club Closed.

Looking for gift ideas for your favorite curler....

Check out our Pro Shop!

ROYAL CITY CURLING CLUB

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# Between The Sheets



## LOOKING FOR THAT PERFECT GIFT?

Be sure to check out the Pro Shop regularly as there is more and more of a selection of gifts available everyday!



Our staff will be happy to wrap your gift for a donation to the junior fund.

Watch out for our poinsettia sale!

## *Happy holidays from our family to yours!*

It is hard to believe that it is almost Christmas and the curling season will be half over!

We are all so fortunate to be part of such a wonderful Club. A place where we can enjoy a good game, have a social drink with friends, and a great meal from the kitchen.

Many are not so fortunate, which is why we will be accepting food donations and

new unwrapped toys. All donations will go the Fraserside Community Services Society in New Westminster to help make life for those not as fortunate a little easier this Christmas season.

Why not get into the spirit of giving by placing a non perishable food donation in one of the gift boxes sitting under the Christmas tree in the lobby or consider a toy or other gift (unwrapped) for under the tree in the lounge.

## *Golly's Gourmet Café @ R.C.C.C.*

You may have noticed many changes around our kitchen area these past few months. Not only did we just install a new dishwasher and stove, but we have a wonderful gal cooking for us.

By now most of you should have met *Gulzar Rasul aka Golly.*

When you order entrees from Golly's Gourmet Café you will receive a homemade meal that is low in salt, lower in fat and delicious!

Golly uses the best local ingredients and cooks from scratch so you don't have to! Drop by and see what the daily entrée is. You can either enjoy your meal here at the club or order

'Meals to Go' so you can feed the family.

Golly has had over 22 years experience working in the food industry and is looking forward to catering your next event, whether it be your leagues Christmas party or Year-end Banquet. Anything from a few appies to a full meal. Just let her know your budget and she is sure to please.

Watch for upcoming 'theme' nights when she will be featuring menus from countries such as Greece, China, and Ireland



## Royal City 2010 Roster Book



*Did you know.....  
"Vigorous sweeping  
requires curlers to be  
fit, and in a typical two  
hour game a curler  
walks almost two  
miles!"*

### SPECIAL THANKS TO

**MARK DAVIS, ROB REMPEL,  
ANDREW TULLY, LEROY  
THREINEN, RICK THREINEN,  
GREG HRUBY, SEAN GEALL &  
BRYAN MIKI**

For helping with the removal  
of the old kitchen stove and  
installation of new one, along  
with tearing out and rebuilding  
of the kitchen wall to facilitate  
the installation

**MICHELLE SPANNIER, ROB  
JONES, DWAYNE WINNICUK,  
DEREK OYE, DOUG DUFFIN,  
IRWIN LEE, GREG HRUBY**

For helping with drop in  
curling nights.

**MICHELLE SPANNIER & IRWIN  
LEE**

For helping with family nights.

### **VOLUNTEERS NEEDED:**

We could always use more  
help with the juniors. Sign  
up to help once in a while.  
Saturdays 1:30 – 3:30 pm

The Membership phone book; known  
as 'The Roster' is back. It will be  
circulated to all Members of RCCC this  
December.

This phone book lists all 'Active'  
Members within the Curling Club along  
with their phone number and email.  
It also has a section listing most if not  
all the day and nighttime leagues and  
the players that curl in them. (There  
may be some leagues missing due to  
them not wishing to participate, or  
not getting a listing of players in to  
the office in time.)

The Roster book now lists two contact  
numbers and an email address for  
each Member. If you are missing

information in our book it simply means  
the 'membership program' is missing  
the required information.

Check out your name....If your  
information is incorrect, be sure to fill  
in a 'Members Update sheet or notify  
the office via email, or phone to let us  
know your correct spelling, number, or  
email so we can update the system

When you do get your copy, be sure to  
hang on to it as there are only so many  
produced (one issue per Members  
household) in order to keep the cost of  
production down.

Helping you stay in touch!

## *2 on 2 Curl for Kids Car'spiel – Dec 27-29<sup>th</sup>, 2009*

It's that time of year - after too much  
turkey dinner maybe you should grab  
your curling shoes and come on down  
to the rink for the annual 2on2  
Bonspiel.

The 'Spiel is open, so men, women or  
any combination will work and there  
are only 2 of you! No sweeper, one  
sweeper, throw and sweep? It's up to  
you to decide.

Who knows you might just win a 'Car'

Yes, you heard right. First prize is a  
car donated by Jamie McTavish.  
(Approximate value of vehicle \$1500 -  
\$2000.00)

This annual event tends to fill up  
quickly, so be sure to get in to the pro  
shop early and secure your spot by  
prepaying your entry fee.

Here's how it works:

- 24 teams
- 8 qualifiers
- \$200 per team
- 4 end games
- Curl all day Sunday  
Evenings only on  
Monday & Tuesday

**All Proceeds go to Canuck Place.**

## *Some Tips for Improving your Teams Pace of Play*

\*\*Be prepared to throw your rock while  
the opposition's stone is in motion.  
You should be ready to throw when  
your skip steps into the house to make  
the call.

\*\*Sweepers should immediately move  
to the sides of the sheet once the  
stones have come to rest.

\*\*Pull your skips rock out so that it's in  
front of the hack when they come  
down to throw.

\*\*Skips should watch the oppositions call  
and begin considering shot options so  
that they are able to select a shot to  
call more efficiently.

\*\*Playing at a reasonable pace of 15  
minutes per end you should be about 1/2  
ways through the 7<sup>th</sup> end when the bell  
sounds.

\*\*Please remember that all games  
should be 8 ends and every effort should  
be made to complete a full game in the  
allotted time.