



# NEWSLETTER

Campbellfordcurlingandfitness.ca  
Facebook.com/CampbellfordDistrictRacquetAndCurlingClub

March 25, 2019

## Get your Spring Banquet tickets

Spring Banquet tickets are now on sale. The tickets are behind the bar, please ensure you write your name and ticket numbers on the sheet.

Freisen's Smokehaus will be catering and Little Lake band will be the entertainment, after the meal and speeches. You'll want to stick around for this band!



### Saturday, April 13

Cocktails 6 – 7 p.m.

Dinner 7 – 8 p.m.

Speeches 8 – 9 p.m.

Followed by Little Lake

Tickets just \$25

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### Club notes:

New fitness classes started this month -- Chakra Meditations at 7 a.m. on Tuesday mornings in the Bennett Lounge and Lunch Hour Fit classes on Fridays at 12:15. Stay tuned for a Summer Fitness schedule.



### Lunch Hour 30 min Classes

These classes will give you the equivalent of a 60-minute workout in 30 minutes! The purpose is to allow for those with little time during the week to come and join us, and for those members, or non-members (\$5 drop in fee per class) to get a workout in on their lunch hour. You should have time to use the locker rooms, change and have the class, back to the locker rooms and back to work all within an hour!

**CLASSES WILL BEGIN AT 12:15**

Friday March 22: **Intense Spin**

Friday March 29: **Core & Glutes**

Friday April 5: **Full Body HIIT Workout**

Friday April 12: **Intense Spin**

Wednesday April 17: **Core & Glutes (instead of Good Friday)**

Friday April 26: **Full Body HIIT Workout**

Wednesday May 1: **Intense Spin**

**(Making up for the instructor being away on the Friday)**

Friday May 10: **Core and Glutes**

Friday May 17: **Full Body HIIT Workout**

Friday May 24: **Intense Spin**

Friday May 31: **Core & Glutes**

Friday June 7: **Full Body HIIT Workout**



Instructor: Natisha Taylor, Certified CanFit Fitness  
Instructor

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Save the Date. Saturday, May 18, for the Meyer's Sports Club's Baseball Tournament. We will be looking for teams and volunteers to help run a BBQ

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## ***Our club runs on volunteer power***

Thank you to

- 1) Lynn Watson, Eric Hudson, Mike Layton, Rob Pope, and Ben McKeown for cleaning the side walls of the squash courts prior to the renovations
- 2) Jim Kelleher for building the new display case in the office window of the Bennett Lounge
- 3) Dave MacDougall for helping hang more things in the fitness area
- 4) Everyone who filled out a Member Survey. Results are being tallied and your comments and opinions are being discussed at Board Meetings. There will be a

display of results for all to see once decisions are made as to how we are moving forward.

- 5) Art Chamberlain for putting together our monthly bulletin each month.

We are looking for a volunteer who has keen photography skills and would like to take pictures of different areas of the club for promotional and advertising purposes. Contact Rachel if you can help. 705-653-4433, or [meyerssports@persona.ca](mailto:meyerssports@persona.ca).

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## ***Winners in Norwood***

Congratulations to the club team that came first overall in the Norwood Bonspiel on February 20 claiming the championship.

In the early draw the team of John Knox, Albert Stadtke, Charles (Skip) Exton, and Barry Brown scored 36½ points to beat the winner of the late draw, Gord Montgomery from Norwood, who had 34½ points.



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The Volunteer of the Year ballots are available at the club. So many people do volunteer work throughout the year, so think back over fund-raising, kitchen, bar, odd-jobs that have been done. Board members are not eligible.

Please write in your nomination and put it in the box by the bar.

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## ***Little Rock curlers competed in Almonte***



*Lots of fans on hand, including Coach Ron.*

A Campbellford team competed in the Glen Sage Memorial Little Rock Championship Cup over the weekend in Almonte. The bonspiel was won by a team from the Perth Curling Club.

Coach Ron Hart says that while Campbellford didn't win any of its games they curled very well. "It was a first time at the championship for Chelsea and Taylor, second time for Jayden, and third time for Tyler," Ron said.

They finished C runner-up, ranking them eighth in Eastern Ontario.

Congrats on a great season.



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## Squash Court Renovation – Trillium Grant

The work on the Squash courts was done by Playcon during the first week of March. The front walls were covered with a heavy board, made especially for that purpose. The floors were sanded and lines repainted. A grant of \$16,000 from the Ontario Trillium Foundation made these renovations possible. A ribbon-cutting ceremony will take place in the coming weeks to officially recognize the Trillium grant.

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## Ice and Wine Bonspiel



Ray and Doris Wellman have decided to stop running the Ice and Wine Bonspiel. But there is still plenty of interest from teams far and wide. The club is looking for a committee that would take over this fun event. The Wellmans are happy to help out with planning, but the bonspiel could be changed in any way that the committee sees fit.

If you would like to be part of such a committee, please let someone on the CDCRC Board know. The flyers for it go out very early, so if we want to keep this event going, we need to get at it soon.

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CDCRC is giving Special Recognition Awards to two people who have made significant contributions to the club over many years.

Bill Lindup was the treasurer for several years and when the CRA audited the club, he worked diligently so that it could retain its charitable status.

Colleen Philp has been involved in running the David Philp Memorial bonspiel since 1991. Although not a member of the club, Colleen has given her time and energy to this event for a very long time.

Presentations will take place at the David Philp Bonspiel on March 30 for Colleen, and at the Spring Banquet, April 13, for Bill.

The CDCRC members are proud of the contributions of these two fine people and look forward to honouring them.

## ***Notice from a member***

Saturday, May 4, the 9th annual Spring Walk and Rubber Duck Race to support The Bridge Hospice will take place. Cheer on the ducks and take a 2.5k or 5k walk. Please gather pledges, or donate on the day to support Northumberland County's only hospice home.

Duck tickets available for \$5 each (First place duck wins \$100, second place \$50) from The Bridge Hospice and Our Lucky Stars.

Flock to the Warkworth Arena from 9:30 am. Duck Race & Walk start at 10:30 a.m. For info see [www.facebook.com/thebridgehospice/](http://www.facebook.com/thebridgehospice/) or call 705-924-9222.



**Saturday, May 4**  
Flock to Warkworth Arena, from 9:30 am

Duck Race  **BIGGER THAN EVER!**

Forget-Me-Not Walks 

[www.thebridgehospice.com](http://www.thebridgehospice.com)  
[www.facebook.com/thebridgehospice/](https://www.facebook.com/thebridgehospice/) • 705-924-9222



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