



NEWSLETTER

Campbellfordcurlingandfitness.ca
Facebook.com/CampbellfordDistrictRacquetAndCurlingClub

October 2018

Curling season is just a week away



As you may have seen on Facebook, the ice is in and painted. Picture left is what it looked like after a flooding on Sunday. League curling will start Tuesday, Oct. 9.

Meyers Sports Club is planning an Open House this Friday, Oct. 5, *IF* the ice is ready. Watch Facebook for updates. Quinte Curling Supplies will be on hand. Come out, throw some rocks, pick up some new broom heads, grippers and shoes to get ready for the new season.

CDCRC UPDATE

New club manager hired

The CDCRC Board and the Meyers Sports Club Board are pleased to announce the hiring of Rachel Whitton to take over the job of manager of the club. Rachel has been a member since she was a teenager and is well known at the club and in the community. She brings to the job a range of skills and ideas and enthusiasm for tackling the challenges that will come her way.

We must thank Eunice profusely for the work she has done and continues to do for our club as she moves on to retirement at the end of November. For 13 years she has put the best interests of the club first in all of her interactions, often giving up time from her own family life in the process. The role she has played has changed dramatically over the years, and she adapted to those changes and made the jobs of the boards so much easier. Of course, Ed has been a constant worker at the club too, both in support of Eunice and as a volunteer in many areas. We are so grateful to have the Stapleys at our facility.



There will be a few weeks in November when Rachel will job shadow Eunice to learn the ins and outs of the daily job and ensure a smooth transition.

New Executive

At the September 18 meeting of the CDCRC Board the following officers were put in place for the coming year:

President – Nan MacDougall, Vice President – Jerry Reid, Treasurer – Pat Sheridan, Secretary – Carol Currelly-Burnham, Directors are Gord Reid, Erin Hobbs, Jim Kelleher, John Knox



There are empty seats on the CDCRC board. If you are interested in the facility, its upkeep, and how the money is spent, you would enjoy being a member of this board. It meets once each month and makes decisions vital to the ongoing operation of the building and all that it contains. Please contact a member of the board if you would like to know more.

Condenser Replacement



In August, the last piece of the ice-making equipment was replaced – the condenser. Although costly, this replacement had to be done because of the age and condition of the old condenser. We look forward to improved ice-making capabilities, especially in warmer weather. Les Martin is back as icemaker with the capable assistance of Barry Brown. They are hard at work getting the ice ready for the new season.

Brand New Name

New letters were put up along the roofline of the building. They look so much better, but now the steel behind the letters shows its need of paint too. Are there any volunteers who would undertake putting a coat of paint on that steel? Please let Eunice or Nan know if you can help out with this.



Empire Cheese Farmers' Spiel Friday, Dec. 7

To enter a team, which must include one farmer, contact Ken McCulloch 705-761-8228

STARTING TUESDAY, OCTOBER 2, 2018

A circular inset photograph showing a woman with her hair in a ponytail, wearing a dark tank top, in a yoga class. She is looking towards the camera with a neutral expression. The background is blurred, showing other people in the class.The logo for Campbellford Fitness - Curling - Squash, featuring a stylized house icon and the text "CAMPBELLFORD FITNESS - CURLING - SQUASH".The logo for BEB Yoga, featuring a stylized lotus flower icon and the text "BEB YOGA".

Yoga Classes

EVERY TUESDAY FROM 5:00
P.M.-6:00 P.M. AT THE
CAMPBELLFORD & DISTRICT
CURLING & RACQUET CLUB,
381 FRONT STREET NORTH

Join **Brittney Blake** of **BEB Yoga** (certified RYT-200HR) in a weekly Hatha Flow Yoga class suitable for all levels. Classes are included in membership fees and non-members are welcome to attend at a rate of \$10/class.

QUESTIONS? EMAIL BEBYOGA@GMAIL.COM

Boot Camp / Interval Training Class

Who: Fitness Trainer, Shelley Aggett

What: Boot camp / Interval Training Class

Where: The main squash court at the curling club

Why: To have some fun, get your body moving & enjoy some social time with friends

When: Starts Thursday, Oct. 4 @ 5:30 pm

Come out and join us for 45 minutes of exercise. Rotate through a series of exercises that will help you become stronger, more fit, improve your mood, sleep and energy level...

No previous experience needed. Modifications will be shown to make the exercise harder or easier as needed. Included in curling club membership or \$10 for non-members.

Try our free kettle bell workouts



A nose to toes kettle bell workout is free for members and just \$10 for non-members. Mondays from 6.45 p.m. - 7.45 p.m.

If you have not used them before come at 6.30 p.m. for an introduction to the technique. Try it, you'll like it.

For more information contact Alec Dewdney, 905 376 0961

Sales Barn Catering – Saturday, October 13



We are still looking for volunteers to help out when we cater the Charolais sale at Hoard's Station Sales Barn.

If you could work from 4:30 p.m. until 7 p.m., or 7 p.m. until 9:30 p.m. that evening, or if you are willing to donate a pie, please let Nan MacDougall know. 705-632-9464 or danmacd@xplornet.ca.



CDCRC is pleased to introduce SPIN CLASSES!!!!!!

When: Tuesday's 5:30 p.m.-6:30 p.m. Starts this week, Oct. 2

Where: Fitness area Free for members, \$10 for non-members

Space is limited so reserve your spot each week by emailing wismeruni2012@gmail.com

Learn to curl program for beginners

The purpose of the Learn to Curl program is to allow new and almost-new curlers to have fun while gaining an appreciation for the fundamentals of the game.

The program gives them a chance to try it out before joining the club. Participants will learn delivery, sweeping techniques and basic strategy. Stick instruction is also offered. Our program is based on a curriculum developed by Curling Canada. This program is open to anyone aged 18 and up.

Here's your chance to learn to curl with fellow rookies, to develop your skills in a no-pressure environment and to have fun! Cost is \$10 per session or introductory three-month club membership. Contact Deb McCarthy for further information, 416-626-5947, debandgarymccarthy@gmail.com