



# NEWSLETTER

Campbellfordcurlingandfitness.ca  
Facebook.com/CampbellfordDistrictRacquetAndCurlingClub

September 2023

## Open House on Tuesday, September 19

Meyers Sports Club is pleased to announce a ***curling open house on Tuesday, September 19, from 6:30 to 8:30 p.m.*** Volunteers will be there to assist you with any online registration questions you may have. Need to replace a gripper, need new shoes, need a new broom head? As always, Quinte Curling Supplies will be there to fulfill your shopping list.

The website is open for the 2023-24 registration season. Just a reminder, that when you are completing the curling team section, if you don't have a full team in place, fill the blank space with the word "assign".

Mark your calendars - stop by and say hello to your friends and beverages will be available.

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## Saturday, October 21

### Salt Creek Golf Course and Campbellford Curling Club

4-person best-ball, 9 holes, shotgun start at 10:30 with cart. Lasagna lunch at the curling club  
2 four-end games of curling with your golf team. Charcuterie board served after your last game  
Cost \$75 per player. For more information and to sign up Contact Nancy West 705-930-3178 or Dave Martz 613-395-2436

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## Cornhole season was great success

What a fantastic inaugural season from May 1 to July 31. It wouldn't have happened without our amazing advertisers: Allen Insurance, Drummond Motors, Campbellford Wholesale, Snapshots, Barretts, Thompson's, Master Submarine, Peculiar Platypus, Stapley Towing, Exhaust Plus, Bob Mark New Holland, Focal Brewing, TransCanada Nissan, The Wine Barrel 2, Vantill Tree Care.

With their support, we began the cornhole season \$500 to the good before even throwing a bag! No club money was used to launch this new endeavour. The mission of this startup was to bring in additional funds to the club, make use of the empty ice surface and hopefully alleviate the need for so many rentals.

It was a bonus to have so many non-members enjoying the leagues. We were able to run two separate leagues – a morning and an evening with both leagues full from the start. A huge plus was the fact that over half the players were not members of the club, so we were able to show off the facility and encourage new memberships. On that note, at least two players are now signing up for curling this winter!

Everyone enjoyed the leagues and it was obvious from the cheers, groans, and shouts during play. The season was capped off with a BBQ and fun tournament. A survey completed on the final day cemented the success of the league. Everyone was happy with the format, social aspect and league day/evening offerings.

The cornhole committee of Jerry Reid, Eunice Stapley, Bob Hemming and Jackie Igleheart worked tirelessly to get this off the ground and are very confident that with some additional marketing and focus for next season, there should be another evening league filled. The initial forecast of \$10,000 in revenue was met, with the bar taking in \$4,000 for the season and entry fees and draw brought in \$6,000.

The committee can't wait to get started for the 2024 season!

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**Smart Serve Update:** On November 9, 2021, the Alcohol and Gaming Commission of Ontario (AGCO) introduced a new five-year Smart Serve recertification requirement. Volunteers who held a certificate issued prior to July 1, 2018, expired on August 31, 2023. Those holding certificates on or after July 1, 2018, will have five years from the date of issue to recertify.

Details can be found on the Smart Serve website. Those of you who have recently completed their Smart Serve certification please contact Candice, the Manager, with your certification number so we can update our database. Thank you! If you have any questions or concerns about this important volunteer activity, please contact a member of the CDCRC Board of Directors.

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**Did You Know:** You don't have to be a member of either boards of directors to be on a committee. Your skills and input are greatly appreciated, and it helps build a culture of volunteerism. More information is forthcoming at the Open House. Also, visit the [Volunteer](#) page on the website. (Join/Volunteer).

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## **CDCRC President Dave Martz's report to the AGM**

The past year has been bittersweet for the CDCRC board. We have come out of the Covid experiences that was faced by all in fairly good shape considering where we could have ended up. There are a few things you need to know about that are important to the future of our club, where we are and where we feel some of our future challenges are going to be.

These are the items that I wish to share:

1. Accessibility project
2. The age of our building
3. Fitness and Cardio area
4. Summer rentals
5. Fund raising

The accessibility improvements were possible due the grant that we got from the Ontario Trillium Foundation. This project has been nothing short of being a complete pain, every time you think you're going forward someone or something throws a wrench into the cog wheel. The latest being we were supposed to start with the plumbing of the bathroom on July 15 and then all of a sudden, we couldn't get a plumbing permit without an engineer's drawings. The plumber has never heard of this before and this is setting us back and adding a significant cost to our build. We realize now that we will not be able to do the complete job with the grant money we have been given. We will do all that we can with the money that has been allocated from this grant.

Our building is getting older and it needs some help to keep up to the pressures that we put it through on any given day. Structurally it is not in bad shape but some of the things that we are going to have to deal with in the not-so-distant future is both roofs, the one over the ice surface and the flat roof over the rest of the building.

We are doing things to get as much longevity as we can but in the long run replacement is inevitable. With the cost of everything going no where but up, I don't think you can replace these roofs for under \$200,000. This is just one big area of improvement needed in the future. A lot of our infrastructure is in need of some TLC, we keep doing things to make everything cosmetically sufficient for our day-to-day routines but in the end, things are going to need to be replaced.

Keeping with the same frame of mind, you as a membership need to know that our fitness and cardio area need a lot of help going in the very near future. I have spent a fair amount of time in the fitness area, every time I come into the building, I take a walk through the area and usually stop and talk to our members. Our equipment is OK and according to the fitness

company that we have coming in to check the equipment once every three months, the equipment is suitable but outdated.

Other than fixing what we have, there has been very little money spent over the last several years in this area and I for one know that this has to change. I believe that we have a very short window in making this area a lot more updated and more state of the art than it is at the present time. I want to put together a committee and get input from the members that mainly use the fitness centre to come up with a game plan to make this area one that is a modern and more user friendly going in the future.

I want to talk briefly about our summer rentals. Our board has decided starting next year that we will not be running the bar when renting out the ice surface. In the future anyone renting this facility will have to get their own licence to sell alcohol and have Smart Serve bartenders. This has come about because of the issues we have in getting volunteers to be bartenders and ticket sellers. We have the same people volunteering for these events all the time and as it seems not enough people are stepping up to help. The one thing that has helped us this summer is the cornhole league that was started by the Meyers board this has given us a financial windfall that we would have not seen otherwise. It was a great to see people in the facility having fun during the spring and summer months. The Meyers board and the cornhole committee get big thumbs up from me. There was a lot of work and time put into this, the core committee was Bob Hemming, Jackie Igleheart, Jerry Reid and Eunice Stapley, and they should be congratulated.

I need to talk to the entire membership about fundraising. Our fundraising committee consists of myself, Nan McDougall, Eunice Stapley, and Nancy West. In the past year there has been approximately \$20,000 raised by running events at our club. This has to continue and in fact more needs to be done. The membership as a whole does a great job in participating in these events, that is not the problem.

The problem is that we have a handful of people who run and spearhead these events and we need your help in making these events and new events happen. In saying this I would propose and make a motion that every curling league run at least one event and hopefully the bigger leagues will run two. For example, the casino night is run by mainly the senior men's league and always has been. We do get a little outside help but mostly the men run it. We have many events that a league can take over or they could come up with a new event. What this will do is free up our handful of main event convenors and our fundraising committee to come up with new ideas to raise money.

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**Did You Know:** Please be sure to visit the [club's website](#) to keep informed about important activities and updates at the club. Those returning for the curling season can renew online on the website by logging in. If you're unsure of your login credentials, just click on the [FAQ](#) link on the Home Page for help.

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**Meyers Sports Club**  
**Membership Fees for 2023/24**

	<b>2022/23 incl tax</b>	<b>2023/24 incl tax</b> (with cost of living 4.4%)
Adult membership	\$450	\$470
Student (16 to 25, attending school)	\$230	\$240
Youth Curler (8 to 18, Sunday curling only)	\$80	\$84
Adult Pre-Authorized Debit	\$43.00 per month for a year	\$45.00 per month for a year
Student Pre-Authorized Debit	\$23.00 per month for a year	\$24.00 per month for a year

**CDCRC Fees**

	<b>2022/23 incl tax</b>	<b>2023/24 incl tax</b>
Key card (new)	\$15	\$15
Locker (per year)	\$30	\$30

**Registration:** If you have been a member over the previous year, login to the website as a member (if you aren't sure of your login information you can click on *forgot password* and use your email address to access) click on **"Members"** and choose **"Renewals"**.

**If you were not a member last year, go to the website and click on "Join" and "Become a Member".**

**You can enter your information and if you are a curler, you can enter the leagues you wish to join.**



# ACTIVELY *Aging Adults*

## AGEING GRACEFULLY WORKSHOP

### *About the Workshop*

Designed to help you understand your nutritional needs as you age including understanding the benefits of mindful movement to prevent bone and muscle loss, exercises to improve your balance, and prevent falls and tools to help with stress and anxiety.

### *Information Session*

Information session, Wednesday, September 20 at 10:30 AM at a Campbellford Curling and Racquetball Club, 381 Front St. in North, Campbellford.

### *Join Us*

This 6 week Workshop starts September 27 and runs until November 8th at 10:30 AM at the Campbellford Curling and Racquetball Club. Lecture and fitness component each week. Your wellness investment is \$79 for Curling Club members and \$99 for non members. (no class November 1/23)



**FOR MORE INFORMATION AND  
TO REGISTER**

Call or text Shelley Aggett, certified personal trainer and nutrition coach at 705-632-9392. Or email [shelleyaggett@gmail.com](mailto:shelleyaggett@gmail.com).