



NEWSLETTER - BCC Name?

Other Clubs - "Rock Talks", "Sweep News", "Hack & Back" ... but would love to have a BCC Member suggestion! Have an idea? Email to ... info@beavertoncurlingclub.com

WELCOME to 2020!

If you are receiving this newsletter via e-mail you have been successfully added to our ALL CLUB communication email list. If we do not have your email address we would love to stay in touch so that you can receive club and league communication throughout the year. Please send it to info@beavertoncurlingclub.com

CLUB MEMBER VOLUNTEERING:

We encourage club members to offer a minimum of 8 volunteer hours annually to support BCC Bonspiels and fundraising events. Included in your membership fee is a 75\$ volunteer deposit that will be refunded to you when you volunteer for eight hours. Come on out and get to know some of your fellow club members and have some fun in the process! Sign up sheets with various shifts are on the back of the kitchen door for upcoming Bonspiels.



REMINDER UPCOMING BONSPIELS;

We are still seeking participants for our two Senior Bonspiels and **volunteers for all 3 Bonspiels;** organize a team or if you want to play and don't have a team contact organizer as there may be a spot available.

FISHER'S INDEPENDENT MIXED BONSPIEL - SAT JAN 11TH - volunteers still needed!

- organizer Ron Hodgson - rhodgson13@yahoo.ca 289-338-1072

SUPER SENIORS MIXED (50+) BONSPIEL - TUES JAN 21ST - volunteers & participants needed


- organizer Jim Davidson - davidsonjandj@hotmail.com 705-426-7815 / Mark Thompson - lakenest@gmail.com 705-242-0524


TED WESTLAKE MEN'S SENIOR (50+) BONSPIEL - TUES MAR 3RD - volunteers & participants


- organizer Jim Davidson / Mark Thompson (as above)

LOONIE/TOONIE DINNER & AUCTION FUNDRAISER - SAVE DATE - SAT FEB 22ND!



 We are seeking auction prize donations! Call Bruce Reynolds (705) 426-9452 for prize pick-up or bring them to Denis Sullivan at the club.

 Tickets are 20\$ and will be available for sale next week. See Bruce! Seating is limited so get your tickets before we sell out.

 Rumour has it there will be two tickets in the auction to the award winning show 'HAMILTON' at the Ed Mirvish Theatre in TO.

CONCUSSION SAFETY;

SIGNS OF A CONCUSSION

HEADACHE DIZZINESS

RINGING IN EARS MEMORY LOSS

NAUSEA LIGHT SENSITIVITY

DROWSINESS DEPRESSION

We all have a responsibility in recognizing a possible concussion following a hit to the head or body. If you're experiencing even one of these symptoms, stop playing, sit out and find help.

KNOW THE SIGNS OF A CONCUSSION

We recently had a member fall and hit their head demonstrating some symptoms of a concussion. As a reminder, should a head hit occur during a fall - all play should stop, 911 be called and the player should remain sitting until EMS arrives.

HIT. STOP. SIT.

SAFE ICE PRACTICES

- Wear grippers at all times except when throwing rocks - learn to sweep with two grippers
- Step onto ice with gripper foot first & when stepping off ice step with slider foot first
- If you do slip get up with gripper foot first
- Ensure grippers fit properly and/or that your shoes have good grip for stability
- Look out for other players when moving rocks & be aware if rocks are being moved near you
- Stop rocks from running into hack area & be careful moving in and around hack area
- Take things slow and move on the ice at a pace that is safe for you

CLUB 50/50 DRAW;

If you opted in to participate in the club 50/50 draw when you registered, your name is placed in the pool for a weekly draw. We were late starting draws as final registration payments were not completed until mid December. The number of members participating affects the dollars in the pool. If your name is drawn it is returned to the pool for future draws. This draw is totally separate from weekly league 50/50 draws.

WINNERS TO DATE;

Pat Dalzell, Sylvia Farrell, Merethe Vestergaard, Dave Brown, Gord Lodwick

Future winners will be posted on the white board by clubhouse bar - GOODLUCK!

Ideas for future Newsletter content are welcome! Email info@beavertoncurlingclub.com

