



NEWSLETTER

Opening Week Schedule

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| Thursday, October 8 | Day Ladies Practice 9:30 am Day Men Practice Time 12:45 & 3:00 pm Member Practice Time 6:00 & 8:15 pm |
| Friday, October 9 | Day Ladies Practice 9:30 am Day Men Practice Time 12:45 & 3:00 pm Member Practice Time 6:00 & 8:15 pm |
| Saturday, October 10 | SATAM 10:00 am Member Practice Time 12:15, 2:30, 4:30, & 7:00 pm |
| Sunday, October 11 | Junior Program 7:00 & 9:00 am, 12:00 & 2:15 pm Member Practice Time 2:15 pm Member Practice Time 4:30 pm Junior Program 7:00 pm |

For all new curlers and those interested returning curlers, there have been a number of instructional sessions set up to help you get started with the game, and to help any members who would like to brush up on their skills to get the season started. The times for these sessions are as follows

Thursday October 8th 6:00 – 7:30 pm
Friday October 9th 6:00 – 7:30 pm
Saturday October 10th 1:00 – 2:30 pm & 4:00 – 5:30 pm

These sessions are designed to be informative and fun, and you are encouraged to try to attend more than one if at all possible.

Please wear warm, non restrictive clothing and bring a pair of curling shoes or running shoes with clean soles (don't wear them in off the street please!)

There will be sign up sheets posted on the sandwich board inside the main entrance to the Club, or you can register by calling Deanne at 462-4375 (h), 401-4375 (cell) or Stephen, Club Manager, at 466-2770. However, if you have not registered and find yourself free to attend, you are most welcome to just come out to any of the sessions.

See you on the ice!!

Opening Bonspiel

Our Opening Bonspiel is scheduled for October 12th to the 16th. The bonspiel will be played during the evening draws at 6:00 and 8:15.

The first 80 players will be in and the cost is \$15 per person.

Please sign up with Stephen in the office or Sharon at the bar when you are in next week.

Day Men

The Day men will start their regularly scheduled games on Thursday 8TH October. Teams are currently being made up and you will be contacted shortly about your schedule. We look forward to seeing you back on the ice.

The Day Ladies Division

The Day Ladies Opening Meeting and Luncheon will be held on October 20/09...Meeting to start at 10 A.M., Reception at 11:30 and Luncheon at 12:00 Noon.

Curling just isn't a sport. ***It is a Social Activity!*** Please mark your calendar for upcoming events.

Ice Breaker Party

Friday, October 16th starting at 7:30 pm

Say hello to fellow curlers and meet new ones in a fun atmosphere.

Participate in our Ice Breaker Game.
Happy Hour prices at the bar for the first hour.
Hot and Cold Snacks

Start the curling season with some fun.

Sharon's Night

30 years??

Saturday, October 24th starting at 7:30 pm

Oh, it's a celebration!! Sharon Gallant has been behind the bar for 30 years. (We must have hired her very young) Come roast and toast our favourite Bar Manager. Share your good, bad or ugly stories involving Sharon. Bring your pictures. Guests are also welcome for this fabulous event. Cost is \$5.00/person at the door.

Halloween Party



Friday, October 30th starting at 7:30 pm

Get your costume ready!!

Prizes and games during this spooky

A CALL FOR PRIZES

Members and Members in the Business world who have items they'd be willing to donate for bonspiel prizes would be greatly appreciated. It's a way to promote your Company and help the club at the same time.

Tips for staying healthy

- Use clean tissues to cover your nose and mouth when you cough or sneeze. Dispose of tissue after one use.
- Cough or sneeze into your arm or sleeve - when you have no tissue.
- Wash your hands often with soap and water or an alcohol-based hand gel.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth.
- If you develop a fever and cough, stay home and limit contact with others.
- Stay healthy with rest, exercise and proper nutrition. Build a strong immune system.

SUBMISSIONS

If you or your group has something appropriate to submit for the Dartmouth Curling Club newsletter, please forward it to Stephen at dartmouthcurling@eastlink.ca . Please ensure it is related to curling or club activities.