



VOL. 58, Issue 6



February 2014

President's Message

Dear UCC Members,

It's been a great second half of curling so far. The 2014 Calder, Conley, Hurd and the Mitchell Bonspiels are in the books and, by all accounts, they were very successful events. Kudos to the Chairs of those events and to all of the volunteers that helped make these events successful.

Our ice crew worked incredibly hard during these bonspiels and they want to thank everyone who helped with the ice during both events.

Directly after the Mitchell Bonspiel, the running surface of rocks were slightly modified and I'm happy to report that the rocks are now curling more than they were in the first half of the season.

The Utica Curling Club hosted the Empire Bonspiel from January 16-19. This is a women's event that is hosted on rotating basis by Utica, Schenectady, Ardsley, and Rochester. A field of 28 teams took to the ice to compete for the Empire Medal – the only athletic award that sports the Seal of the State of New York. The Mixed Championships round out the bonspiels for January.

February brings the College and Cobb bonspiels. In addition to those events, we will host an Olympic Open House that will take place on February 16th. John Jacon is the chair of this event and we need volunteers to help John on that Sunday. When we held a similar open house four years ago, there were over 500 visitors to the club and we expect that we will have several hundred this year. There is a sign up sheet for volunteers on the bulletin board near the entrance to the club. Please sign up to help us during this event. In addition, we are also holding an Olympic Curling School in March. You may have seen the course listed in MVCC Community Education brochure. The school runs for three consecutive Sunday evenings (3/9/14, 3/16/14, and 3/23/14 – cost \$75.00). We are also looking for volunteers to help the instructors with the curling school. You can volunteer for one, two, or all three weeks. Please contact Carol Jones, Roger Rowlett, or Mary Jane Walsh if you are interested in helping out.

Good Curling,
Julie Chanatry, President



We need your help!!

The opening party for The Cobb is Thursday, February 20th and the food is provided by our members. So, PLEASE signup to bring one or more of the items listed. The signup sheet is posted on the mixed board. If you have any questions please contact Eileen [Sunderhaft](#) or Susan Williams. Thank you in advance for your help!

Member	Food	Member	Food
	1/2 Bushel Apples		Turkey Breast
	Hummus & Pita Bread		Ding Dongs
	Hummus & Pita Bread		Ding Dongs
	Pigs in Blanket		Cupcakes -See Eileen
	Pigs in Blanket		Cupcakes -See Eileen
	Deviled Eggs		Guac ,Salsa,Lettuce
	Deviled Eggs		Guac ,Salsa,Lettuce
	Deviled Eggs		3 dz Poppy seed Rolls
	Min Corn Bread		3 dz Poppy seed Rolls
	Mini Corn Bread		3 dz Poppy seed Rolls
	Raw Vegetables		Cheese & Crackers
	Raw Vegetables		Cheese & Crackers
	Fruit- Rainbow colors		200 Paper Plates
	Fruit- Rainbow colors		200 Napkins
	Sausage Roll		
	Sausage Roll		
	Meatballs		
	Meatballs		

Biogenic Dental/Sew What Charity Curling Challenge

To Benefit Up to Twelve Area Charities
Curling for a Cause



Date: Saturday, March 8, 2014
Time: 10:00 AM - 4 PM
Place: Utica Curling Club
8300 Clark Mills Road
Whitesboro, NY

- Exciting Fund Raiser
- Fifteenth Annual Event!
- Winter Sport at Its Best
- Spectators Welcome -
Bring Signs and Cheer
for your Favorite Team

**You're invited to enter a team for the 15th Annual Charity
Curling Challenge.**

At least three members of the team must be non-curlers. One person may have one year's experience as a curler, but must play lead position. Any existing curler may coach a team. Teams pick the charity of their choice. **This is a great way to introduce non-curling friends to this fun sport!!!**

Start talking it up at work....at the local pub....at your yoga class!
This almost ALWAYS oversubscribes, so be ready with your team when the sign-up poster goes up or e-mail Carol Jones at live2spiel@aol.com with your team!

2013 Murray Bonspiel

Pat Costello, Brad Anderson, Pete Ciaralli, Tom Firsching

The Murray Bonspiel is the official UCC Men's Club Championship, as well as the playdowns to determine which Utica Teams will play in the Mitchell Bonspiel. Fourteen teams played down in late December for the Murray medal.

This year's **winner and men's club champions** are: Skip, Matt Hames, Vice, Mike Kessler, 2nd Jason Brien, and lead Jason Glubski. **Runner up in the A-event** was Skip, Don Knapp, vice, Torn Everson, 2nd Roger Rowlett and lead, Kevin Stevens. The Hames rink will be Utica 1 and the Knapp rink Utica 2 in the January 2014 Mitchell Bonspiel.

The other three teams winning the B, C and D events and therefore qualifying for the Mitchell Bonspiel were:

B Winner, Skip, Pat Costello, vice, Brad Anderson, 2nd Peter Ciaralli and lead, Tom Firsching

C Winner, Skip, Kip Wagner, vice, Howard Feldman, 2nd Sean Lanigan, and lead, Gary White, Sr

D Winner, Skip, Scott Lent, vice, Dan Bareiss, 2nd Conrad Law, lead, Jerry Stevens/Phil Citriniti.

All non-qualifying teams that played in the Murray were eligible for the wild card pick out of the hat to become Utica 6 in the Mitchell Bonspiel. This year's lucky winner was Team Schmidt, a team of enthusiastic first-year curlers. The team is Skip, Justin Schmidt, vice, Matt Weigand, 2nd, Kory Buckley, and lead William Barry.

Thanks to all who helped out and thanks to all who came down to watch.

Save the date!

End of the year mixed bonspiel

The Rose

March 27, 28 & 29

PLEASE DON'T REST ON THE ICE



All curlers are encouraged to **not rest on the ice after shooting**. Once a shooter has released the stone and his/ her slide has come to a stop, the proper thing to do is to **stand up** while watching the stone travel down the ice.

When a curler rests on a knee or hand to watch his/ her shot, body heat (~ 98.6) transferred to the ice (~ 24 degrees) melts the ice and creates a depression. When a curling stone travels across such a defect its speed and curl are altered.

Similar inappropriate melting can also be caused by resting part of one's weight on any other body part. Flaws in the playing surface result.

Speaking of knees making depressions, the sight of knee prints on the ice depresses the spirits of the ice crew members. We work hard to provide a uniform surface for all curlers.

Veteran curlers may need to point this out to new curlers. It is an important component of knowing how to curl.

Thank you from the Ice Crew.

ICE CREW WANTS TO THANK MITCHELL HELPERS

The Ice Crew wants to thank the following Utica Curling Club members for all their help during the Mitchell Bonspiel. Thank you to Eileen Sunderhaft, Jan Rishel, Peggy Pratt, John and Peggy Caneen, Dee Pfohl, Justin Kaido, Kathy Palazzoli, Joyce Shaffer, Gary and Susan Williams, Julie Chanatry, and Barb Felice. Special thanks also to Sue Gardner, who arranged the schedule for these helpers. –*Charlie Schatz*

We Need YOUR Help!

The opening party for the Cobb is Thursday, Feb. 20th, and the food is provided by our members. So PLEASE sign up to bring one or more of the items listed on the chart in this issue and on the Mixed Board. If you have any questions contact Eileen Sunderhaft or Susan Williams. Thank you in advance for YOUR help!

Utica Curling Club
8300 Clark Mills Rd., Whitesboro, NY 1349 315-736-1724

The Utica Curling Club is pleased to host
The 5th Annual Elisabeth Childs Challenge Bons"peel"
March 13-16, 2014

A GNCC Bons"peel" for Women curlers who have curled 5 years or less.

The entry deadline is February 11, 2014.

Keep Calm and Go Bananas



Banana trivia contest, Banana costume dance
Curling skills competition

Come and eat the decorations.

Entry fee - \$300 per rink- 4 game guarantee - 6 events
Thursday: Light Dinner 5:30 and 8:15 draw
Friday/Saturday: Continental Breakfast, Dinner and Dutch treat lunch - 4 draws
Sunday: Continental Breakfast and Lunch - 2 draws

Hotel Reservations

Hampton Inn \$106 315-793-1600 .5 miles from club, free breakfast
Holiday Inn \$75 315-797-2131 newly renovated
Radisson Hotel \$109 315-797-8010 (\$7parking) pool, hot tub
rooms held until 2/11/14 - make reservations soon -rooms are going fast

Event Chair Susan Williams, 134 Knollwood Circle, Ava, NY 13303

susanwilliams134@gmail.com 315-339-7382 or 336-0790

For questions about eligibility, please contact the GNCC Elisabeth Childs Challenge
Mary Colacchio 508.457.5595 email marycolacchio@verizon.com

Happenings

Long-time curler Donna Evans passed away December 22nd.

Clare Kerzic, Cindy Wydysh's mother and Jared Wydysh's grandmother,
died on January 1st.

Our condolences go to their families and friends.



***HEAR YE! HEAR YE!
ALL YE KINGS & QUEENS,
KNIGHTS & NOBLES!***

The Calder Conley Hurd began as a celebration to honor the noble marriage of Baron Bartholomew (Dave Mitchell), son of Lord Taylor and Lady Gwendolyn (Conrad & Knyoca Law) to Lady Diana of Dunnsbury (Beth Mitchell) in the manor of Fernwood (the Utica Curling Club). Members participating in the bonspiel which took place on January 2, 4 & 5 were invited to take part in a "Knight of Murder", a murder mystery with a Renaissance theme.

Each person was given a part upon arrival on Thursday evening which stated who they were and described their character. It also gave a background of their role in kingdom and described what they should wear to the celebration on Saturday evening.

During the Toddy Bowl the characters were given a set of objectives they had to fulfill by seeking out certain people and asking important questions. It was at the conclusion of the Toddy Bowl that Sir Rufus (Mike Hurd) was found to be murdered. But by who?

During dinner, characters were then given more objectives to fulfill to try to figure out who may have done such a thing. It was during this time that Willie the Watchperson (John Jacon) collected the evidence to present to all those in attendance. Participants could then look over the evidence and then make their choice as to who the murderer was. After all the deliberations were finished, Willie the Watchperson concluded that Lady Diana (Beth Mitchell) had indeed murdered Sir Rufus (Mike Hurd).

It was a great time and a lot of fun watching everyone get into character. We would like to thank the ice crew for great ice, the kitchen for great food and the bartenders for keeping the drinks flowing.

Congratulations to the winners of the Calder medal:

Ann Stuhlman, Tom Thorngren, Marena Taverne and Jeff Lottermosher

Winners of the Conley medal:

Don Knapp, Lis DeGironimo, Mike Kessler and Kim Freeley

Winners of the Hurd medal:

Roger Rowlett, MJ Walsh, Jerry Stevens and Julie Chanatry

—*Brenda & Phil Citriniti (Chairs) Eileen Sunderhaft & Mary Gajewski (Co-chairs)*

“Stones aren’t just for Curling....”



The 2014 Utica Curling Club **Women’s Club Championships** will be held Wednesday, February 26th (5:45pm), Thursday, February 27th (6:30pm) and Saturday, March 1st (two draws - 11:00am and 3:00pm).

Dinner is at 6:15pm.

The cost is to be determined.

A sign-up sheet will be up in the locker room. Sign your team up!
If you have any questions, please contact the event chairs: Laura Jacon,
Carrie Casab, Dawn Scherer or Dee Pholf.

Hi Fellow Curling Members,

Shortly, I will be racing around the club asking...begging for your help with the GNCC Five Year and Under Women’s Bonspiel...AKA Elisabeth Childs’ Challenge.

The over all goal of this event is to have friendly competition and fun. There is no better place to have a good time then here. (Okay..so I am a bit partial toward UCC).

So if I come your way on bended knees, I hope you will be able to lend a hand. Four years ago it took about 25 of us to pull off this event. I have a sign up sheet in the ladies locker room for various tasks.

We already have several teams planning their venture Utica and they are very excited to be part of the ECC.

Thanks a Bunch —*Susan Williams*

UPCOMING EVENTS AT UCC

February

Superbowl Party (2nd)
College Bonspiel (14th—15th)
Olympics Day (16th)
High School Charity Challenge (10th)
Cobb (20th—23rd)

March

Glengarry Challenge (1st)
Corporate Charity Challenge (8th)
New Curler Spiel (8th—9th)
Olympic Curling School (9th, 16th, 23rd)
Childs Challenge (14th—16th)
Rochester Friendly (22nd)
Curling School Graduation Spiel (23rd)
Rose Bonspiel (27th—29th)
Closing Party (29th)

YOUR CLUB



YOU
TO VOLUNTEER



Instructor's Corner

Roger Rowlett & Mary Jane Walsh
USCA Level II Certified Instructors

I'm practicing nearly every day but my game performance doesn't seem to be improving. What gives?

—Lyten Arrow

Practice with a purpose

How many times have you gone out to practice on a spare sheet to “throw rocks?” Yeah, been there, done that, too. The issue with “throwing rocks” without a plan is that you have no way of evaluating if you are getting better. And is repeatedly throwing that in-turn (or out-turn) draw to the pin down the same path a realistic game-skill development strategy? How many times in a game do you get to throw 8 rocks in a row, seconds apart, down the same path until you get it right? To get the most out of practice, you need to have (1) a plan, and (2) a way to evaluate your progress.

Practice good habits!

If you practice bad habits, you will only ingrain them. It takes a minimum of 25-30 repetitions to learn a new physical skill from scratch. However, to extinguish an old skill (say, a delivery flaw) and replace it with a new one it takes a minimum of 50-60 repetitions. And worse, until you have thoroughly extinguished the old skill by practicing the new one many more times, the “old” (bad) default skill will magically reappear at the worst possible moment when you are tired or lose concentration. The best way to avoid practicing bad habits is to work with an instructor who can spot potential delivery flaws. Once you know what to do, make sure you put in a large number of repetitions to keep the “old, bad, you” from coming back when you least want it, like when making a critical shot during one of your games.

Work on one thing at a time

Most folks can't think about more than one thing at a time when trying to perfect a physical activity. Choose an issue to work on, and try to ingrain it through repetition. Some physical delivery issues one might choose to work on could include things like (1) getting the slide foot behind the rock, (2) putting sufficient rotation on the stone, (3) maintaining a proper grip and release, (4) sliding on the target line, (5) eliminating a “C-curve” in your delivery, etc. Some more advanced shot-making issues might be practicing (1) throwing draws to a specific interval time, (2) throwing hits to a specific hog-to-hog time, (3) practicing sweeping rocks to a specific spot, etc. Whatever you practice, have an instructor or a practice colleague evaluate your results, or set up equipment that will allow you to self-evaluate your results. Keep in mind your club instructors have a whole grab-bag of goodies you can use, including an automated split timer. This equipment is available for use during regularly scheduled “Meet the Instructor” nights.

Different kinds of practice for different folks

Novice and experienced curlers probably need to focus on different issues during practice. For novice curlers, the biggest barrier to game performance is consistent delivery mechanics. Novice curlers will gain the most benefit from practice designed to “groove” good delivery mechanics, and this might involve quite a bit of repetition. Some recent scientific studies suggest that for many intellectual and physical activities, repetition may be more important than “talent.” While more experienced curlers cannot neglect the physical aspects of delivery mechanics, this group may benefit most from spending time working on refining their shot-making repertoire and identifying and eliminating bad habits.

Experienced curlers may benefit from less repetitive practice. At least one expert in psychology and motor behavior suggests that for experienced athletes, “blocked practice” (repetitive drills) are not as effective at improving game performance as “random practice.” So while novice curlers may benefit from grooving physical skills through repetition, more experienced curlers might benefit from practice sessions that more resemble changing game situations. So, instead of throwing 8 in-turn draws to the pin, and 8 out-turn draws to the pin on the same sheet, you might try changing things up each shot: a guard, a draw around, a hit, a come-around tap-back. Decide on a shot and outcome, and then evaluate your effort after the stones come to rest. To add even more variety, move to another sheet, where you have to figure out the proper weight and line all over again. Another possibility is to play a one-on-one “game” with a practice partner where you are allowed to make only guards, draws and taps. The idea is to train your brain and muscles to think about how to solve a shot problem from scratch from the limited information you have available—exactly the skills you need in game situations.

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Good curling! Have a question for Instructor's Corner?

Have a suggestion for an Instructor's Corner article?

Seeking an instruction session?

Send an email to curlingschool@uticacurlingclub.org

Congratulations to the winners of the 2013 Kings Cup



Roger Rowlett
Knyoca Law
Mike DiMeo
Jeff White



For full results, go to the UCC website under
leagues, mixed, Kings Cup



***Wanted: Recipes,
Recipes, Recipes***
for the *Utica Glengarry
CookBook*. Have a tasty treat,
family recipe or just great

eats that you want to share, send it text book/print ready, along with your name and contact info, to Jacquelyn Schmidt at minireg@roadrunner.com or drop it off at the club in the recipe box. You can also give it to any other member of the RECIPE BRIGADE- Peggy Rotton, Susan Williams or Dee Pfhof. Only your name will be published in the cookbook unless you tell us otherwise! So dust off those cookbooks, hunt for those tasty appetizers, soups, main dishes, desserts, etc., and make sure it gets to the RECIPE BRIGADE! --*Jacquelyn Schmidt*

High School Charity Challenge

The High School Charity Challenge will take place on Monday, February 17th (during our February break) from 11 am to about 4 pm. I am in need of some volunteers to help out with this event. I need...

- a buddy to run this event with me
- a treasurer (help me count money)
- coaches (the kids are really really really good and fun...you'll enjoy your day!)

If it entices you to help, I will buy you lunch that day!

If you know any high school students that would enjoy this event, spread the word! (Also, they need volunteer hours in order to graduate if they are seniors...this would be a fantastic way to get some...fundraising and curling takes a while!) If you have any questions, or want me to buy you lunch when you volunteer, let me know by e-mailing me at Audrey.foote@gmail.com. Thank you!!!



Found - A very nice flat screen computer monitor has found its way to the mixed room. Could it have sprouted legs!

At at rate, we do not seem to need it and if you are the person that left it there, could you take it home? It has been there all season. --*Susan Williams*

Charbonneau Results

The Charbonneau playoffs have been completed. The semifinals matched the rink of Dave Palazzoli against Scott Lent with Scott Lent coming out with the win. The other semifinal pitted Kevin Stevens against the Brad Anderson rink with Kevin Stevens emerging with the victory. The final matched the winner from Tuesday night against the Tuesday night runner up. In a well played game that you can watch the replay of from the curling club website the rink of Kevin Stevens, Jerry Stevens, Mike Degeronimo and Walt Czypurna squeaked out a victory over Scott Lent, Dan Bareiss, Gary Williams and Al Smiley. Congratulations to the Stevens rink in winning one of the harder men's medals in the club.

DON'T FORGET TO SIGN UP TO HELP WITH THE OLYMPIC EVENTS AT UCC!

Open House: Sunday, Feb. 16th, 10 am til 4 pm

Contact John Jacon at vicepresident@uticacurlingclub.org
or sign up on the board

Curling School: Sundays, Mar. 9th, 16th, 23rd

Contact Roger Rowlett at rrowlett@colgate.edu or
Mary Jane Walsh at mwalsh@colgate.edu or
Carol Jones at live2spiel@aol.com



FEBRUARY 2014

FEBRUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Ice maintenance Open Ice, ROCKS 2:15-4:15 College 4:15-6:15 Superbowl Party 6:00-10:00	CABVI curling 5:45 Lambert Grant 5:45 Tom Garber 8:00	Daytime Curlers League 10:00 (8 ends) Allen 7:00	MVILR curling 10:00-12:00 Glensplaidies 5:45 Sims 8:00	Boerger Happy Hour 4:00	Crawford 5:30&7:30 Fish fry	
9	10	11	12	13	14	15
Group outing 2:00-4:00 Board Mtg 6:00 College 4:15-6:15	CABVI curling 5:45 Lambert Grant 5:45 Tom Garber 8:00	Daytime Curlers League 10:00 (8 ends) Allen 7:00	MVILR curling 10:00-12:00 Glensplaidies 5:45 Sims 8:00	KAYSER Boerger Happy Hour 4:00	College Bonspiel KAYSER Crawford 5:30&7:30 Fish fry	College Bonspiel KAYSER
16	17	18	19	20	21	22
KAYSER Olympics Day ROCKS 2:15-4:15	High School Charity Challenge 11:00-4:00 CABVI curling 5:45 Lambert Grant 5:45 Tom Garber 8:00	Daytime Curlers League 10:00 (6 ends) Boerger Happy Hour 4:00 Allen 7:00	MVILR curling 10:00-12:00 Glensplaidies 5:45 Sims 8:00	Cobb Bonspiel	Cobb Bonspiel	Cobb Bonspiel
23	24	25	26	27	28	
Cobb Bonspiel Semis 8:30 Finals 11:30 College 4:15-6:15	CABVI curling 5:45 Lambert Grant 5:45 Tom Garber 8:00	Daytime Curlers League 10:00 (8 ends) Allen 7:00	Glensplaidies 5:45 Sims 8:00	Boerger Happy Hour 4:00 Glengarry Challenge 6:00	Crawford 5:30&7:30 Fish fry	

**DON'T FORGET TO CHECK THE WEBSITE CALENDAR FOR ALL
CHANGES, UPDATES, AND ADDITIONS!**

<http://uticacurlingclub.org>

MARCH 2014

MARCH						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Open ice, ROCKS 2:15-4:15 College 4:15-6:15	CABVI curling 5:45 Lambert Grant 5:45 Tom Garber 8:00	Daytime Curriers League 10:00 (8 ends) Allen 7:00	Glenplaidies 5:45 Sims 8:00	Boerger Happy Hour 4:00 New Currier Spiel	Crawford 5:30&7:30 Fish fry	Corporate Charity Challenge New Currier Spiel
9	10	11	12	13	14	15
New Currier Spiel		Daytime Curriers League 10:00 (6 ends) Boerger Happy Hour 4:00 Allen 7:00		Gordon Int'l Albany/Schenectady Childs Challenge	Gordon Int'l Albany/Schenectady Childs Challenge Fish fry	Gordon Int'l Albany/Schenectady Childs Challenge
16	17	18	19	20	21	22
Board Mtg 6:00 College 4:15-6:15 Curl Sch 6:30-8:30 Childs Challenge	CABVI curling 5:45 Lambert Grant 5:45 Tom Garber 8:00	Daytime Curriers League 10:00 (6 ends) League lunch 12:00 Allen 7:00	Glenplaidies 5:45 Sims 8:00	Boerger Happy Hour 4:00		
23	24	25	26	27	28	29
Open ice, ROCKS 2:15-4:15 College 4:15-6:15 Curl Sch 6:30-8:30	CABVI curling 5:45 Tie breaker Tom Garber 8:00	Allen 7:00	Glenplaidies 5:45 Sims 8:00	Boerger Happy Hour 4:00	Crawford finals Fish fry	Rochester Friendly (here)
Curl Sch Graduation Bonspiel	Tie breaker 7:00	Tie breaker 7:00	Tie breaker 7:00	Rose	Rose Fish fry	Rose Closing Party

***DON'T FORGET TO CHECK THE WEBSITE CALENDAR FOR ALL
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<http://uticacurlingclub.org>

Utica Curling Club
830 Clark mills Road
Whitesboro, NY 13492-3912