

BETWEEN THE SHEETS

Galt Curling's Quarterly Community Newsletter



Welcome Back Curlers

Whoop Whoop! We're here. Welcome back curlers. It has been awesome to see the first couple of weeks with everyone back. I'm sure its been great catching up. You've hopefully by now noticed some small and some not so small changes around the club. We've got some branded rings, new TV's on the ice and a new TV in the lounge that will show what sheet you're on and who you're playing.

The board has worked hard over the summer to bring up our technology game. Make the club easier to access, and more comfortable while you're here. We've got some great things in store for you this year.

IN THIS ISSUE

- A MESSAGE FROM OUR CLUB MANAGER & BOARD UPDATE
- TECHNOLOGY UPDATE
- KISS THE ROCK UPDATE
- THANK YOU COWBELL BREWING
- CLUB EVENTS CALENDAR
- UPCOMING EVENTS
- FUNDRAISING UPDATES
- VOLUNTEER OPPORTUNITIES
- SPONSORSHIP SPOTLIGHT

Club Manager Update

Hey everyone!!! I hope you had a great and safe summer holiday. The club was certainly not the same without all it's members...no literally. I got lonely sitting at my desk without seeing all of you. I can't wait to kick off this season. We have so many amazing events and plans. I'm not joking when I say the club calendar is bursting at the seams. Good thing it's digital in the cloud and not a paper book. Let's get back on the ice for another great season :)

Quinn Walsh, Club Manager

Sign up night and Special Vote

Thank you to everyone who made it out to our sign up night. We needed to have another special vote for a larger expense cap for the back part of the driveway. Steve Ireland brought forward a motion to be able to spend an extra \$15,000.00 should we need to. It was seconded by John Craig and yay'd by all 40 members and 18 proxies in the room. Thus it was so moved. This will help us complete the ladies locker room project.

Technology Update

Well, when you went to register for curling was it easier? Was making a payment easier, finding your teams, schedule all of that good stuff....was it...easier? Curling Club Manager is in place. It's not fully operational yet but it will be in the next few weeks. There are some kinks and crinkles just like in anything else. But this has been designed by curlers for curlers and we think its made it easier. I'm told more than 80% of members signed up online.... this is a win!

TV's

Wondering if you made your shot? Now you don't need to yell down the ice to find out that you're disappointed. You can either look up or back. Hopefully this will help clear up confusion on the miracle shot that your skip wants you to make and consequently speed up the game so we can fit 8 ends in and still go for a drink. We are in the middle of a great debate with these tv's. We're finding if you're under 45 you want them to be portrait and if you're over 45 you want them to be landscaped. So please when you see either myself, Ralph or

FACTS ABOUT TRUTH AND RECONCILIATION

Truth and Reconciliation day was Oct 02nd 2023

- The first truth and reconciliation day was Sept 30th 2020
- The missing childrens project has uncovered 4100 bodies and counting
- It took the TRC reps 6 years to hear 6500 stories before coming up with a settlement.

- The story of the orange shirt comes from [Phyllis Webstad](#), who at six years old, had her brand new orange shirt taken from her on her first day at residential school.
- Beginning in 1942 the government started to perform several experiments to test the effects of malnutrition on approximately 1000 children spanning six residential schools.

Club Events: October 2023

October 9	Thanksgiving - Club Closed
October 10-15	All remaining leagues start (Other than the Legion league)
October 21	Progressive Euchre Night Our monthly euchre night has moved back to Saturdays for the season! Come as a single player or bring others with you. Entry is \$15 cash. There will be snacks and prizes along with the bar will be open all night. Doors open at 6:30pm, games starts at 7:00pm.
October 28	Howl-o-ween Humane Society Event This annual event for our humane society neighbours is a big deal and with that we donate our parking lot as their event space. If you are a pet owner you for sure need to check it out. We will be sharing more details soon.
October 31	Halloween!!!



CLUB CALENDAR FACTS

Did you know that part of our new website platform is an all NEW way for us to schedule and share events with our members and the public???

Check out the club calendar section of the website to see everything that's going on at the club as well as we are now able to do event and spiel registration through the system. If you are looking to book ice for a make up game or practice, that's there too!!!

Club Events: November 2023

November 4	Coaching Clinic Thanks to Covid, it's been a while since we last hosted any of these, but this season they're back. Keep an eye out for more details on the topic and more.
November 11	Remembrance Day
November 11	Trivia Night Musical Bingo was a hit in September so we're switching it up and going with Trivia in November. It will be a general themed trivia night with rounds touching on multiple topics. Starts at 7pm and we'll have more details for you in coming weeks.
November 25	GCC Sponsor Appreciation Day This first annual event will be hosted for all of our amazing club sponsors to come out and experience both the club and curling. If it wasn't for their role in the club, we wouldn't be able to bring as much value to our members.
November 25	Progressive Euchre Night Doors open at 6:30pm, games starts at 7:00pm. \$15 cash to play as always with snacks and prizes included.



REMEMBRANCE DAY FACTS

In honour of Remembrance Day and all those we have lost, here are some facts

- The day was first observed in 1919 throughout the British Commonwealth
- The day was originally called Armistice Day and was changed to Remembrance Day in 1931
- We remember more than 2.3 million Canadians who have served in history and still do today
- 54 Commonwealth countries observe Remembrance Day along with many other nations such as France, Belgium, and Poland
- In the United States, the day is called Veterans Day instead of Remembrance Day

Holiday Wine Tasting Event *TEASER*



Mark you calendars!

We will be hosting a charity wine tasting night this holiday season. Kathy, our bar manager, has been busy behind the scenes arranging everything for the event.

This will be a charity event in support of the Cambridge Food Bank, Toy Mountain, and our annual sock, mitt, hat, and scarf drive.

More details to come and tickets to go on sale later in October.

October Beer Special

The bar will be hosting a special on Hazy Days draft beer in October. Starting after Thanksgiving, buy a pint or pitcher of Cowbell Hazy Days to enter to win an exclusive retro Cowbell cooler.

That's right...WE SELL DRAFT BEER PITCHERS at the club



We're not married but we've got some RINGS!



I've you've been on the ice at all it's kinda hard to ignore the incredibly colourful elephant in the room. We have 5 of the 8 rings branded with sponsors. I personally think they look great and we couldn't do what we do without the help of our sponsors. We will be hopefully adding some more fun logos and designs into the ice over the next few years but this is a huge step in the right direction. We did have to work it into Green Horizon's contract that whenever Doug Mader plays, he plays on sheet 2 and he must win... so there's that. But other than that the rings are wonderful.

Swung & Swept

We were going to say a little birdy wanted to stop by, but then we thought let's just scream it from the rooftops instead! 2023 will be the year the Swing and Sweep returns. It has been a number of years since we have held this event. It will take place September 23. It will be a 7:30am shotgun start at Beaverdale for 9 holes and then lunch and 8 ends of curling back at the club in the afternoon. So this is your sign to get your foursomes together. It must be the same four people golfing and curling. This event is open to members and non-members alike. Each team must have at least one member on it. Registration will open the beginning of August so keep an eye out for another email to come.



Fundraising Update

Back in July Sandy and I accepted a giant cheque (both in size and physical size) from the Give and Grow Program. This program is a great way to raise money for the club as it costs us nothing and it saves you money all while giving back to us! So thank you for buying your big yellow bags... Every little helps.

Give and Grow Program - Its back! do you like to save money? Do you want to help the club at the same time? All you have to do is get your hands a little dirty. That's right the Big Yellow Bag is back at it. Use code:GALTCC23 and you'll save \$5 on a Big Yellow Bag and we as a club will receive \$10



Volunteering at the Club

We've mentioned this many times before. We are a community club. We thrive off of volunteerism. We succeed when people from the club give their time and talents to us. We are nothing without you. Cameras are installed because volunteers come out and help. We are so thankful for that. Our board members donate countless hours keeping the club moving forward but we are always in need of your help. If you have a talent, a desire, free time that you want to donate to GCC we want it. Please reach out to newsletter@galtcurlingclub.com and let us know. Tell us who you are, what you want to do, if you have any special talents that you think might benefit the club and we will be in touch. Let's make this upcoming season the best season yet and we can't do that without your help.

Current volunteering opportunities we need filled:

Help with launching the kitchen - That's right! We want to offer food in the upcoming season. We're looking for volunteers to help organize, purchase, cook and run scheduling throughout the week to help the bar staff prepare food.

Social Media liaisons - Are you good with a camera, a phone? Can you make it go Clicky clicky? If so WE WANT YOU. We're trying to build our social media presence, create content and get other people interested in what we do, who we are and why they might want to join such an awesome group of people.

Carpet Masters



Ever wonder how our carpets in the club stay so clean? That would be thanks to Carpet Masters. They come in every year at the end of our year and do a great deep clean for us. Well they can do it for you as well. If you need your carpets cleaned, we can't suggest Carpet Masters enough. Reach out to Dano @ [\(519\) 654-8859](tel:5196548859)

Emkal

Sometimes it's hard to tell you what a person or a company does. Emkal is kinda that way. They're IT, they're tech, they're the guys that you call when something's wrong. For us, they're our new wifi hub in the lounge, they're the TV's on the Ice, they're the server that you can't see and all the cameras and the routings and the things that make it possible to stream our internet. Now, we're lucky, we have an employee who's a member. Gord Pratt is borderline amazing (don't tell him, it'll go to his head). But he has put hundreds of hours in at the club running cables, hanging TV's and getting everything running the way we need it to. Anyway, this is a long winded way of saying 2 things. 1, Emkal is there to help if you're a small business that isn't big enough for an IT Dept and 2. Gord is helpful. Should you find yourself needing IT services you can get in touch with Emkal
<https://www.emkal.ca>
support@emkal.ca
[\(877\) 653-6525](tel:8776536525)



HOMES.

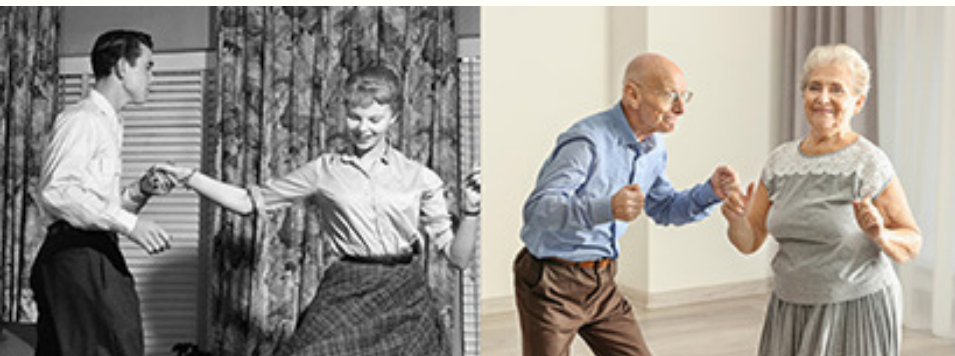


Stacey Chaves Real Estate

Do you follow Stacey Chaves on social media? It seems like every single day she's posting that she's sold a house. This woman is incredible, she's fantastic at her job and loves what she does. So if you're considering, buying, selling, renting or getting an investment property I'd highly suggest her to be your first call. For more information please visit staceychaves.ca or email her stacey@makeamove.ca

Granite Landing Retirement Residence

I'm not sure about you, but age is staring me down pretty quickly. I'm not quite to the point of retirement but I think about it a lot. I also think about putting my parents in a home... A LOT. I never imagined them winding up in a place like Granite Landing. It's nothing like you'd think a "home" would be. These guys are livin' large! They offer things like Yoga, Guided tours, walks around the park, trips to museums, craft workshops, woodworking workshops, the list goes on and on. If you head over to their website you can see their June calendar is full of events going on. Life at Rivera is pretty wonderful as well, from the simple amenities like a library, outdoor living space, movie room, pool, spa, bistro, billiards room, rec room, patio, exercise room and 3 full catered meals a day. All of a sudden telling your parents "You better behave or I'm gonna put you in a home" doesn't have the same type of threat that it used to. But in all seriousness, if one of our members are looking at taking that next step and wanting a tour you can book one free today and see what the best retirement living looks like.



Dancers, keep on
dancing.

This is More Living.

Book a tour today.

ARUCHIROPRACTIC

519-623-5777

www.aruchiropractic.com

Aru Chiropractic

It's no secret I'm getting older, I just spoke about it with Rivera, time is contagious, everyone is getting old and while I do I want to stay in the best health I possibly can. Enter Jim Aru. There have been times in my life where I couldn't walk from a sore back. Jim was the one that helped me get back on my feet and back in the hack. With over 15 years experience Jim has been providing chiropractic services.

Other services he provides are:

Massage therapy

Shockwave therapy

Orthotics

So if you find yourself needing your back cracked or a plethora of other services give the team at Aru Chiropractic a call. They're so close to the curling club you could throw a rock and hit them!

Eighth End Thoughts

As we close out a short quarter newsletter at the start of the season I'm excited for the curling season to come. We have some wonderful things to look forward to this season. We've got new bonspiels, old bonspiels coming back, some surprises happening in the lounge and on the ice.

Not to mention old friends, new friends and some great curling to come.

So welcome back and please be safe on the ice.

Mark, Quinn and the rest of the board

CANADIAN THANKSGIVING FACTS

- Quebec calls Thanksgiving "Action de grâce."
- We've celebrated Thanksgiving in Canada for 140 years, starting in November 6, 1879.
- Prior to 1957, Canada celebrated Thanksgiving on the 3rd Monday of Oct. It officially moved to the second Monday of Oct via an announcement on January 31, 1957 by the Governor General of Canada.
- During Thanksgiving 2020, 2.5 million whole turkeys were purchased by Canadians, equal to 36% of all whole turkeys that were sold over the year.
- Turkey consumption can cause tiredness due to its tryptophan, a naturally occurring amino acid used by the human body to create serotonin, which promotes slow-wave sleep.