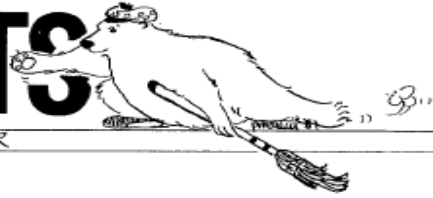




BEAR FACTS



FAIRBANKS CURLING CLUB NEWSLETTER

◆ Fairbanks Curling Club ◆ Established in 1905 ◆

Wines From the Land Down Under

Join us for wine and light snacks Friday evening, Jan. 23 beginning at 6:15 upstairs in the Trophy Room and going until around 9:00. Jersey Jones from Specialty Imports will have wines from Australia available for tasting and purchase.

A modest cover charge of \$5.00 entitles you to taste each of the four wines listed below, two whites and two reds. The cover also entitles you at a chance to win the bottle of your choice from the line-up below.

The line-up includes the following:

Oxford Landing Viognier
Black Chook Shiraz Viognier
Penfolds Koonunga Hills Shiraz Cab
Yalumba Y Series Cabernet

Yukon Title Curling Classic Ideas Wanted

The Yukon Title Classic held in November has a long history of bringing exciting curling to the club. Over the years some of the top teams in the United States and Canada have curled in this annual event. The original intent was to bring high caliber curling to Fairbanks with the ancillary effect of raising the bar for local competition and making curling in general more competitive in Fairbanks. And, it has undoubtedly done that.

But, (there's always a "but") like many events it relies on the hard work and energy of the few people who bring it off year after year. The Classic has peaked national and Canadian interest primarily because of the relatively large purse that is offered, notwithstanding the hospitality and

warmth provided by our club and its members. Besides the usual chores that go with a bonspiel, this event requires a number of sponsors and donors to offset the high fees required for entry. A major contribution comes from the namesake sponsor, Yukon Title Company.

Even with team sponsors, entry fees are prohibitive enough to dwindle the local field each year. This year's field was the smallest in memory. Fewer teams are coming from other venues, and local teams are not making up the difference. Part of the reason is that other curling clubs are now offering even larger payouts, and world cup points are worth more in Canada on a per dollar basis. Hence, it is easier and less expensive for teams to go to Vancouver to play, and the Whitehorse cash spiel in November is now worth \$100,000.

Thus, it is becoming increasingly difficult to entice teams to come to Fairbanks, and as is, the spiel is too expensive for most local teams. Additionally, the personnel who have been making the bonspiel a reality are rapidly getting burned out. We need a transfusion of new blood.

However, there is no need to throw out the baby with the bathwater. Those in charge do not want the bonspiel to disappear, but instead are looking for new ideas to refurbish what has been laid as a foundation. Perhaps a smaller purse to make it more economical and draw more local teams. It is already an "open" event, with men's, women's, junior's and mixed teams participating, so there are few restrictions presently for teams.

If you have ideas or would like to keep this tradition alive, contact a board member, Peter Lundquist, Kenny Persinger, or Bill Gryder. This is not the only event that could use fresh blood, but its disappearance would certainly be missed.

Warm Beer and Other Degrادات

According to Plato, "He was a wise man who invented beer." One might add, "He was a wiser man who invented cold beer." Our coolers have been testing patience with occasional failures to keep beverages cold. We should have a replacement Kegeerator soon to replace the old one which gave up the ghost.

The Truth About Stretching

Thanks to Art Hansen for sending the following link about stretching before engaging in any kind of physical activity. The article speaks for itself and should be read in its entirety, but the gist is that stretching alone (static stretching) can be counterproductive and even cause injury. Static stretching is the old fashioned kind like touching your toes and holding the pose for 20-30 seconds. The recommended technique is "dynamic stretching" which involves movement during the stretching. According to the article, which is based on athletic studies, static stretching literally weakens muscles and results in poorer performance. The website below gives details and a short video clip demonstrating the proper stretching techniques as they propose them.

Since this newsletter is probably coming to you as a pdf file, you will probably have to copy and paste the link, but the web site for the article is <http://www.nytimes.com/2008/11/02/sports/playmagazine/112pewarm.html?scp=1&sq=stretching%20the%20truth&st=cse>

New Member brooms

New members to the club (those who have not curled before or been a member previously) are entitled to a free broom. If you fit this description, ask at the bar for a new broom. If none are available, contact a board member.

Thanks

Special thanks go to Dave Huffman and John Nussbaumer for electrical and plumbing upgrades to the club. The men's urinal plumbing downstairs is award winning.

Inaugural Speeches Unheard

In this time of history making speeches, here's a new beginning to an oft-heard oration: "Ask not what your curling club can do for you. Instead, ask what you can do for your curling club." Each year the club elects three new members to the Board of Directors. Terms are three years. If you are interested in doing your part to keep the club functioning, contact a board member about running. Elections occur during the annual meeting March 31 beginning at 7:00 pm. Mark it on your calendar.

This year Leland Rich, Tom Bundtzen, and Larry Meath will be going off the board and we will need replacements for them. Be sure to thank ALL the board members for their service.

New Draw Times

Draw times have been modified for some leagues for the Spring Draw by moving the early draw to 6:00 p.m. While this has created a hardship for a few curlers to get to the club on time, in general it seems to be working. One of the issues that necessitated the earlier times was the late start-ups that are becoming more and more frequent. These inevitably result in the second draw for the evening starting even later.

One solution to all of this is reinstating the "point and an end rule." Simply put, any team not ready to go on the ice at the appointed time with at least three curlers would suffer the penalty of 1 point and the loss of an end, shortening the game so that it could still finish on time. This long established rule has not been utilized in some time, but perhaps it is time to reinstate it. Usually it is invoked 10 minutes after the scheduled start time.

Another cause of late games is slow play. All 8 end games should finish within the two-hour time limit. Often, curlers not being ready when their turn comes cause this. The remedy for this malaise used to be the ringing of the bell 10 minutes prior to the designated finish time. Teams would then finish the end in progress and shake hands.

Keep it Moving

Be on time. If you expect to be late, inform one of your teammates. If someone is late, but you have at least three members, start the game on time and let the latecomer join in according to the rules of curling. If you opt to wait for the latecomer, respect the "late starting rules" of the club. (Hang up one point for the other team after 10 minutes and play only 7 ends; forfeit the game after 15 minutes).

Be ready to play. As soon as the opposing player has delivered his rock get your own rock, clean it, put on your slider if you use one and get in the hack. Don't watch his rock go down the ice, you'll see the results soon enough. When your skip is ready to call your shot, he'll appreciate seeing you standing in the hack.

WHAT CAN THE LEAD DO TO HELP?

Set the skip's rock near the hack when it is his turn to play.

When an end is finished, **do not** assist in sorting and placing the rocks; leave that to the seconds and thirds. Instead, locate your first rock, go to the hack and get prepared.

This is a real time saver.

WHAT CAN THE SECOND DO?

The second can assume the role of time controller when a game is dragging. He should let the skip know that they are approaching either twenty or ten minutes to the end of the game so that skips are aware of the time constraints.

Along with the third, the second should sort the rocks when the end is over, and ensure that the lead is getting ready. In sorting, if you find the first lead's rock, even the opposition's, steer it to the hack.

WHAT CAN THE THIRD DO?

Flip for the hammer as soon as you have identified the opposing third. The third should help the second in sorting rocks. After he has thrown his last rock, the third should proceed to the house as quickly as possible, but without disturbing or interfering with the other third who is throwing his rock.

Unless it is a particularly unusual situation, or unless called to the house by the skip, the third should not go to the house before throwing his rocks.

WHAT CAN THE SKIP DO?

Agree with your team ahead of time as to your strategy in certain situations. For instance, if you are ahead by 4 in the last end, do you have the lead shoot his rocks through? If you are in the third end, are behind by 3 and have a chance to blank the end, do you? You should not need to consult your team for such situations.

Unless the game is tight and it is near the end of the game, or if in the middle of a game you have a real mess on your hands and know not what to do, don't call your third up to discuss the situation. If you must, be brief and have several options ready to consider.

Accept the second's time warnings graciously, and adhere to the rules. If no one is following you, you can agree to go on to the full game.

Keeping your game on schedule is your and the opposing skip's responsibility. When time gets tight, discuss it with the other skip so you all know the situation. Respect the rules.

Superbowl Sunday
The Curling Club will be showing the game on the Big Screen in the Trophy Room. Come on down.

Fairbanks Curling Club Board of Directors**452-2875**www.curlfairbanks.org

Board of Directors

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Directors and Committee Liaisons:

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althear@gci.netLeland Rich (term 2009) Building Maintenance; Draw; Nominations
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Tom Bundtzen (term 2009) Membership; Gaming

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Donna Laiti (term 2010) Budget/Finance; Donations/Sponsorships

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Larry Meath (term 2009) 457-2306: Trophy Room/Rentals; Bear Facts;

lmeath@alaska.netJohn Blake (term 2011) 455-7384: Membership; Out of Town Bonspiels
Treasurer: Reid Velum (non-voting officer) 456-1119j.blake@uaf.edureid@jeglum.com**Support our sponsors for their continued support of the oldest sport in Fairbanks****Scoreboards:** Kenneth A. Murray Insurance • Gene's Chrysler • Jackovich Industrial & Construction Supply, Inc. • Wedbush Morgan Securities Inc. • Dollar Rent a Car • Walsh, Kelliher, & Sharp, APC**Sign in Ice:** Kenneth A. Murray Insurance • Usibelli Coal Mine, Inc. • Professional Pharmacy & Prescription Center • Fairbanks Curling Club Foundation • Santa's Stitches & Custom Embroidery • Fairbanks Curling Lions • Fairbanks Fuel • Mt. McKinley Bank • Pacific Rim Geological Consulting • Spenard Builders Supply
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