



THE KINROSS ROAR

NEWS FROM YOUR FAVOURITE
CURLING RINK

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Your Newsletter

This newsletter is for members of Kinross Curling and user clubs to share news about our great sport. The views are those of contributors and are not necessarily shared by Kinross Curling Trust Ltd.

This is a monthly newsletter and will be circulated to all members and clubs.

Please send any contributions to our new email address.

newsletter@kinrosscurling.co.uk

The next edition will be issued in January

Deadline for contributions 16.01.25

Seasons Greetings to all our readers and a special thanks to the team and Board at Kinross Curling.



Congratulations to Team Wilcox - winners of the Henderson Bishop to qualify for the National Finals - see report inside.

Winners - Angela Wilcox, Eileen Thomas, Caroline Liddle, Julia Cormack

Christmas Menu from up to - 21st Dec

12 - 6 pm

A great option for curlers and friends

2 courses: £19.99

3 courses: £24.99

Details at the rink and on website



SCOTTISH CURLING HENDERSON BISHOP 2024-2025

Qualifiers held at Kinross Curling on Friday 22nd, Monday 25th, Thursday 28th and Friday 29th November 2024.

The prizes for this event were provided by Kinross and District Ladies Branch (KDLB) and were presented by our KDLB President Sheona Reid.

Nine teams competed in this event (seven teams from Kinross Centre and two teams from Kirkcaldy Centre) and played a knockout over the four days. All of our teams enjoyed this competitive event which was played in the 'true spirit of curling'.

Runners-Up - Jane Drysdale, Jen Finlay, Morag Erskine, Hester Niven. NB Liz Glennie subbed for Jen in the final due to work commitments - the photos taken later so Jen could be in it!

The two finalists both qualify for the Henderson Bishop Finals at Dumfries Ice Bowl between Monday 24th February and Thursday 27th February 2025.

CONGRATULATIONS TO BOTH TEAMS!!



Learn To Curl!

Inclusive 4
week programme

No cost to participate



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OUT & ABOUT
IN PERTH & TAYSIDE

Fridays
2:30 - 4:30pm

January
17th, 24th & 31st

February
7th

rebecca@leap.sports.org

In partnership with



PLEASE NOTE: We are going cashless from 1st February 2025.

Since the Bank of Scotland closed its Kinross Branch and more recently discontinued its mobile banking service, cash handling at the rink has become increasingly difficult. Getting change for the float and banking cash taken involves staff or board members using bank facilities some distance away, usually in Dunfermline. Given that card payment is now used so widely by most people, we have taken the decision that Kinross Curling will go cashless from the 1st February. We will put notices up to advise everyone in the New Year and bar staff will mention it to customers throughout January.

We hope that you understand our reasons for this decision.



After a tough week of highly competitive curling at the Scottish Junior Championships we are proud to announce that Kinross' Holly Clemie and team (Team Soutar) are the winners of the women's finals. Congratulations also to Rachael and Kirrin (Team Skea) for winning the Spirit of Curling award.

Four Nations

Congratulations to Craig Lindsay (Forret) and Elaine Spain (Kinross Ladies) selected to represent Scotland in the Four Nations event at the Flower Bowl, Preston on weekend of 24-26th January. The event is hosted by Wales this season.



Lora Burgess



Laura Boyd

We are the Child Wellbeing & Protection officers for the ice rink and can be contacted via the email below should you have any concerns about a young person within the club. safeguarding@kinrosscurling.co.uk



Saturday 16th November 2024

This was a great success and so look out for details of the next one before the end of the season.

KICC START!

This month saw the start of the **Kinross Inclusive Curling Club**. Open to anyone, especially those who face physical challenges, including wheelchair users and the visually impaired.

The club runs on Tuesdays at 2.30-4pm and costs £12 per session. We aim for each session to include some coaching followed by a game.

Please contact Kim at curlingdev@kinrosscurling.co.uk for more information or to book your space.



'EFFECTIVE SWEEPING' A MASTERCLASS

On Saturday February 1st, 1pm - 4.30pm, we will be holding a sweeping masterclass suitable for all levels of curlers, from novices to the advanced. **Coach David 'Rambo' Ramsay** will hold a one hour classroom session followed by icetime. Everything you ever wanted to know about sweeping to make you more effective will be covered. There will also be a bonus strategy and tactics session led by **Coach Harry Gow**. Cost £25; places are strictly limited so BOOK NOW by emailing Kim on curlingdev@kinrosscurling.co.uk

Last `Years Coach of the season continues to receive great feedback - well done Elaine. *...is really enjoying the sessions and Elaine is a credit to the development of curling at Kinross. He is learning a lot from her.....A very friendly and inviting club"*

Kim is always looking to add to her coaching squad - find out more contact Kim at: curlingdev@kinrosscurling.co.uk



We Congratulated two local curlers in the last issue **Sheona Reid** (Glenfarg Ladies) and **June Geyer** (Dunfermline Ladies) for being selected for the RCCC Ladies Tour to Canada in November 2025. It looks like they will have stiff opposition .. the Canadian Ladies Tour had a convincing victory over Scottish Ladies on there recent tour. They had a close result though at Kinross taking a 21-19 score line towards their winning total.



22-24 November 2024

We did not have as many entries as we hoped , nevertheless it was a successful event - sadly no pictures have been sent in! Congratulations to Ross McCleary for his victory (on his home ice!)



I am sure that like myself you have noticed the many small changes that have been made at the rink, including in our 9th End! This includes the great coasters. These have been produced by Allan McCleary - so maybe a good suggestion for curling prizes.

Speak to Angie for info

Phil Barton

MANY THANKS TO THE READER WHO POINTED OUT THIS ARTICLE
we will share this over the next two issues

The Sport Of Curling The Ultimate Activity For Increasing Your Life And Health Span?

How does participating in the sport of curling increase your life and health spans? here are two aspects

Community

One aspect of curling is its inclusivity. Curling clubs worldwide are dedicated to providing equal opportunities and access to a diverse demographic. No matter what your athletic ability, the game is adaptable making it accessible to almost anyone. You can find players of all ages, from 6 to over 80 years old, at curling clubs across the globe.

Members of curling clubs often spend a lot of time together forging strong bonds. They often spend a great deal of time teaching and promoting the sport that they love. Many players also travel to clubs outside their immediate area (or players travel to their home club) for "bonspiels." These events help build bonds with fellow players from all over.

The post-game gathering is an opportunity to socialize, catch up, and share laughter. As the old saying goes (and science backs it up) "laughter is the best medicine."

When it comes to your health and life span, building strong social bonds is incredibly important. "Studies have found that loneliness can increase the odds of early death by 26 percent – which is an influence comparable to smoking and greater than that of obesity." Social bonds strengthen your immune system, helping you ward off various health threats. Evidence shows "for every level of increase in social connection, there was a decrease in biomarkers for inflammation, blood pressure, and mortality, and this highlights the importance of maintaining strong social connections throughout your life."

Mental

The sport of curling has been aptly called "chess on ice." The comparison is pretty good as in chess, where "reading" the board is crucial, curling is won or lost by the strategy of calls and stone placement. In a recent study researchers wanted to determine the survival advantage of elite athletes, compared to those engaged in mind sports such as chess. The conclusion was "Elite chess players live longer than the general population and have a similar survival advantage to elite competitors in physical sports." The study went on to state that "there is evidence suggesting that playing chess can reduce the risk of dementia, as well as physically alter the structure of the brain" and "when it comes to predicting longevity both fitness of mind and muscle appear to be important." Since curling blends both the physical and mental elements, one could see how beneficial the sport could be to your health and life spans.

During the game, team communication and the ability to make adjustments quickly are crucial for favourable outcomes. Research has shown that communication is crucial to keep the brain active and reduce the risk of cognitive decline. In an article in Psychology Today it states that "Continuously challenging your brain with mentally stimulating activities can help maintain and improve cognitive abilities. Engage in activities such as reading, puzzles, learning new skills, playing musical instruments, or engaging in strategic games. These activities engage many brain areas simultaneously and can enhance neuroplasticity, which is the brain's ability to adapt and form new connections. When it comes to brain health and cognitive abilities, regular use is key to preventing loss."

SO NOW YOU HAVE SOME MORE EVIDENCE (IF YOU NEED IT) WHY WE LOVE OUR SPORT OF CURLING.

Next time we look at Sweeping, Balance and Volunteering

Kinross & District Ladies Branch (KDLB) Ladies Open held at Kinross Curling (Thursday 24th October 2024).

This event was sponsored by Brian Johnston Pharmacy, Cardenden and the prizes were presented by KDLB President Sheona Reid.

Twelve teams competed in this event and played three 1 hour games within two sections with two teams (one from each section) winning all three games.

Both the Winners and Runners-Up ended up with 6 points each, 7 ends each and there were only 2 shots separating the two teams.

All of our forty eight ladies enjoyed this competitive event which was played in the 'true spirit of curling'.

Winners - Carolyn Nicoll, Marnie Ewart, Isabelle Reid, Shirley Jeans (visiting team from Forfar)



Photograph 1 - Runners-Up - L-R - Jane Drysdale, Lizzie Glennie, Jen Finlay, Morag Erskine, Sheona Reid

Photograph 2 - Winners - L-R - Isabelle Reid, Shirley Jeans, Carolyn Nicoll, Marnie Ewart, Sheona Reid

PS Many thanks Lizzie for all your support and contributions to the Roar.

MAXWELL TROPHY

Last season Kinross Curling won the Maxwell trophy for the first time. The first match took place on 29th November at Curl Edinburgh. Our three rinks has a strong start winning all three matches, so we have 6 points in the bag!

Craig Lindsay won 8 - 3

Robbie Stevenson won 12 - 4

Ross McCleary won 13 - 4

We now wait until 2025 to conclude the round robin matches.

Friday 31st January 2.30 (Home) v Stirling

Thursday 6th February 2.30 (Home) v Borders

Thursday 20th February 2.30 (Away) v Forfar

PLEASE CONSIDER SENDING IN NEWS FROM YOUR CLUB AND ANYTHING INTERESTING ABOUT CURLING ...

Send in information to:

newsletter@kinrosscurling.co.uk