



THE KINROSS ROAR

NEWS FROM YOUR FAVOURITE
CURLING RINK

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Maxwell Trophy
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Health benefits of curling
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Appreciation for Robin Park
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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 late Feb/early March

Deadline for contributions 26.2.25



Our Hogmanay Pairs winners - see page two for details.


Burns Supper a great night on Saturday with 60 attending. Photo below and more on page 3.

Congratulations to all involved. It sounds like the plans for 2026 are already in place.



Kinross Curling

2024/25 Hogmanay Fairs - sponsored by **NESS PLANT**



Teams competing - sections and draw

Section A		Section B		Section C		Section D	
1	D. Cottingham / I. Hawkins	1	S. Barr / S. Kinneir	1	H. Gow / W. Barr	1	I. Dwyer / D. Laird
2	R. Stevenson / Rory Stevenson	2	C. Lindsay / Don Lindsay	2	C. Ballantine / K. McMillan	2	A. Thomson / L. McCann
3	R. Todd / E. Duffell	3	D. Cormack / I. Cormack	3	Dormack / P. Daughan	3	D. Wilson / A. Wilson
4	S. MacIntyre / S. Kyle	4	M. Barry / J. Barry	4	S. Michael / S. Morrison	4	L. Rossiter / K. Burgess
5	M. Niven / L. Niven	5	J. Sweeney / J. Finlay	5	D. McQueen / K. McQueen	5	C. Forshaw / E. Forshaw

Knock out stages

Game - 1 D. Cormack v R. Stevenson	Game - 2 C. Ballantine v S. Wilson	Game - 3 R. Eadie v A. Thomson	Game - 4 C. Lindsay v I. Cormack
Game - 5 I. Dwyer v I. Cormack	Game - 6 R. Stevenson v H. Gow	Game - 7 D. Cottingham v C. Ballantine	Game - 8 S. Barr v A. Thomson

Semi Finals

A. Thomson v R. Stevenson I. Cormack v C. Ballantine

Final

I. Cormack v A. Thomson

After 50 games in 2 days we had a repeat pairing in the final of the Hogmanay pairs sponsored by **Ness Plant**. Arran Thomson against Iain Cormack. Arran won again after an exciting final. Thanks to everyone who took part.



Congratulations to Team Rutherford.

A great memory for the family album. Team Rutherford with their proud dads and a couple of grandads thrown in as well after their excellent win in the Scottish Curling Asham Under 17 Slam at Curl-Forfar.



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

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.

Sorry we have gone to print before the results. Hope to have a report from Craig and Elaine in our next issue.



A men's team from Switzerland toured Scotland in January and were hosted by Fife & Kinross Area (Area 10 of Scottish Curling) on Saturday the 18th. The full day was spent at Kinross, with matches played morning and afternoon with a lunch in-between, followed by a dinner event in the evening.

Ross and his ice team provided great ice as usual. Each of the 4 Provinces in Area 10 (East of Fife, West of Fife, Loch Leven and Cupar) fielded teams in both sessions. The morning session went the Area's way with 3 matches won to 1 defeat. By the afternoon, however, the Swiss had got the hang of the ice with 2 wins and a peel, although their 4th rink lost heavily. The final score was 62 shots to the Area and 47 to the Swiss.

For those Swiss sitting out the sessions, there were visits to St. Andrews in the morning led by David Roy (Cupar CC) including coffee in the R&A lounge, and to the Forth Bridges in the afternoon led by Jim Barton. Thanks to the Forth Bridges Control Centre and North Queensferry Heritage Trust for hosting the afternoon visit.

More important than the result on the ice was the friendship and camaraderie off the ice. Angie, John and the catering team laid on an excellent soup and sandwich lunch and then excelled themselves with a 3-course dinner for 60 people in the evening. Area 10 Vice-President John Taylor chaired the evening in Mike Caffyn's absence (get well soon Mike!) and Jim Barton welcomed the tourists to Kinross on behalf of the Trust. After dinner, there were entertaining contributions by Tom Mitchell (the Bard of Boreland!), Mike Silvera and Graham Lindsay, topped off by songs from the tourists and a closing rendition of Auld Lang Syne.

Thanks are also due to John MacGalloway (Boreland CC) for his piping skills during the day and to Glenfarg Community Trust for sponsoring and HB Rutherford for printing the Area brochure presented as a memento to the tourists.

The tourists left Kinross for their next stop praising everyone at the rink for a fantastic day.

Iain Rennick
Secretary, Fife & Kinross Area (Area 10)





We had a great day on Friday 10th January when we welcomed 18 staff from one of our major sponsors, LGT Wealth Management, to the rink.

The party arrived at 9.30 and, after breakfast rolls from Angie and the team, held some company strategy and team building in our meeting room before heading to the ice for a corporate try curling session. The session went brilliantly with all of the team throwing themselves into the spirit of the game with great enthusiasm and no little ability! Everyone agreed that the morning was a great success and LGT are already talking about a repeat visit.

Thanks to Duncan Menzies for organising the event and for Gary Waddell, Jim Barton and Ross for providing the coaching. **STOP PRESS They are coming back on 21st March and bringing 32 people this time!!**



'EFFECTIVE SWEEPING' A MASTERCLASS

On Saturday February 1st, 1pm - 4.30pm, we will be holding a sweeping masterclass



Vinny Bryce - CEO of Scottish Curling enjoying his Christmas Lunch at Kinross.

He was at the rink for a meeting - apologies the pictures was taken

KINROSS CURLING POINTS COMPETITION

LOTS OF PRIZES



For more information and to enter

All abilities encouraged to take part

Saturday 8th March
register at 5:45
start at 6pm
£10 per player



All Kinross Curlers are invited to take part in a rink points competition. All abilities are welcome and there are a range of prizes to be won. Register on the website to take part, https://kinrosscurling.co.uk/.../kinros.../pages/rink_points. On the day, arrive by 5:45 with a start at 6pm. Maybe you could be a first ever winner!



Kinross Junior Curling Club
Bingo night
Saturday 8th February
2025
Kinross Curling
Green Road, Kinross

Best wishes to Duncan and his rink in the Hardie Engineering Men's Championships taking place in Dumfries 2nd - 8th February.

Entry £12 per person to include drink on arrival card for the first game and a buffet during the evening

Prize bingo games £2 per ticket

Supersash games £5 per ticket (winners claim a share of the prize pot)

Tickets available from Kinross Junior Curling Club - email kinrossjuniors2@gmail.com



Please support as many events as you can at the rink

Results from the **KDLB Centre Bonspiel** held at Kinross Curling on Monday 6th January 2025. This event was sponsored by Kinross and District Ladies Branch (KDLB) and the prizes, which were chosen by Fossoway Ladies, were presented by President Sheona Reid.

Twelve teams competed in this event over two sessions (5.45pm and 8pm). All five Kinross Centre ladies clubs (Dunfermline, Fossoway, Glenfarg, Kinross, Orwell) and also Kinross Juniors and Tulliallan were all represented in this event. All of our forty eight competitors (including five Kinross Juniors) enjoyed this fun-filled 'post festivities' event, which was played in the 'true spirit of curling'.

Winners - 10 shots up (score 15-5)
Grace Paterson (Orwell Ladies)
Dottie Burt (Fossoway Ladies)
Alice Thomson (Dunfermline Ladies)
Romy McCleary (Glenfarg Ladies)

Runners-Up - 6 shots up (score 9-3)
Morag Wellman (Fossoway Ladies)
Lorna Shaw (Dunfermline Ladies)
Libby Simpson (Kinross Ladies)
Jane Shields (Tulliallan)

Photo of rinkon right



Winners - in two photos!!

Left: Alice Thomson, Sheona Reid (KDLB President)

& Right: Romy McCleary, Dottie Burt, Grace Paterson

MANY THANKS TO THE READER WHO POINTED OUT THIS ARTICLE

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 more aspects

Balance

Since the game is played on ice, keeping your balance is very important while you are traveling down the sheet and delivering a stone from the 'hack'. To develop a good balanced delivery, especially while wearing a Teflon slider on one foot, one has to engage all kinds of core stabilizing muscles. By engaging and strengthening these muscles it can make a big difference in your life and health spans. Strength is important, but stability/balance training should come first. Why? Stability is the secret sauce that allows you to create the most force in the safest manner possible.

There are studies that show that an inability to stand on one leg for 10 seconds in later life is linked to nearly double the risk of death from any cause within the next decade. Balance is so vital to longevity because it helps keep us agile and upright. Falls are the second leading cause of unintentional injury deaths worldwide, and balance is a protective factor against this.

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 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. 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 Volunteering and conclude this article.

ROBIN PARK - Memories about a fine curler.

Robin Park, who died just after Christmas following recent surgery, had curled at Kinross since the late 1970s. He was a member of Boreland and Dunfermline Curling Clubs. Along with close neighbours in Inverkeithing he was a founder member of Boreland in 1979 and played a leading part in establishing the club as a force in local curling. He played competitively for Boreland in the old SAAB Super League at Kirkcaldy in the 1980s and later was a member of a rink that competed in an international bonspiel in the Spanish Pyrenees. He served as club President and was a colourful Lord's Officer at biennial club dinners. He was also a long time member of Dunfermline Curling Club and served as both Secretary and President. He represented the club as a member of a successful rink on the 2003 Strathcona Cup team in Canada.

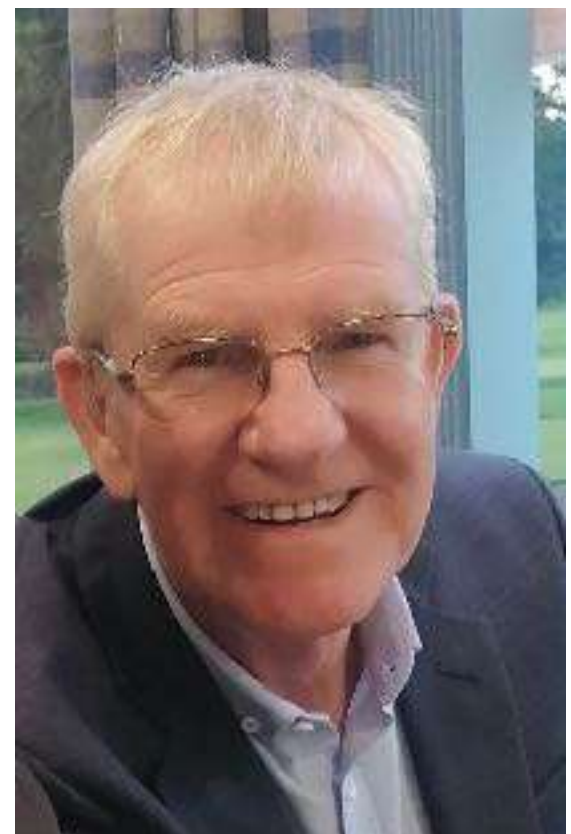
Robin's strong commitment to local curling, and his willingness to become involved in the wider organisation of curling, saw him serve for several years as Secretary of the West of Fife Province and then as President. He also spent a period assisting the RCCC in marketing.

One of the highlights of his time with Boreland came in a Province league match at Kirkcaldy where he skipped his rink to a rare 8 ender against Dalgety Bay. He later celebrated the event by buying and installing a new number plate for his car - N8 NDR.

But Robin's interests extended well beyond curling. He had been an excellent footballer in his youth and had been on the books of his local club, Motherwell, for a period. He was a keen Rotarian and had organised several charity fundraising events for the benefit of his local community. Music was also one of his passions and he was an accomplished pianist and singer, often entertaining fellow curlers at club events and at Burns' suppers. His attempt to master the accordion on one occasion was less successful, largely because he had mistakenly tried to play it upside down! Humour was never far from Robin.

Golfing trips to southern Spain with fellow Boreland curlers led to a love of the country and Robin and Sheila enjoyed many happy times in their villa on the edge of the golf course at Mijas Costa.

Robin Park was a remarkable and well loved character who enjoyed life to the full. He will be sadly missed by curlers and by his wider circle of friends and family.



[Many Thanks to Bill Rennie for this article. It serves so well as an appreciation for the contribution Robin made to curling.](#)



Congratulations to Rachel, Libby, Clare and Harry (Kinross High) for coming second in the highly competitive Crabbie Trophy at Murrayfield. Some fabulous curling over the weekend saw them play a close High Road final, losing narrowly to Elgin High. We are very proud of you four.

Congratulations also to the team from Dollar Academy, also Kinross curlers, for being runners up in the Low Road.

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

or curlingphil@icloud.com



Congratulations on a fantastic win to Kinross curler Clare Cassells (Team Seftor) at the EJCT St Gallen in Switzerland. Very impressive for a young team on their first competition abroad.

**Thanks to all our
contributors ... and of course
our readers.**