

From the Chair of the Board

Welcome to the 2025–26 season of stick curling in Nova Scotia!

This promises to be an exciting year. With a dedicated and well-established board now in place, we're focused on strengthening our association and continuing to move it forward in a positive and inclusive direction. Our goal is to support and grow stick curling across the province—and to be a leading voice among our peers.

We're also excited to share that some meaningful changes are coming from the National Stick Curling Association. You'll hear more about these in the months ahead.

Closer to home, more and more clubs across Nova Scotia are stepping up to host bonspiels for stick curlers, offer more clinics, giving us all more chances to play, connect, and compete. And of course, we're honoured to be hosting the Maritime Championships AND the National Stick Curling Championship this season.

Details about these and other events can be found in our Calendar of Events listed below. For full updates and information, please visit our website: www.novascotiastickcurlingassociation.ca

Looking forward to a great season ahead!

Chair, Marilyn Neily

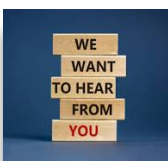
Nova Scotia Stick Curling Association

Receives Award

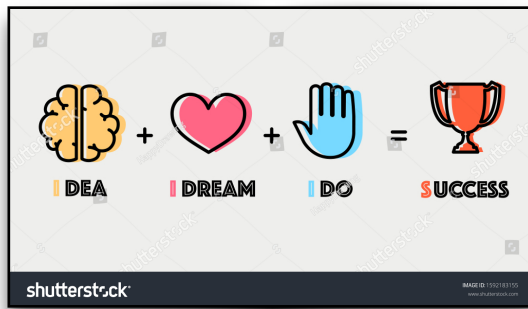


The Nova Scotia Stick Curling Association is proud to have been recognized as one of Sport Nova Scotia's Organization of the Year for 2025.

This award is a meaningful recognition of our collective effort, leadership, and ongoing commitment to innovation and collaboration in growing stick curling across the province. The Organization of the Year Award reflects the hard work and dedication of countless Nova Scotia stick curlers from all corners of the province. While it is an award presented to the association, it truly belongs to every curler who has supported and contributed to our sport's growth over the years



If you have any issues or topics you'd like to see covered in the newsletter or questions for the Trivia section, feel free to reach out to gplarocque@gmail.com



Practice with Purpose – Tips from a Champion

This season, there is a new format for pre-game practice at provincials:

Each team will now have five minutes to practice alone on the ice, rather than both teams practicing at the same time. This change offers a valuable chance to focus—and we've gathered a few tips from champion curler Bruce Lohnes to help you make the most of the five minutes:

Be Ready Before You Step On the Ice:

Have your equipment set, know who is throwing first, and use every second wisely.

Clean the Rocks Before Practice Begin: Before practice starts, the team should clean all eight rocks. This ensures you are not using valuable practice time on cleanup.

Throw Meaningful Shots: To make the most of your practice time, follow this routine: One player takes a stone to the far end of the sheet. Start with four hits; place the stone taken down on the 12 foot and throw inside out using regular hit weight. Then place a stone on the 8 foot and throw outside-in towards it, again using regular hit weight. Repeat both shots on the opposite side of the sheet to help assess if the ice is level. The second player then throws their four hits using the same pattern. Finish your practice time with draws. Both players throw at the same time each staying on their own side of the sheet. Coordinate to ensure stones do not collide. This routine helps identify ice conditions and maximizes practice efficiency.

Focus on Quality, Not Quantity: A focused five-minute practice that gives you seven or eight solid, specific shots is far better than rushing through for the sake of throwing more. Both players should pay attention to line, weight, and finish on every practice shot thrown.

Work Together: Talk with your teammate after practice—share what you're seeing and agree on key takeaways.

Stay Calm and Positive: Use this time to settle your nerves, get a feel for the ice, and build confidence.



Stickler for Trivia:

1. Blankety-Blank! Which stick duo battled through this rare five-end blank streak, with the game decided on last rock in the sixth?
2. Stick Skills of a Different Kind! Which Stick curler was inducted into the NS Sport Hall of Fame - not for curling, but for excellence in field hockey?
3. Off the Grid and Into the Wild! Which stick curler spends months deep in the Newfoundland woods, unplugged and in tune with nature?
4. High and Mighty Hiker! Which stick curler has trekked through the Andes and up Mount Kilimanjaro?



Hall of Fame

The Hall of Fame is where we honour those who achieve repeated excellence in Nova Scotia Stick Curling. If you know someone who deserves to be recognized, we encourage you to submit a nomination. Visit our website

(novascotiastickcurling.ca) and look under Hall Nomination Forms to find the application. Submissions must be received no later than December 31, 2025.



New Chapter for Mayflower Curling Club

A familiar name is starting a new chapter! The Mayflower Curling Club, a longtime part of Halifax's curling community, is relocating to a brand-new facility just off Highway 103 at Exit 3.

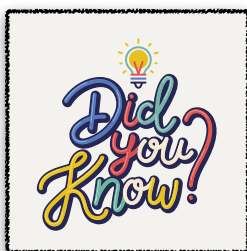
Set to be the largest curling club in Nova Scotia, the new Mayflower will feature eight sheets of ice, state-of-the-art ice-making technology, and temperature-controlled comfort. Spectators will enjoy excellent viewing areas, comfortable seating, and a full-time kitchen.

The club is excited to welcome visitors, new members, and returning curlers alike. With curling opportunities for all ages, including both traditional and stick curling, there's something for everyone. Drop by and take a look around sometime this fall.

2025-2026

NS Stick Curling Calendar of events

Events	Dates	Location/Fee/Contact
Ron Crow Memorial Bonspiel	Nov. 7 - 9	Truro CC \$100.00 chuckdyke0@gmail.com
Hubert Sullivan Mixed Memorial Bonspiel	Dec. 5 - 7	Wolfville CC \$120.00 mattson@ns.sympatico.ca
Competive Mixed	Jan 2 - 4	Bridgewater CC
NS Provincial Mixed	Jan 22- 25	Bridgewater CC
Competitive Men's and Women's	Jan 30 - 2	Windsor CC
NS Provincial Men's and Women's	Feb 12 - 15	Lakeshore CC
Competitive Overall Championship	Feb 26 - Mar 1	TBA
St. Patrick's Day Cel- ebration Bonspiel	March 13 - 15	Yarmouth CC \$160.00 noremac_2001ca@hotmail.com
Maritimes	March 13 - 15	Bluenose CC
National Championship Men, Women, Mixed	March 25 -29	Wolfville/Windsor
National Challenge Men, Women Mixed	March 25 -29	Wolfville/Windsor



Trivia Answers:

- 1: Andrew James/Elaine Himmelman
2: Diane Boulanger
3: Chuck Dyke 4: Marilyn Neily

Event Registration is now open

Links to your events are posted on the NSCA site@ <https://nscurl.com>

Once you are on the site follow the links;

- playdowns
- competition
- registration for an event
- select the event and add to cart
- login and pay for the event

OR: here are the direct links for each event:

<https://ns.curling.io/en/events/24604-2026-stick-association-mixed> (January 22nd 2026 \$200.00)

<https://ns.curling.io/en/events/24608-2026-stick-association-men> (January 22nd 2026 \$200.00)

[https://ns.curling.io/en.events-2026-stick-association-women](https://ns.curling.io/en/events-2026-stick-association-women)(February 12th 2026 \$200.00)

We extend our heartfelt thanks to our sponsor, whose steadfast support drives the success and growth of our sport.

CIBC Private Wealth – Wood Gundy