



Stick with Us Nova Scotia Stick Curling News

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Volume 5 Issue 4
Dec/2025

Seasons Greetings:

On behalf of the board we wish you a Merry Christmas and a joyful holiday season. With continued growth in membership and interest, 2026 is shaping up to be an exciting year for stick curling in Nova Scotia.



Thank you to all the curlers, volunteers, and clubs who continue to support and grow our game! Wishing you good ice, great shots, and plenty of laughter with curling friends in the year ahead.

Chair, Marilyn Neily

Our Spotlight on a Stick Curler

Stew Slaunwhite, Lakeshore CC

At the Lakeshore Curling Club, Stew has been quietly making a big difference. Through his work with wheelchair and stick curlers, he's helped open the game to players of all abilities — proving that curling truly is a sport for everyone. His thoughtful approach, patience, and commitment have not only built skills on the ice but have also inspired confidence and camaraderie among those he coaches. He has been coaching teams at Lakeshore Curling Club for 15 years and has taken teams to three National events. As the program continues to



grow, his dedication reminds us what curling is really about — connection, teamwork, and the joy of participation. Whether helping someone throw their first stone or refine their delivery, his steady encouragement keeps the spirit of the game alive and accessible for all. We need more people like Stew, whose passion and support keeps wheelchair stick curling thriving!

In each issue, we would like to feature one of our members from around the Province. If you would like to nominate someone with a fun story or a love of the game story, drop us a note at gplarocque@gmail.com.

**Santa's holiday tip:
When stress builds up, grab your broom - sweeping harder burns calories and clears your mind!**

Mixed Stick Curling — A Growing Success Story

One of the most exciting developments in stick curling is the rapid rise of mixed stick play. Introduced in 2023, this format has grown every year, attracting more teams and building enthusiasm across the province. In 2023, 15 teams competed; in 2024, 21 teams; in 2025, 26 teams; and this year, the provincial event will feature 30 teams.

Mixed stick curling appeals to both couples and individuals. For couples, it's a fun recreational activity they can share together while meeting others at their club. For singles, it offers an easy way to find a partner and join the game.



The competitive side has also taken off. With entries increasing each season, the provincial championship may soon need a new qualifying process. Until now, the event has been open to all, but the growing numbers may require new ways to accommodate teams while keeping opportunities open for everyone.

It's a great sign for the sport — proof that mixed stick curling has struck the right balance between fun, friendship, and competition. The buzz is real - mixed stick curling is shaping up to be one of the sport's biggest success stories!



Australia “Harbour Bridge”. They had to dress in neutral coloured suits, so as not to distract drivers, and even had to take a breathalyzer before the climb.

Santa's Trivia:

1. **Bridge Climbing Duo:** Which stick curlers took a guided tour across the arches to the summit of the Sydney

2. **Prada Meets Harley:** Which stick curler, known for her flair and style, decided that riding on the back wasn't enough, took a three - day course, earned her motorcycle license, and rode her own 250 CC Honda?

3. **Casting off from the sheet:** Which stick curler trades his broom for a fishing rod to reel in salmon from the crystal-clear waters of the Northwest Territories?

4. **The Dog Whisperer** Which stick curler has been doing therapy dog work for over 10 years, visiting high schools, universities, evacuation centers, search and rescue teams and other places where people might be under stress?

Branding Is Everything - Is It Time for a New Image?

Patti Simpson is tired of hearing that stick curling is “just for those who can’t play the regular game.” So now, when people ask, she says she plays the “**two-curler stick game**”—and suddenly, they see it differently. Maybe she’s onto something. Our game



demands skill, strategy, and precision. Perhaps it’s time we reintroduce ourselves—with a fresh, positive name and image—and show that stick curling is simply another exciting way to curl! Mixed Doubles, Wheelchair curling did it -Why can’t we?

Curling updates from around the Province

The season is off to a strong start with great participation at events across the province.

Recent results include:

Bridgewater, 55+ Games

Winners: John Flinn and Bob Forbes

Truro, Ron Crow Memorial

Men’s Competitive Winners:

Leith Orr and Chris Donnachie

Women’s Competitive Winners:

Nancy McConnery and Marilyn Neily

Open Competition:

John Cameron and Nick Doucette

Recreation:

Blanchard Atkinson and Jack MacLean

Wolfville, Hubert Sullivan Mixed

Winners: Nancy McConnery and Bruce Lhones

Silver: Keith Bennett and Pauline Bullerwell

Bronze: John Cameron and Diane Mallinson

A Wiff of Gingerbread

The first gingerbread houses were said to be inspired by Hansel and Gretel - proof that sweets and storytelling have always gone hand-in-hand!

In our house, we attempted a gingerbread house every year, but with seven kids around the table, it never quite turned out the way Mom had planned.



Still, it always found a special spot in our house for everyone to admire.

Do you remember doing the same or something similar at Christmas? Hopefully this brings back a few sweet memories of your childhood and the laughter that filled your home during the holiday season.



For those who are not competing, coming out to watch is a great way to learn more about the game and cheer on players from your own club. Most events are free to attend, so if you haven't taken in a stick curling game yet, plan to do so! You'll find the dates and locations listed below.

Provincial Championships: Registration Update

The Championship Committee is delighted to report that the Nova Scotia Provincial Mixed is officially full, and entries for that event have now closed.

However, there's still time to enter the Nova Scotia Provincial Men's and Women's Championships. Registration remains open, but the deadline is coming up quickly on January 13th. Registration for the National Challenge closes March 29, 2026.

If you haven't registered—or if you've never played in a Provincial Championship before—now's your chance. It's a wonderful way to test your skills, meet players from across the province, and enjoy great competition.

To register, visit NS Curling Association website and follow the links to “Register for an Event”.

Events:	Dates	Location
NS Provincial Mixed	Jan 22- 25	Bridgewater CC
NS Provincial Men's / Women's	Feb 12 - 15	Lakeshore CC
National Championship Men, Women, Mixed	March 25 -29	Wolfville/Windsor
National Challenge Men, Women Mixed	March 25 -29	Wolfville/Windsor



If you're enjoying testing your curling smarts in our “Stick with Us” newsletter trivia quiz, here's your chance to join in the fun. Send me your best stick curling (or anything in general) trivia questions and

you might just see them featured in the upcoming issue. So step up curlers, and

help Santa stuff those stockings with some brain teasers. Send your trivia questions to: gplarocque@gmail.com

Think you nailed the trivia? If you have been puzzling over the questions - here are this month's answers.

- 1: Bruce and Doreen Densmore
- 2: Patti Simpson
- 3: Dave MacDougal
- 4: Judy Power

Be on the Nice List - Help us Host Curling in 2027-28!

Our Curling Association is looking for clubs to step up and apply to host the 2027 and 2028 provincial events. Bid packages have already been sent to all clubs, but sometimes it's the members themselves who spark the momentum. If your club hasn't applied yet, please take a look at the link below and encourage your board to consider



putting in a bid.

These championships don't happen on their own — they rely on engaged, enthusiastic curlers who want to see our sport grow. So please step up. We need you... and Santa needs you!

The contact for clubs wanting to host any of our events is through our Competitions Chair, Bruce

Lohnes @
lohnesbd@gmail.com

A Courtesy Reminder

Santa says, in competitive Play, (not recreational or club play) if a team has no stones left that could win or tie, the losing team should concede. This helps the ice makers giving them more time for ice maintenance and cleanup, and gives players a chance to rest between games especially if they are playing back to back games.

Step 1 Step 2

Most curling clubs today use sticky mats at the entrance to the ice surface. I asked Tony Sterling, head ice maker at the Wolfville Curling Club, for his thoughts. He explained that sticky pads help keep the ice clean by picking up hair and fine fibers from the carpets before players step out. It's a simple but important part of maintaining both the quality and safety of the ice. Using the mats has become a standard house rule and a way to show respect for the ice technician's work and for fellow curlers. So please use them—and remember the mantra: Step 1, Step 2. Don't stand and hold; take two steps as you cross the mat. Players are encouraged to clean the bottoms of their shoes and grippers every time they go onto the ice.

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