

# Ken Watson On Curling

## Keep Movements Smooth Starting The Backswing



Ernie Richardson shows the start of the swing.

(Canada's "Mr. Curling" Ken Watson of Winnipeg, is covering the Canadian curling scene for The Liberal. This is another in a series of 20 articles.)

Now that we have spent some considerable time getting set in the hack and lining up the rock with the skip's broom, let's not spoil it all with a lot of unnecessary waggles and superfluous arm-stretching before the backswing.

Ernie Richardson demonstrates the position from which he so effectively started his swing in winning the great majority of the 150 games he curled last winter. His right arm is stretched forward comfortably to grasp the handle of the stone and from that position he starts to pull the stone back. Unlike too many curlers who seem to make a big production out of jerking the stone back and forth before going into action or reaching so far forward toward the skips broom that the right knee goes down to the ice, Ernie uses none of these waste motions which more often than not cause the arc of the backswing to get off the correct line.

With most of the weight of the body on the right foot the Regina skip starts to pull his stone towards him and simultaneously his knees slowly begin to straighten out and elevate the body. At the same time the left arm hold-

ing the broom synchronizes its motion with the action of the right arm. As the rock leaves the ice with its full weight pulling down, the left arm moves up and sideways as a counter balance. Similarly, the left foot and leg begin to move sideways and back to aid in body balance. While this movement is taking place the right leg with the foot firmly imbedded in the hack acts as the pedestal supporting almost the entire weight of the body and the 40-pound granite. The whole motion is slow, smooth and unhurried with the stone hanging from the fingers of the right hand like a ball of sand swinging at the end of a rope.

A champion skip of Ernie Richardson's calibre keeps his eyes on the broom during the entire backswing. The merest deflection of the eyes disturbs the concentration and upsets the rhythm. Breathing is important too. At the start of the swing begin breathing in slowly until your lungs are full then hold it until the forward swing is completed. This not only helps coordination but may also explain why your skip can bellow so loudly when the rock leaves your hand. Evidently it helps his concentration during your backswing if he takes a deep breath too.

NEXT: How High the Backswing. (Copyright, Toronto Telegram)

# ELGIN MILLS-JEFFERSON NEWS

Correspondent: The Evening Branch of the Woman's Auxiliary of St. John's Anglican Church  
TU. 4-2708 TU. 4-1534

## St. John's Church News

St. John's congregational dinner was held in the new parish hall last Wednesday night with a good turnout in spite of the wintry weather. After a delicious turkey dinner prepared by members of the Afternoon and Evening Branches of the Women's Auxiliary, the parishioners and their friends enjoyed renewing old acquaintances. Then the rector, the Rev. D. C. H. Michell, introduced Mr. W. Outerbridge of Aurora, leader of the Yorksters, a men's choral group who come from far and near each week to sing at the parish hall. The men sang several selections which were very much enjoyed by all present.

There will be a fireside service on February 7th at 7.30 p.m. in the parish hall when Miss Simon of Ingles House will be the guest speaker. She will be showing slides she took in the Holy Land last year.

The Fireside services in the lounge of the parish hall are growing in popularity and attendance. At the last one, when "The Pottery Wheel" a beautiful mission film on India was shown, Rev. D. C. H. Michell announced the group would meet every other Sunday evening. Come out and join in this evening service.

The Evening Branch of the W. A. will be holding their February meeting at the parish hall on Thursday, February 11th at 8.30 p.m.

## Happy Birthdays

Many happy returns of the day to Heather Smith on February 5th, to Ruth Harper on the 6th and to Larry Marshall on the 10th.

Looks as if we will still have wintry weather for a while. According to the old superstition, if the groundhog sees his shadow on Candlemas Day, February 2nd, he goes back for another sleep and there will likely be another six weeks of cold weather. Surely he saw his shadow this year...or, here's a "hope" maybe he found it too cold to come out at all!

## 1st Jefferson Cubs Brownies Guides and Scouts

The Mothers' Auxiliary held their January meeting last Tuesday, January 26th at the Jefferson School when the annual election of officers took place. The 1960 slate is as follows - President, Mrs. J. Lavender Vice President, Mrs. J. Thomassen, Secretary, Mrs. H. Laughlin Treasurer, Mrs. D. Cricknell, Social Convener, Mrs. M. McFee, Sewing Convener, Mrs. Gwen March, Sunshine Convener, Mrs. B. Murray, Brownie Badge Secretary, Mrs. M. Post.

The ladies discussed plans for a euchre on Wednesday, February 17th. Please remember this date and plan to come and bring your friends.

The Guides have resumed their meetings under the direction of their new leader, Mrs. L. Clarke. Best of luck, Jean.

Neighbourhood Notes  
A speedy recovery to Mrs. G. Gardner who returned from Branson Hospital on Sunday after undergoing surgery. Her sister Mrs. Peter Abram of Midland is staying with her at present.

Mrs. W. R. Capell visited for a few days last week with her daughter Mrs. C. Gould and family.

All her friends and neighbours are glad to see Mrs. N. Dibb out again.

Mr. and Mrs. Russell Boynton of Woodbridge and Mr. and Mrs. Jack Barry of Thornhill attended the congregational dinner at St. John's last week. Mr. and Mrs. Charlie Monkman were there also - nice to see old timers.

John Salsnek spent the weekend with John McFee. Two local families had rela-

tives in the accident last week at Hillsboro involving the school bus. Mr. and Mrs. Archie McFee's niece Marion McFee is still hospitalized. Ann and Alan Barber, niece and nephew of Mrs. Ray Jackson, were also on the bus.

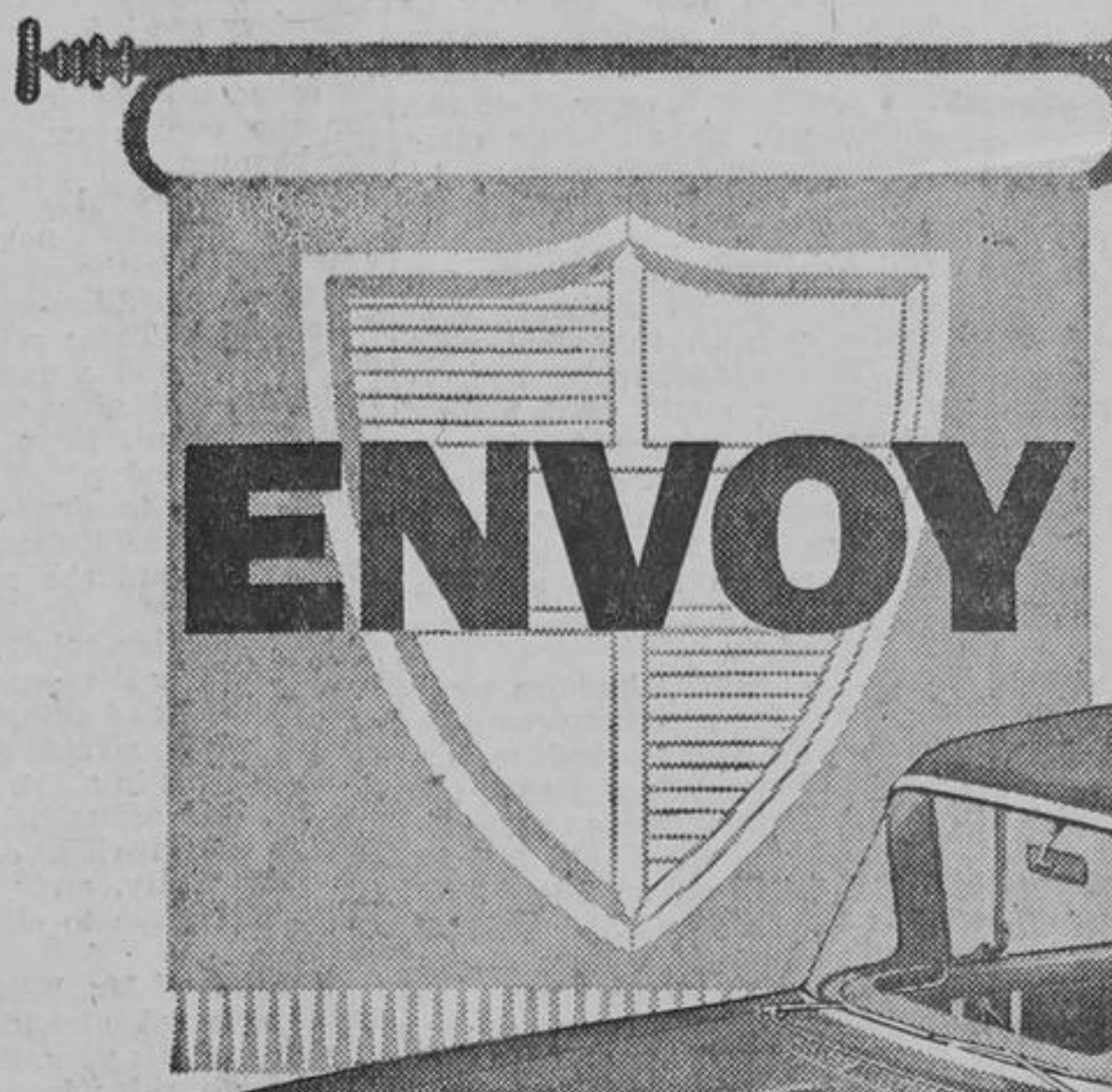
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