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THURSDAY, OCT. 8, 7:00 PM
Brother Andre High School - 16th Ave east of Hwy 48

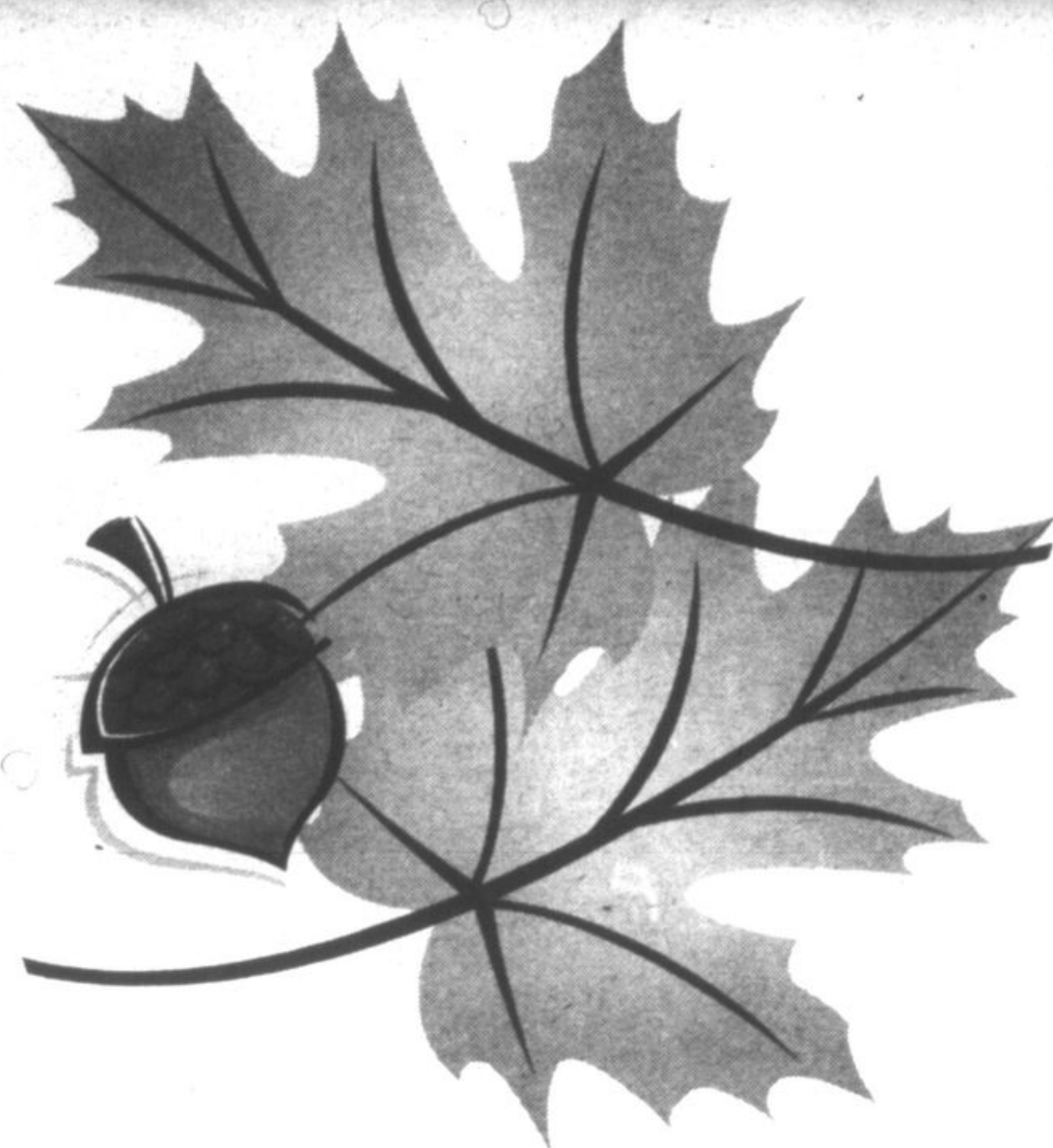
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League games - Monday to Friday evenings. Thursday mornings

Sunday Evening Mixed League

Little Rocks/Bantams - Sunday afternoons

Fun league - Monday & Wednesday mornings & afternoons

Free Open House & Registration

October 5th - October 8th, 2009

7:00pm - 9:00pm

Uxbridge & District Curling Club
70 Franklin St., Uxbridge, Ont.



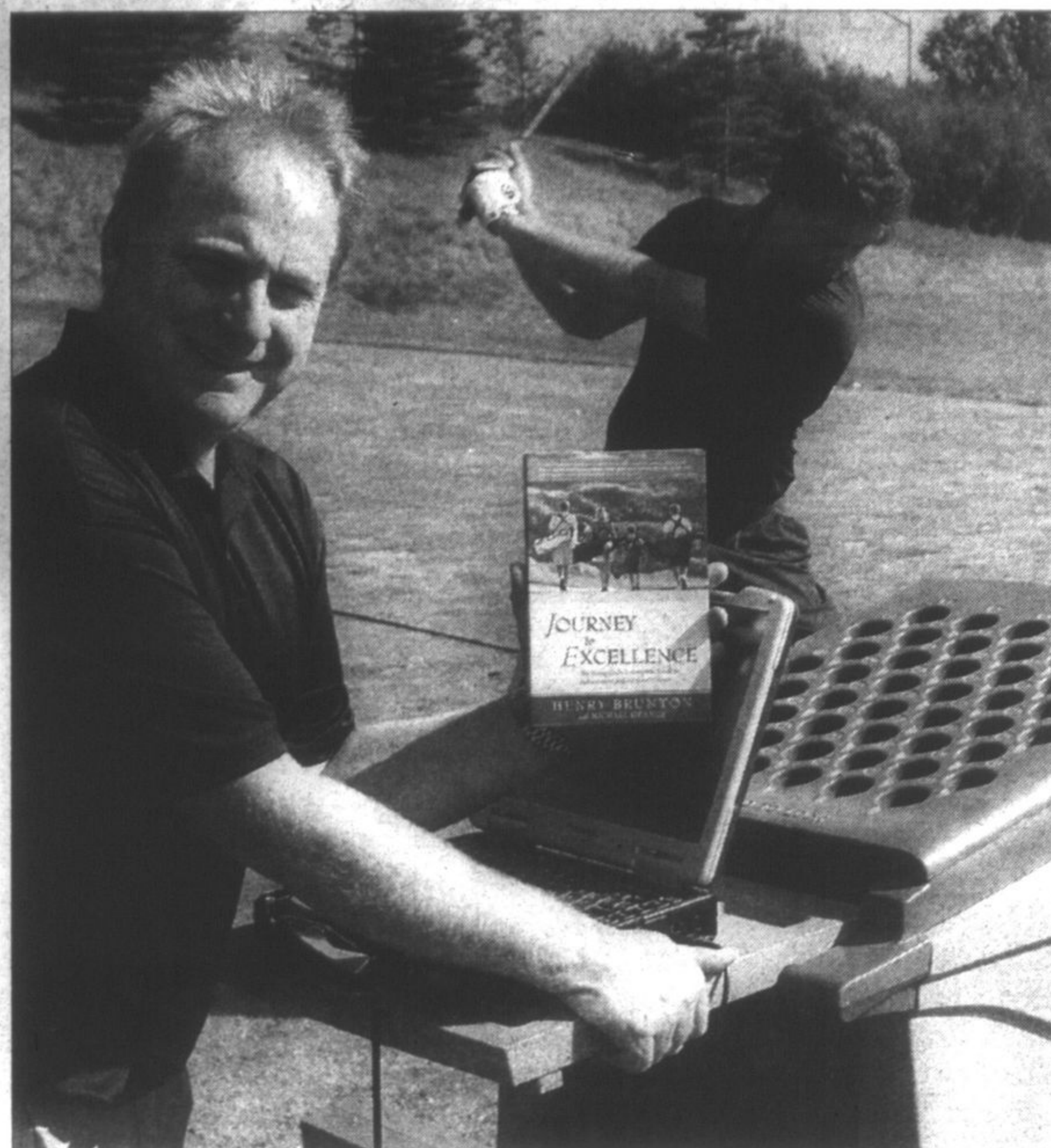
Members will be on hand to assist new curlers so bring clean running shoes and give it a try!

Check out our web site at www.uxbridgecurlingclub.com

or call 905-852-6862 for more information.

Hall & Ice rentals available for parties, weddings, or your own curling events.

SPORTS: Plenty of advice without instruction



STAFF PHOTO/SJOERD WITTEVEEN

Henry Brunton holds his book *Journey To Excellence*, written with Michael Grange, as golfer Sean Perkins, 19, of Whitby practises his irons at Eagles Nest Golf Club.

Junior golfers get help in Stouffville pro's book

BY MICHAEL HAYAKAWA
mhayakawa@yrmg.com

Henry Brunton has sound words of advice for youngsters aspiring to become the next Tiger Woods or Lorena Ochoa or hoping to get a U.S. college golf scholarship.

As the Royal Canadian Golf Association's national coach and the operator of his own golf academy at Eagles Nest Golf Club in Maple, the 44-year-old Stouffville resident has the knowledge and expertise to offer pointers.

While the time spent on the links in learning the rudiments is essential to being good, Brunton knows there are other necessities.

Brunton put them on paper and turned them into his first-ever book, *Journey to Excellence, The Young Golfer's Complete Guide to Achievement and Personal Growth*.

The 131-page publication, co-authored with Toronto sports writer Michael Grange, was launched this month.

Brunton wrote it to provide young golfers, parents and coaches with resources, including a guide to being the best golfer they can be and a message. He wants kids to take what the sport teaches them into other areas of life.

"It's definitely not a golf instruction book," Brunton said.

No one else has authored

a book of this nature, he said. It includes a forward by former PGA player and current TV analyst Johnny Miller.

Brunton felt the timing of his publication couldn't have been better.

Especially since the game continues to entice more youngsters, thanks in large part to what golf icons like Woods have accomplished.

In some instances, golf has been a positive experience for youngsters and their parents, while for others it hasn't.

THE TIGER EFFECT

"We're seeing more and more youngsters getting into the game of golf and trying to be more Tiger (Woods) efficient," Brunton said. "The game is getting more competitive at the higher levels, just like hockey."

"This book is about making golf a positive experience," he said. "And to support fellow coaches to help young golfers."

Writing the book fulfilled a dream that took root with Brunton in 2001 when he was contacted by a publishing company in western Canada to do an instructional book.

However, it never got off the ground due to financial problems encountered by the company.

A second opportunity arose for Brunton three years ago when he attended a golf

conference in Pinehurst, N.C., and was introduced to book publishing agent Marilyn Allen.

Allen has helped mentor Brunton through the writing and publishing process.

Brunton and Grange already knew each other through the sport.

The book was three years in the making and Brunton acknowledged it wasn't an easy task.

Especially since his position as national coach is full-time, on top of overseeing the academy.

"It took a lot of work, more than I had anticipated," he said. "The amount of time and effort to put the book together was long. It was a learning experience. But I've enjoyed it and I'm excited about the book."

It will be distributed across Canada by Markham-based Fitzhenry and Whiteside Ltd.

"If I sell a lot, that's great," he said.

Earning the distinction as being the only Canadian to be named a Top 100 Teacher of the Game by Golf Magazine in 2005 and U.S. Kids Top 50 Junior Instructor last year, Brunton hopes his writings will have a positive impact.

"It's about making golf a positive experience and to support fellow coaches and help young golfers and their parents," he said.