



The Wednesday Night Ladies League out of the Napanee District Curling Club is a hub of social and physical activity for many women in the community.

Wednesday Night Ladies



Curling can become a life-long sport to many of these women, as well as develop life-long friendships.

Teamwork, physical activity, strategy, ladies' purses and a lot of laughter.

That's what can be found at the Napanee & District Curling Club on Wednesday nights.

Every Wednesday, from September to April, eight teams of four women take two hours out of their daily lives to spend it on the ice curling.

"Curling is a lifelong sport," said club member Linda Blake. "It's helped keep me in shape and my mind sharp."

Blake has been curling and teaching others to curl for years. She enjoys helping others keep their skills sharp.

Curling brings together people from different backgrounds, ages and skill levels.

According to the Ontario Curling Association, the health benefits from regular curling range from increased stamina, flexibility, balance, and the sport is an excellent cardiovascular workout.

"It's 90 per cent mental, 10 per cent physical," said club member Marcia DiFazio about the game. DiFazio has been playing since she was

in her early teens with her sister Cindy Huyck.

Becoming a curler tends to run in families, from parent to child and siblings.

"We're even more competitive being sisters," DiFazio laughed.

The friendships that develop between the players, some who would never have met otherwise, flourish outside the club as well as on the ice.

The reasons why these women curl are as varied as the women themselves. Some have been curling all their lives, while a handful of others are beginners and are looking for a fun form of exercise that comes with a team sport.

Finally, socializing is as much a part of curling as the game itself. The women get together after the game, in the clubhouse, to discuss how this week's games went with a glass of wine or beer which helps beginners learn and veterans share the game they love.

"What sport do you know of that starts with a handshake, you congratulate your opponent if they make that TSN shot and then go for drinks afterwards?" said Blake.

Photos and story by Julia McKay



Curling is a sport of motion, with players always moving back and forth, either sweeping, throwing or getting back into the starting position. It is a great form of physical activity and social interaction.



"Hurry, hurry, hard" is a commonly heard call during a game of curling.



Each player begins and ends a game of curling by shaking hands with the opposing team, as a sign of goodwill and sportsmanship.



The get-together after the game with teammates and competitors is just as important as the game itself.